

UNIT
1

▶ 1.1 page 2, exercise 5

- Kate's mountain bike cost £500!
- It's difficult to see the stage from here.
- He's asked me to have dinner with him.
- Auntie Jane's been showing me her holiday photos.
- Phillip's done all the washing up.

▶ 1.2 page 4, exercise 5

- It's their rudeness that makes me really angry.
- It was the sauce that made it really delicious.
- It was Berlin where we first met.
- It wasn't Alex who took the money.
- It was evening when he next contacted us.
- It's traffic that causes most of the pollution here.

▶ 1.3 page 5, exercises 1 and 2

M = Maddie, G = Gaby

M: I can't go out with you on Saturday, Gaby, because I have to finish this report for a meeting on Monday. Look, I have to analyse all these sales figures.

G: Let me get this straight ... you're going to spend the whole weekend writing a sales report? But you worked all of last weekend, didn't you, and now, basically, you're intending to work all this weekend as well?

M: It's just that my job's really important to me and I'm keen to get promoted as quickly as I can. That's to say, I'm trying to focus on my work at the moment. I mean, it might not be so easy when I'm older, especially if I have a family.

G: So, the basic idea is that you get ahead with your career as much as you can now?

M: Er, yes, that's right. Why are you looking at me like that, Gaby? What did I say?

G: Well, what about your friends? If you keep ignoring us, we might just give up on you in the end, you know what I mean? In other words, by the time you decide you have time for us, we might not have time for you anymore.

M: Wow, Gaby, that's a bit harsh! It's only been, let's see, two or three weeks – OK, maybe four – since we went out.

G: So, you're saying that four weekends working and one weekend with friends is the kind of work-life balance you *want*?

M: Just because *you're* happy to drift along in a low-paid job, partying every weekend doesn't mean *I* am ... OK, sorry, let me rephrase that ... it's just that I get the

impression that your job isn't particularly important to you and that you're not particularly ambitious. The thing is, my job means a lot to me and, as you know, my manager is leaving in June, and I kind of think that if I can prove myself now, I'll have a good chance of getting her job.

G: Oh, I see, so you'll be able to relax a bit after that. I suppose that makes some sense.

M: That's the idea, yes. But I *am* sorry, Gaby, and I do value our friendship, honestly. It's just that I grew up in a family where we never had enough money, and I want to make sure that doesn't happen to my kids, you see. So I want to make sure I'm in a well-paid job by the time I settle down and have a family in a few years' time. Do you think you'll be in a position to settle down and start a family when you're in your early thirties?

G: Erm ... well, I've never really considered it before. I can't imagine having a family for years yet. So, what I mean is, it all seems so far away still. I just want to have some fun. There's plenty of time for being serious when we're older.

M: Yeah, OK, well if we were all the same, the world would be a boring place, I suppose! But I'll *definitely* keep next weekend free.

G: Great!

M: So what do you fancy doing? Picnic at the lake or pizza at that new place near the beach.

G: Gosh, that's a hard one! How about both?

M: You're on!

▶ 1.4 page 6, exercises 1 and 2

T = Tom, S = Sam, So = Sophie

T: I expect you'd like a pay rise, wouldn't you, Sam?

S: Well, they say that money can't buy happiness, but if someone's offering ...

T: Yeah, I guess we'd all like a few extra pounds in our wallets, wouldn't we? That is, except for today's guest, who's given up money altogether! Sophie, you look perfectly healthy and your clothes aren't full of holes – so tell us how you do it!

So: Sure! The thing that makes my lifestyle sustainable is bartering – in other words exchanging one thing for another, with no cash involved. In my case, what I have to offer is mostly time and labour. So, for example, at the moment I have a lovely room in the house of an elderly woman and I do her housework and gardening for her instead of paying her rent.

S: And does she feed you, too?

So: No – she has offered to, but she's not very well off, and I don't want to exploit her kindness. And to be honest, our taste in food is, well ... let's just say it's not something we

have in common. She's a great meat-eater, and I'm a vegan.

T: So where do you get your food from?

So: Well, I grow as much as I can, depending on where I'm living, and I've recently got into finding food in the wild – it's amazing how much is out there, just waiting to be picked – mushrooms, berries, nuts, herbs ...

S: ... as long as you know which ones are poisonous!

So: Yes, definitely. And I also wouldn't pick anything that grows near a busy road because of the pollution.

T: Would you say there are any disadvantages to living the way you do?

So: Oh, yes, I'm not going to lie, there's a lot of inconvenience. I can't just hop on a bus, for example, if I want to go somewhere. I have to walk or go by bike. But then, to look on the bright side, that saves me the cost of a gym membership!

S: That's true! And what do your family think about it all?

So: Oh, they're fairly open-minded about it. The main thing that annoys my family is that I give them things like home-made sweets for their birthdays rather than expensive presents like designer clothes or electronic gadgets.

T: Ha, yes! Do you think you'll be moneyless for ever, Sophie?

So: No, I'd love to have kids one day and I don't think it'd be fair on them. But I'd certainly try to teach them about the impact of their spending choices, particularly on the environment.

S: Sure. Well, thanks for coming in today, Sophie!

UNIT
2

▶ 2.1 page 8, exercise 5

- You're not meant to walk on the grass.
- Are you prepared to pay for the treatment?
- You don't need to fill in all the forms.
- You ought to speak to Dan about the problem.
- He managed to climb out of the window.

▶ 2.2 page 9, exercises 1 and 2

A = Anna, E = Enrico

A: Sorry, Enrico, what were you saying before we were interrupted? Something about doing outdoor activities in nature – 'green therapy' was it?

E: Yeah.

A: Is it a *thing*, green therapy?

E: Absolutely!

- A: And, erm ... how can I put this? How is 'green therapy' different from taking a walk in the park? I mean, that's something I do most days.
- E: Well, good for you, taking a walk once a day! But, you know, not everyone manages that. A lot of us go from home to car to office in the morning and back again in the evening and we don't see so much as a tree or a flower.
- A: There's nature in cities! Not loads but there are trees along the streets and greenspaces here and there. And even inside offices there are plants. Nature isn't *completely* absent from our lives.
- E: True. And I'm sure *some* people benefit from those things. But the fact is that people who live in towns spend most of their lives in buildings. And, frankly, even when they're outside, they're looking at the screens in their hands. So 'green therapy' or 'green time' or whatever you call it, is increasingly important.
- A: Yeah, I guess.
- E: And the nature that you talk about in cities – to be honest, a lot of that is artificial.
- A: It's better than nothing!
- E: Sure, but if you ask me, it's not the same as going out into nature and *really* spending time there. And you know, there's been research in this area. Regular green time has been proven to reduce depression and generally make people feel that they can manage the stress in their lives and deal with the challenges of daily life.
- A: Well, a walk *anywhere* will do that, won't it? I'm not crazy about the countryside but occasionally, when I'm stressed, a walk around the neighbourhood makes me feel I can handle whatever it is that's causing the stress.
- E: Well, maybe you're different, Anna, but again, studies show that a walk in an urban environment – for example a shopping centre, *actually* doesn't significantly reduce stress whereas a walk in the countryside *does*.
- A: Okay, okay, let's agree to disagree!

▶ 2.3 page 9, exercise 3

- 1 He wasn't capable of rational thought.
- 2 She studied history at university.
- 3 Her mother was a jeweller
- 4 Both children are making satisfactory progress.
- 5 They played the national anthem.
- 6 What's the difference in meaning?

▶ 2.4 page 10, exercise 5

- 1 I must be doing this all wrong!
- 2 They can't have left already!
- 3 He might not be benefiting from the course.
- 4 I needn't have worried about not being smart enough!
- 5 He should have told Alice.
- 6 She might have been sleeping when I called.

▶ 2.5 page 12, exercises 1 and 2

S = Sam, T = Tom

- T: So, Sam, you're talking about food fads today, right?
- S: Erm ... not exactly. The word 'fad' is quite negative, isn't it? It means something that's only briefly popular – and possibly something that's a bit silly, too. No, I'm talking about, trends and more specifically, the sort of diets in which certain foods are left out. (And not because a person is allergic to that food – obviously, if you get sick when you eat a particular thing, you'd better not eat it or it will affect your health.) I mean the sort of diets that people choose for other reasons – for example, for moral reasons.
- T: Like veganism?
- S: Yes, veganism and vegetarianism are two obvious examples. A growing number of people – especially young people – believe that we shouldn't keep and kill animals for food. And they avoid some or all animal products. But other people avoid particular foods because – although they don't have an allergy and the food won't do them any obvious harm – they're convinced that the food isn't good for them. Sugar, for example.
- T: Sugar isn't good for you.
- S: Well, yes, we've always known we're not meant to eat too much of the stuff – it makes you fat and it's bad for your teeth. But, until recently, although people might have limited how much sugar they ate, most people were happy to eat some as part of a balanced diet. These days, it seems like everyone is going 'sugar-free'.
- T: I certainly know people who claim that they benefit from a sugar-free diet.
- S: Yeah, me too. And it's not just sugar. Take wheat. More and more people now avoid bread and other wheat-based products and not just because of allergies. Last weekend, for example, I had six friends round for dinner and four of them were avoiding particular foods. (Actually, one of them was a vegan so she was avoiding various foods!)
- T: Ooh, tricky!
- S: Nah, you know me, Tom, I like a challenge! Anyway, back to the subject ... My question is, why is this happening?
- T: The internet?
- S: I think that's a large part of it. People have instant access to the latest research and, of course, if they're persuaded of the benefits of being wheat-free, for example, they share it on social media.
- T: I think there's another significant factor here. A lot of people nowadays can afford to pick and choose what they eat whereas previously this just wasn't an option.
- S: Yeah, there's definitely some truth in that.

UNIT 3

▶ 3.1 page 14, exercise 5

- 1 I could tell that Mike and Sue had been arguing.
- 2 Lars had been expecting a pay rise.
- 3 We wondered if David had been waiting for us.
- 4 We discovered that Matt had been tricking us.
- 5 I think his grandparents had been living abroad.
- 6 Maria had been carrying a heavy case so she was tired.

▶ 3.2 page 16, exercise 5

- 1 I prefer my soup to be a bit hotter than this.
- 2 They were climbing higher and higher.
- 3 The lower the prices are, the more we can buy.
- 4 We'll have to get up a lot earlier than yesterday.
- 5 She's not nearly as interested in history as I am.

▶ 3.3 page 17, exercise 1 and 2

K = Keith, B = Bruno

- K: Hey, Bruno, do you remember that time we cycled from London to Edinburgh?
- B: Oh wow, that takes me back! Imagine having the time to do something like that now. It took us about three days ... I mean, weeks, didn't it?
- K: Yes, it did, although, in retrospect, I think we could have done it a lot quicker if we hadn't spent so much time sitting in fields eating picnics!
- B: Ha, ha, yes. Fun times!
- K: We met so many nice people on that trip, didn't we? Do you remember that family in Hull that kindly helped us when you damaged your bike wheel?
- B: Um, vaguely, yes. If my memory serves me right, we ended up camping in their back garden.
- K: Yes, we did. And we accidentally set their bush on fire with our camping cooker, I mean, that little camping gas stove we had, didn't we?
- B: Oh yes, it's all coming back to me now. We were so embarrassed, but they were really nice about it. They even gave us some eggs from their chickens to take with us.
- K: They were incredibly nice. We were such idiots in those days, weren't we? When I think back to some of the things we did, it's amazing we didn't get into serious trouble.

- B: Yes. Like accidentally cycling onto the motorway that time.
- K: I know! And getting so, you know, getting so lost on the way to that campsite on the Scottish border that we didn't get there until midnight and we were really scared cycling down those narrow country lanes in the dark.
- B: And neither of us had a bike repair kit with us.
- K: We wouldn't have known how to use it if we had! With the benefit of hindsight, we certainly could have been better prepared! But anyway, Bruno, the reason I asked you about it was that I came across these photos yesterday. There we are, with our bikes, looking very proud.
- B: And very *young*! Wow, what a blast from the past!
- K: When I cast my mind back to that summer, it just feels like a never-ending time of sunshine and freedom. Even though I know that it *did* rain sometimes!
- B: And, of course, we didn't have enough dry clothes!
- K: No. But we were young and we didn't care. Honestly, if I could turn back time, I'd do it all again, and do it just the same way!
- B: Me, too! Those were the days!

▶ 3.4 page 18, exercises 1 and 2

T = Tom, S = Sam, J = John

- T: Did I tell you my grandma's off to the Galapagos Islands next week? She says she's always wanted to see the place where Charles Darwin developed his theory of evolution.
- S: Wow, that's pretty adventurous!
- T: Yes, and *expensive*. But she says she's making up for all the childhood holidays she used to spend shivering in unheated guesthouses in British seaside towns.
- S: Do those places still exist?
- T: I don't know, but, luckily, our guest today probably does. Welcome, John Lythgoe, specialist travel agent and amateur historian. Tell us about your new book.
- J: Thanks, Tom. It's called 'Sand in our Sandwiches' and it explains the way our holidays have evolved over the last century or so.
- S: A bit like the wildlife Charles Darwin studied!
- J: That's right, only much more quickly! Anyway, when it comes to guesthouses, it's true that in those days they were often considerably less comfortable than they are now. Some of them would even expect guests to bring their own towels and sheets.
- T: Really?
- J: Yes, although as popular new holiday camps started to spring up around Britain, it became harder and harder for those sorts of places to survive.

- S: What about travel abroad? When did we all start hopping onto planes to the south of Spain?
- J: Well, foreign destinations rapidly became more and more popular in the decades leading up to the year 2000, and of course the introduction of budget airlines in the 1980s made them very much more affordable.
- S: And has that trend stabilized now?
- J: It's still going up, but not in every age group.
- T: Oh? How come?
- J: Well it seems that 18-25 year olds – 'generation rent' as they're called – spend such a large proportion of their income on housing costs, they're having to cut down on the number of holidays they take.
- S: Yes, I can imagine. So what other changes have there been?
- J: One of the biggest is the internet, which enables tourists to be much more independent in how they choose and book their holidays.
- T: So, are travel agents becoming obsolete?
- J: I hope not! But we've definitely had to adapt to a new way of working. Customers often come to us when they've planned an ambitious route but then discover that these price-comparison websites that promise to find you the best deals on hotels or flights or whatever aren't quite as simple to use as they thought they would be. That's when we step in and, well ...
- S: Make their holiday dreams come true?
- J: Yes, that's a good way of putting it!

UNIT 4

▶ 4.1 page 20, exercise 5

- I really need something to drink.
- She reminded me to take the rubbish out.
- He's always the first person to arrive in the morning.
- I was forced to ask for help.
- It's too hot to go outside.
- We begged her to open the door.

▶ 4.2 page 21, exercises 1 and 2

E = Ed, S = Saskia

- E: Hey, you'll never guess what my little sister did yesterday.
- S: No, what?
- E: Well, she'd been banned from going out because of something she did last week.
- S: Oh, poor Abby!
- E: No, *not* poor Abby – she's an absolute nightmare! Anyway, she was desperate to

goto her friend's 16th birthday party last night so she decided that she'd have to take a chance and climb out of her bedroom window. She knew our parents are so suspicious that they'd be bound to check up on her, so she stuffed pillows under her bedclothes, and, to make it look more realistic, she cut off a piece of her long hair and arranged it so that it was poking out from under the top of her duvet.

- S: That's brilliant!
- E: Well, it would have been brilliant if we didn't have a dog. The first thing I knew about it was when I heard my mum scream and the dog ran out of Abby's room with a mouth full of hair!
- S: That's hilarious!
- E: I know! It made my day! And, as a result, she's in even more trouble than she was before! My mum took it particularly badly, because she got such a fright when the hair came away from the bed.
- S: Gosh, yes, I can imagine that must have been a shock. Abby'll have to find something she can do to make it up to her.
- E: Yeah, that's true, and, to be honest, I think Mum's making the most of it – she's already drawing up lists of chores like ironing and vacuuming and washing the car.
- S: Aww, I can't help feeling a bit sorry for Abby. What had she done to be punished in the first place, anyway?
- E: She'd broken an antique vase that belonged to Dad's grandmother.
- S: Presumably by accident?
- E: Yes, and I think they'd have been sympathetic if she hadn't lied about it. But she denied having anything to do with it, even though it was obvious that it was her. And then Dad found the pieces in her wardrobe. Consequently, he was even angrier than he would have been if she'd told the truth.
- S: Oh dear, she'd better not be thinking of a career as a criminal!
- E: Definitely not!

▶ 4.3 page 21, exercise 4

- Abby wasn't allowed to go out.
- Abby wanted to go out to the party.
- The dog ran out of Abby's room.
- Ed heard his mother's scream.
- Mum wants Abby to do some jobs around the house.
- She broke the vase by accident.
- Dad discovered the pieces of vase.
- They knew it was Abby who'd broken the antique vase.

▶ 4.4 page 22, exercise 5

- 1 Unfortunately, I think your dog does have something wrong with his heart.
- 2 I know it wasn't your intention, but that joke did upset me.
- 3 Do sit down and have a cup of coffee!
- 4 Although she denies it, Hannah did cheat in her exam.
- 5 It's true that our computer system does have some problems.

▶ 4.5 page 24, exercises 1 and 2

S = Sam, T = Tom

- S: So, Tom, obviously we're both extremely talented broadcasters.
- T: Obviously. The very best. And modest, too.
- S: But the thing is, we're lucky because we've managed to find a job that really suits our skills. And let's face it, being able to chatter on for hours on end isn't exactly rocket science or brain surgery, is it?
- T: No, you're right. It's nothing much to be proud of.
- S: But, at the same time, not everyone could do it. Do you remember when we persuaded that comedian to take part in one of our podcasts?
- T: Oh, don't remind me. That really fell flat.
- S: Yes, the comments from listeners were terrible, and yet we would never have predicted it.
- T: No. When we saw him on stage, he was so creative and witty and able to come up with hilarious jokes, but on our programme his type of humour went down like a lead balloon.
- S: It's horrible when you mess something up like that.
- T: Definitely. Have you ever done a job you were awful at?
- S: Oh, so many! But the worst has to be a summer job, organizing activities for primary-age kids. No sooner had I arrived than I knew it was going to be a nightmare. I was supposed to be doing art projects, but none of them were interested. They just wanted to paint each other, and after a while I let them get on with it.
- T: Didn't you have a supervisor?
- S: Yes, but she was almost as useless as me, so she turned a blind eye to most of the chaos. It was bad, though, and the parents started complaining because the kids' clothes were getting ruined by paint! And to be honest, it did knock my confidence because I'd thought it would be a piece of cake, and I started thinking, 'If I can't even do *this*, what *will* I be able to do?'
- T: Ah well, that's a long way in the past now!
- S: So, what about you? Surely Mr Perfect has never failed at anything?

- T: Obviously, I've never told you about my two months as a trainee firefighter.
- S: What?
- T: Yes, I've tried to bury the memory very deep! Not only was I sick in the fire engine – twice – but I actually managed to set fire to a frying pan in the kitchen of the fire station, and one of the more experienced fire fighters had to put it out.
- S: No!
- T: I'm afraid so. After that, I decided it was time to call it a day.
- S: Ah well, the fire service's loss was our gain.

UNIT 5

▶ 5.1 page 26, exercise 5

- 1 We'd been hoping to hire a car, but we couldn't afford to.
- 2 I wanted to go inside the building, but I wasn't allowed to.
- 3 It's best not to take any medication unless you really have to.
- 4 I have to do this ironing, even though I don't want to.
- 5 I had enough money to get a taxi, but I decided not to.

▶ 5.2 page 28, exercise 5

- 1 Natalie can stay in the guest room.
- 2 My mouse mat has a picture of an elephant on it.
- 3 I had to go to the eye hospital.
- 4 Don't forget to put on plenty of sun cream.
- 5 They have a guard dog to protect their house.
- 6 I never use my phone at the dinner table.

▶ 5.3 page 29, exercises 1 and 3

F = Faye, C = Charlie

- F: You look a bit stressed, Charlie.
- C: Yes, I am. I volunteered to direct a musical for our drama club, and everything's going wrong.
- F: Oh dear. I suppose there's a lot to do?
- C: You can't imagine! Apart from actually getting the singers to perform at a reasonable standard, there's the set, the lighting, the tickets ... the list goes on and on. I wouldn't be surprised if I end up forgetting something vital.
- F: Don't you have anyone helping you?
- C: Barbara Ratcliffe.
- F: Barbara Ratcliffe? Jonathan Ratcliffe's mum?
- C: That's her.
- F: Oh dear. That can't be easy. She's a bit bossy, isn't she?

- C: She certainly is. I've already lost two of my best actors because she upset them so much, and the way she's carrying on, chances are that we'll lose some more.
- F: Oh dear. There always seems to be one person like that when you're trying to work with a group of people, doesn't there?
- C: Definitely. I just wish I didn't have to work so closely with her. And then there's the financial side to worry about. It's unlikely that we'll sell more than around eighty tickets, so in all probability we'll end up making a loss.
- F: How many have you sold so far?
- C: So far? Erm ... I'm not exactly sure, but my guess is around 45.
- F: I wonder whether I could persuade some of my friends to come. What musical are you doing?
- C: *Mamma Mia*.
- F: *Mamma Mia*? I love that musical – it's so funny! Presumably you have Chloe Latimer in the lead role?
- C: Chloe Latimer? No, sadly she was one of the people Barbara Ratcliffe managed to offend. Gina Kenworthy has had to step in and, just between you and me, she's having real trouble learning the songs. And, really, she's much too quiet and shy for the role. I doubt she'll be very good.
- F: It must be difficult for her, coming in at this late stage. How much longer do you have for rehearsals?
- C: The musical's on August 4th.
- F: August 4th? But that's only two weeks away.
- C: Don't remind me!
- F: Ah, don't worry, Charlie. I bet it will be great. These things have a way of turning out all right in the end.
- C: Thanks, Faye – I hope you're right!

▶ 5.4 page 30, exercises 1 and 2

T = Tom, S = Sam

- T: So Sam, what are you reading at the moment? Your usual sentimental, romantic rubbish?
- S: I beg your pardon? If you must know, I'm reading a novel by the Irish writer Colm Tóibín. And yes, it's romantic – well, kind of – but it's also intelligent and witty and I absolutely adore the way he writes. You should try one of his books.
- T: I don't think so. You know I'm not a huge fan of fiction – I just don't get why you'd waste your time reading about made-up stuff when there's so much sensational non-fiction writing to choose from. Why not educate yourself at the same time as you're entertaining yourself?
- S: Well *actually*, Tom, if you'd read more non-fiction books about neuroscience, you'd know that reading fiction is just as valuable.
- T: How's that?

- S: Because it develops our empathy. We become involved with the characters and start to sympathize with them and their problems and world views – often things we'll never have come across in real life. Scientists have actually shown that the parts of our brains we use to understand stories are very similar to the ones we use for interacting with other people.
- T: So, you're saying that reading fiction develops our social skills?
- S: Exactly – you should try it some time.
- T: Well, OK, but I still think you should consider some non-fiction.
- S: But it's so boring!
- T: I think you're probably associating non-fiction with those dry old textbooks we had at school. Yes, there are some books on interesting subjects that are spoiled by mediocre writing, but there are also lots that are beautifully written. You could try a nature book for instance – I've just read a fabulous one on mountains.
- S: A whole book on *mountains*?
- T: Yes, but if you read it, you'd understand. It has history. It has descriptive power. It has personal stories. It has *passion*. I couldn't put it down. You really should give it a go.
- S: Yes, perhaps I should.
- T: But even if you don't like that one, there's so much else to choose from. Biographies for example – just as gripping as novels, but with the added advantage that they're *true*. Or what about science? You told me the other day that you weren't sure whether the sun goes round the earth or the earth round the sun, so clearly you could do with some science education.
- S: Ha, ha, yes. Shameful, I know. OK, how about we each agree to read a book of the other's choice? Just one to begin with, mind ...
- T: It's a deal!

UNIT 6

▶ 6.1 page 32, exercise 5

- James has just had some new curtains made.
- We have recently had our windows cleaned.
- I had some shelves built a couple of years ago.
- Sarah has had the ends of her hair dyed pink.
- They have had the old buildings knocked down.
- He had had his car serviced before setting off on holiday.

▶ 6.2 page 33, exercises 1 and 2

D = Daniel, G = Gabriela

- D: Hi, I'm Daniel.
 G: Hello, I'm Gabriela. Pleased to meet you.
 D: So, do you live around here, Gabriela?
 G: Yes, I live in a block of flats on Taylor Street – part of that new development ... near the university?
 D: Oh, yes, I know. And how is it, living there?
 G: It's great. It has everything I need.
 D: Good! What about the neighbourhood? Is it friendly? Do you know your neighbours?
 G: Oh, my gosh, I wouldn't even recognize them!
 D: No, really?
 G: Yeah, but that's fine. I come home from work late. When I've had an exhausting day at the office, I just want to go in and close the door behind me. Being part of a community is probably very desirable for some people but, to be honest, I can take it or leave it.
 D: Oh, OK. Yeah, I'm not sure I'm completely with you on that one. I didn't know anyone when I moved into my house but, bit by bit, over the years I've got to know the people in my area and I like that. It's quite nice to know your neighbours and feel a sense of belonging somewhere, isn't it?
 G: Well, I don't know about that, to be honest. I don't get home till eight o'clock in the week and at the weekend, I'm usually away, visiting my family. For me, home is just somewhere to eat and sleep.
 D: But don't you think it's a shame that you don't even know your neighbours? I mean, what if you suddenly needed their help or something?
 G: No, I mean, I see where you're coming from. If you're living somewhere for a while, yes, it's probably very nice to be friends with your neighbours and to feel a bit more involved in the local community. And I'm sure I won't live like this forever. But, to be honest, I don't even know where I'll be in a couple of years so, for now, it suits me to live this way.
 D: Yeah, I see your point. I guess it all depends on what stage you're at in life, doesn't it? I feel I've settled here for a while so it's probably a bit different for me.
 G: Absolutely! Ask me in two or three years. Things might have changed!

▶ 6.3 page 33, exercise 5

- What about the neighbourhood? Is it friendly?
- When I've had an exhausting day at the office ...
- ... I just want to go in and close the door behind me.
- I'm not sure I'm completely with you on that one.

- It's quite nice to know your neighbours and feel a sense of belonging somewhere, isn't it?
- For me, home is just somewhere to eat and sleep.
- I mean, what if you suddenly needed their help or something?
- I'm sure I won't live like this forever.

▶ 6.4 page 34, exercise 5

- Although I like my work, I love going away.
- Despite the initial problems, the day was a success.
- In spite of my tiredness, I enjoyed the evening.
- While my job is quite stressful, I do still enjoy it.
- Even though the weather wasn't great, we still enjoyed our stay.

▶ 6.5 page 36, exercises 1 and 2

S = Sam, T = Tom, N = Nina

- S: Are you a bit of a gardener in your spare time, Tom? Do you have green fingers?
 T: Sam, I don't even *have* a garden. I live ten floors up in a block of flats!
 S: Well, so does our guest this morning! However, that doesn't stop her! Nina, hi! Welcome!
 N: Hi!
 S: Thanks for coming in! So, you're going to tell us about your involvement in a community garden scheme, right?
 N: That's right, yes.
 S: For people who've never heard of community gardens, can you tell us a bit about what they are and what they're used for?
 N: Sure. So, a community garden is basically an area of unused land that a local group of people take over and use for a variety of purposes.
 T: Primarily, I guess, to grow fruit and vegetables?
 N: Yes, sure – gardening is usually the main focus of any community garden, though often, it's the activity – the shared activity of gardening – rather than the end result. But, more importantly, a community garden is a *really* great way to strengthen ties within that community by providing a space where people can meet up and do things together – have parties even. In our garden, we have a gathering of some description every two or three weeks. Last Saturday, for example, we had a 'drawing wildlife' session for kids, which was very successful. People brought drinks and cakes to share and it was great fun.
 S: Sounds great!
 N: Yeah, it was. You know, the problem with modern life is that you can walk past the same neighbours every week for years and not even know their names! But having a shared project – say, growing vegetables

– is a great way to break the ice and get on a first-name basis with some of your neighbours. And with a community garden, you can reach out to people who maybe don't feel so involved in a community – people who are unemployed or retired, for example. The whole idea is that people from all backgrounds can come together and get to know each other as, bit by bit, they create a garden. It creates a sense of belonging within a neighbourhood, which is something that we can all benefit from.

S: Absolutely! And community gardens have been around for a while, haven't they?

N: Oh yes! In the second world war, they were set up in urban areas to provide fresh fruit and vegetables for the people living locally.

T: And, nowadays, where are these gardens?

N: They're everywhere! At the end of your road, in school grounds, on roofs even. Anywhere where there's an area of land that's not being used.

S: Wow, that's really inspiring! Thanks, Nina!

UNIT 7

▶ 7.1 page 38, exercise 5

- 1 My mother told me to be home by ten.
- 2 She asked the man for directions to the station.
- 3 The man begged me to give him some food.
- 4 She still insists that she is innocent.
- 5 He encouraged me to become more independent.
- 6 She usually asks Tom to help her.

▶ 7.2 page 40, exercise 5

- 1 She was travelling to Rome later that day.
- 2 I will have had my exam results by then.
- 3 They were going to pay the money back the following week.
- 4 They'll have been waiting for more than an hour.
- 5 He'll be living in France next year.

▶ 7.3 page 41, exercise 1

A = Anna, L = Lori

A: Hey, Lori, I've been thinking. I think we should rent out the spare bedroom. We could get quite a bit of money for it.

L: I'm not so sure about that. The flat's not very big – it would be a bit crowded with three of us in the kitchen.

A: I take your point, but the way I see it, we could work something out – we're not likely to want to cook at the same time, especially with me working in the café most evenings.

And it would be fun to have someone else around, especially when you're away.

L: I'm afraid I see it differently – I think it could be awkward. We've been friends for so long, and we understand each other so well. I think it would be difficult for a third person to fit in.

A: That's a fair point, but just think what we could do with the extra cash! Both of us struggle to find money for things like holidays – it would be so nice to be able to spoil ourselves now and then.

L: But then again, it's lovely having the flat to ourselves, too. What if we didn't get on with the new person?

A: Yes, I do know what you mean.

L: Mind you, I do agree that a bit more money would be nice. I'd love to be able to visit my sister in Sydney, and that's just impossible at the moment.

A: So, do you have any other ideas?

L: Well, how about offering accommodation to language students? The local language schools are always looking for host families.

A: But that's just like having another lodger! Only harder work, because we'd probably have to cook dinner for them. And talk to them all the time. What if their English was terrible? It would be so stressful.

L: Well, another way of looking at it is that it would give us a chance to meet interesting people from all over the world. And the crucial thing is that it would be short-term. If someone is difficult, we'd know they wouldn't be staying that long.

A: That's true ... but I wouldn't want to have kids or teenagers. I wouldn't want to feel responsible for them. Hang on, I think I have a better idea. How about approaching the university? They have people coming for short-term research projects, and they must need accommodation. That way, we could still limit it to short-term lodgers, but without the extra responsibilities.

L: OK, well why don't we try it? If it's awful, we don't have to do it again.

A: Great, then we're agreed! I'll call the university accommodation office tomorrow.

▶ 7.4 page 42, exercises 1 and 2

T = Tom, S = Sam, G = Graham,
J = Jenny

T: As many of you will know, our 24-hour live sponsored broadcast takes place next week, and we're hoping to raise lots of money for charity.

S: That's right, but the problem is that neither of us is very good when we don't get enough sleep. I'm told I get very grumpy – hard to imagine, I know!

T: So, we thought we'd invite in a couple of people who *always* have to work through the night and get some tips on how to cope.

S: So, welcome to Jenny, who is a police officer currently doing night duty, and Graham, who's a lorry driver. Let's start with you, Graham. What's it like, driving all night?

G: Well, in many ways it's preferable to driving in the day. The roads are quieter for a start, and I never have any difficulty staying awake. But the problem is when you go back to a normal daytime schedule in between periods of night work. That totally messes with your brain.

S: But it's still worth it overall?

G: For the time being, yes, but I hope I won't still be doing it in ten years' time. I don't think my body will be able to stand it for too much longer.

T: What about you, Jenny?

J: Well, luckily for me, I'm one of those people that drops off as soon as my head touches the pillow, wherever I am or whatever time of day or night it is. As soon as I get home, I switch off my phone and fall into bed.

S: So, staying awake all night isn't the end of the world for you?

J: Not from a physical point of view, no, but socially it's quite restrictive. My boyfriend told me the other day that he was getting fed up with me not being around in the evenings.

T: Do you find the same, Graham?

G: Definitely. And even when I do get an evening off, I'm too tired to appreciate it. It was our silver wedding anniversary recently and we went to this fabulous restaurant. The food was out of this world, but all I wanted to do was lay my head on the table and go to sleep! The waiter even asked me if I'd like an extra-strong coffee to wake me up!

S: Oh dear. Well, now it doesn't feel right for us to ask you for advice about staying up for just one night!

G: My tip is, don't eat too much – in my experience, the fuller I am, the sleepier I feel.

J: Just enjoy it, and I'd love to sponsor you.

T: Brilliant, thanks very much, guys!

UNIT 8

▶ 8.1 page 44, exercise 5

- 1 We waited until midday, at which point we gave up and went home.
- 2 The hall was full of people, all of whom were there to hear her speak.
- 3 Is that the car they came in?
- 4 He gave us two photos, one of which was damaged.
- 5 He's the type of man for whom I would do anything.

8.2 page 45, exercise 1

O = Olivia, B = Bryn, C = Clara

- O: Hi, guys, it's great to see you.
 B: You, too, Olivia. How are things? You look a bit down.
 O: It's just that I'm having trouble with my second novel, and my publisher is putting pressure on me to hurry up. I keep telling her that creativity isn't like a tap. You can't just turn it on. But it got me thinking, where *does* creativity come from? You're an inventor, aren't you, Bryn? Where do you get your inspiration?
 B: Well, for starters, I totally agree with you that you can't force it. The idea for my first successful invention came when I was laid up in bed during an outbreak of flu so I think it had more to do with the fever than with me! In other words, I think that good ideas can often be a bit random.
 C: That's right. Something happens and then you get inspiration from it. Unfortunately, for me as a poet, the thing that seems to inspire me most is the breakdown of relationships.
 O: That's terrible!
 C: Well, let me put it this way, most of my best poems have been written just after a break-up.
 O: So, what does that mean for me? You wouldn't want me to break up with my boyfriend, who, incidentally, is really nice, just in order to finish my novel, would you?
 B: Certainly not! As I said earlier, I think it's quite random. I've never had a fever again, but I've invented lots more things. My point is this – different things work for different people. Personally, if I'm stuck, I often find that a good workout gets the ideas flowing again.
 C: It's surprising what works and what doesn't. I once rented a remote cottage for a week of quiet writing and it was such a let-down. I didn't write anything!
 O: So, it's clear from what we've said that there's no magic formula. Still, it's been great to chat to you about it and thanks for being so understanding. Now, moving on to more cheerful things: When shall we go for dinner this evening?

8.3 page 45, exercise 3

- Shouldn't you be at your English lesson?
- Someone should call her, but not you.
- Should your mum know about this?
- Haven't you finished your essay yet?
- Could you help me with these bags, please?
- I found your book under the sofa.

8.4 page 46, exercise 4

- If I had remembered my jumper, I wouldn't be so cold.
- Had we known Chris was coming, we'd have stayed longer.
- If I was braver, I would have gone into the cave.
- I'd have brought you a present had I known it was your birthday.
- We'd be better at our jobs if we had had more training.
- If we'd called her earlier, Mum would be here by now.
- If they had had a better teacher, they would know more French.
- If we had brought our tennis rackets, we could play.

8.5 page 48, exercises 1 and 2

S = Sam, T = Tom

- S: You know I told you I couldn't open the window on the driver's side of my car?
 T: Yes?
 S: Well, I took it to the garage yesterday. They want nearly £400 to fix it. £400!
 T: Well, electric windows are quite sophisticated.
 S: That's precisely the problem. I don't even *want* an electric window. I'd have been quite happy with a wind-down window if such a thing existed these days. If you ask me, all these modern innovations are just ways of parting us from our hard-earned cash. My granddad always used to fix his car himself. In those days, anyone could do it, provided they had some fairly basic mechanical skills, but modern engines are so complicated, it's almost impossible.
 T: Yeah ... but cars are much better now, aren't they? There are so many useful features you can get, like heated seats and cameras for reversing, all of which make the experience of driving more pleasant.
 S: Mmmm, it seems you can get any kind of luxury as long as you can pay for it, but what you can't buy is a simple, old-fashioned car that you can look after yourself. Perhaps I should start a basic car factory!
 T: It's obvious that there would be no demand for such a car, otherwise someone would already have done it.
 S: Oh, I'm more cynical. I don't have any proof, but I suspect that the big car manufacturers would find a way to make sure that never happened.
 T: You can't stop progress, Sam. My dad used to mend his own car when he was younger, too, but we were always having breakdowns. I can't tell you how many hours we spent sitting at the side of the road while he had his head under the car bonnet, whereas I don't

remember the last time I broke down. Do you?

- S: Yes, I do, actually. It was on my way to the airport and I had a puncture. I had to wait more than two hours for someone to come and fix it and I eventually got to the airport about two minutes after take-off.
 T: A puncture! You can't blame that on modern technology! If you knew how to change a tyre, you wouldn't have missed your plane.
 S: I know, and I *do* know how to do it, at least in theory. It's just that I'd never be entirely confident that I'd get the wheel back on securely, so I wouldn't try to do it myself.
 T: So, suppose those wicked car manufacturers were able to invent self-repairing tyres ... Presumably, you wouldn't complain about that?
 S: Er, no, I guess I wouldn't!

UNIT
9

9.1 page 50, exercise 5

- Having expected to come last in the race, he was delighted with second place.
- Loved by all her friends, she was one of the most popular girls in her class.
- Entering the room, she looked around her.
- Noticing that the girl looked sad, he offered her some sweets.
- Abandoned by her parents, the girl was brought up by a local family.
- Having decided to go camping, she bought herself a lightweight tent.

9.2 page 52, exercise 5

- It's about time you called your parents.
- If only I didn't have to go to work!
- She'd rather we stayed in a hotel.
- What if I hadn't seen you?
- I wish we had more time.
- If only the sun would shine!

9.3 page 53, exercises 1 and 2

P = Philip, B = Bianca

- P: My dad's working in Kenya for a month in July and he says he'll pay my air fare if I want to go out to stay with him while he's there.
 B: What a fantastic opportunity! So why aren't you looking happier?
 P: Well, I'd already promised to go hiking with Matt and I don't want to let him down.
 B: Given the choice, I'd definitely go to Kenya. You can go hiking any time.
 P: No doubt about it, I'd prefer to go to Kenya. But Matt's already booked the time off work, and I did promise to go with him.

- B: If I were you, I'd talk to him about it. I'm sure he'd understand. After all, you're not likely to get another chance of a free holiday in Africa.
- P: No, but I know that Matt's really looking forward to it. He hasn't been able to take a break for a long time because of his work, and I'd feel bad if I ruined it for him. We've been friends for years, and I'd much rather not go to Kenya than risk our friendship.
- B: Sure, I totally understand. I had a similar thing once with my friend Emma. We were going camping together and then my penfriend invited me to stay with her family in France.
- P: So what did you do?
- B: Well, actually, I was open with my penfriend about my dilemma and she ended up inviting Emma, too. We had a great time.
- P: Oh, wow, that's a good idea! Perhaps Matt could come to Kenya? I reckon talking to my dad would be the best course of action, then. If he has room for both of us, I could invite Matt to come with me instead of going hiking. Matt's really interested in Africa as well – he studied African politics at university. I know he spent some time in Nigeria, but I don't think he's ever been to Kenya.
- B: Well, that definitely seems to be a good solution, then. Also, if I were in your shoes, I'd love to have a friend with me, especially since your dad will presumably be busy with his work most of the time.
- P: Oh, yes, I'd prefer to go sightseeing with a friend rather than trudging around on my own. It's nice to have someone to talk to about the things you've seen, isn't it?
- B: Yes, as long as it's someone you get on really well with, and it sounds like Matt would be the ideal companion.

9.4 page 54, exercises 1 and 2

T = Tom, S = Sam

- T: I can't help feeling that dating has lost some of its romance these days, with so many people meeting their partners online.
- S: Oh, I totally agree! I wish people would be more imaginative, and more ... well ... *spontaneous*. What are we going to tell our children when they ask for our 'How I met your father' stories?
- T: Exactly! My mum and dad met when they sat next to one another on a flight to Berlin. Being quite shy, they didn't exchange numbers, and my dad spent his whole holiday wishing he had been braver. He was convinced he'd found his soulmate only to let her slip through his fingers. Then one day he spotted her going past on a tram, and he chased it down the street and jumped on. He was panting so hard, he couldn't even speak, but my mum was impressed anyway.
- S: Aww, that's just like something out of a film!

- T: I know! And, as my mum says, given the kind of choice you get on dating apps, she'd never have picked a short guy with blond hair. She was more into tall, dark, handsome types. But they got on like a house on fire – and still do. When you're sitting there swiping right or left checking out person after person, it's so easy to reject people for really trivial reasons, and that seems a bit of a shame to me.
- S: Yes, I agree. I've never done online dating myself because I can't bear the idea of people looking at my profile and judging me. It's like being a product in a shop rather than a living, breathing person.
- T: I know what you mean. Although, having said that, the internet can be useful in other ways. My friend Freya met her partner when she accidentally killed him while playing a video game! He sent her a jokey message afterwards, and according to her, they were soon chatting as though they were old friends. One thing led to another, and they've been dating for over a year now.
- S: That's brilliant! The best dating app story I know concerns my friends Will and Eva. They both went to the same bar to meet someone they'd met online but neither of their dates turned up. Eva went up to Will to check if he was the guy she was supposed to be meeting, even though he didn't really look like the photo she'd seen. Of course, he wasn't, but they hit it off straight away. So, the way they met each other still had an element of chance to it.
- T: Cool!

UNIT
10

10.1 page 56, exercise 5

- 1 It is believed that thousands of people will attend the protest.
- 2 She's too busy to come with us, apparently.
- 3 The boys are thought to have travelled to Birmingham.
- 4 According to my parents, there used to be a windmill here.
- 5 It appears that his plan was successful.
- 6 It would seem that you need to pay to go in the museum.

10.2 page 57, exercise 1

N = Nick, H = Hannah

- N: Did you know that one out of every five people in the world is Chinese?
- H: Wow, that's amazing! So, is China the biggest country?

- N: No, Russia's the biggest country. It actually covers 11% of the world's surface, which makes it just over 70 times as big as the UK.
- H: But it doesn't have the largest population?
- N: No, quite the opposite, in fact. The density of Russia is estimated to be around 8.4 people per square kilometre, making it one of the least densely populated countries in the world.
- H: And how does that compare with the UK?
- N: We have way more people! Somewhere in the region of 250 per square kilometre.
- H: So, it's true when people talk about the UK being 'full up', then?
- N: Well, not really. People often misinterpret that statistic as meaning there are lots of people all over the country.
- H: So they tend to overestimate the extent to which the UK countryside is disappearing?
- N: That's right. In fact, records show that only around 5.9% of land is built on, and that includes people's gardens!
- H: Really?! That's amazing! And the rest is countryside?
- N: No, roughly 60% is farmland, but around a third of the land is still wild. Think of all the lovely national parks we have, for example.
- H: Yes, that does make sense when you think about it. So, if a fifth of the world's population lives in China, how many people is that all together?
- N: 1.4 billion, give or take a few hundred thousand. Obviously, it's impossible to be exact. The only other country that has over a billion people is India.
- H: Right. So that means the population of the world is about 7 billion?
- N: Slightly more, actually. There's an amazing website called 'the world population clock' that shows the rate at which people are being born. It's incredible to see the number going up so quickly – several times per second.
- H: But presumably people are dying, too?
- N: Yes, but nowhere near as fast. So, it's August now, and there have already been around 92.7 million births this year.
- H: 92.7 million?
- N: That's right, and only just over 34 million deaths.
- H: So, would we be able to overcome the problem of rapid population growth if each couple had no more than two children?
- N: Well, that's an interesting question. In a country like India, where a large proportion of the population is young, there would be an initial *increase* in population, but in countries like Japan with more older people, there would be a decline.
- H: That's fascinating. I've already decided how many kids I'm going to have – exactly zero!

10.3 page 57, exercise 2

- 1 China isn't the largest country in the world.
- 2 Russia is one of the least densely populated countries.
- 3 People tend to overestimate the extent to which the countryside is disappearing.
- 4 UK records show that only around 5.9% of land is built on and that includes people's gardens.
- 5 There's a website that shows how fast the population is growing.
- 6 We might be able to slow down our rapid population growth if each couple had no more than two children.

10.4 page 58, exercise 5

- 1 Apparently, they're moving to America.
- 2 The report severely criticized her leadership.
- 3 I found their behaviour utterly astonishing.
- 4 We carefully removed all the packaging.
- 5 They realized they were hopelessly lost.
- 6 Most people we met were incredibly friendly.

10.5 page 60, exercises 1 and 2

S = Sam, T = Tom

- T: I read somewhere recently that the first human being to live to 200 might already be on the planet.
- S: Really? Well I hope it's not me!
- T: Why not? It would be so cool to live that long. Imagine all the changes you'd see in your lifetime.
- S: The philosopher Heidegger said that we need the threat of death to motivate us to do anything, and I strongly believe that that's right. Even if we lived twice as long, we probably wouldn't achieve any more. I think it would be incredibly boring, too. Just think about it – old people are usually thrilled to get grandchildren, aren't they?
- T: Yes
- S: And maybe great-grandchildren, at a push. But great-great grandchildren? Or great-great-great
- T: Yes, OK, I get your point. Things could get a bit repetitive. But life expectancy's been going up for years, so you might just have to put up with it.
- S: But there's a big difference between life expectancy and *lifespan*. Lots of scientists say that there seems to be a natural ceiling for old age. Otherwise, how is it that nobody's beaten the existing age record since 1997? It's thought that there are only a couple of hundred people over 110 in the whole world – it's incredibly rare to be so old, even with all the medical advances we have.
- T: But we don't only rely on medicine these days. Scientists now are working on analysing the genes of super-old people to work out

their genetic code, and they've already had some success at rejuvenating mice.

- S: What, actually making them younger, or just slowing down the ageing process?
- T: Actually winding back the clock, I believe.
- S: Oh yuck, that's weird! And, anyway, if we lived to 200, the world would run out of room and resources for everyone. And, as it is, around half of all 90-year olds are believed to have some form of dementia. Would you wish that on even more people?
- T: Obviously not. But did you know that there's a species of whale called the bowhead whale that can live to 200? Apparently, they don't have heart disease, or cancer, and they have some way of repairing DNA damage. If we could find out how they do it, we could potentially achieve a much healthier old age.
- S: But there would be so many other issues. What about marriage for instance?
- T: What about it?
- S: Well there's enough divorce already. Imagine if you were facing being married to someone for 170 years.
- T: OK, I'll concede that you might have a point there!