

1.1 Do you live in the past, present or future?

GOALS ■ Talk about your daily life ■ Ask questions

Vocabulary & Speaking daily life

- 1 Which sentence below best describes your life? Why? Compare your answers with a partner.
 - 1 My life is too busy. I need more time.
 - 2 I'm quite busy, but I have time to do everything I want.
 - 3 I have too much time and not enough things to do.
- 2a Work with a partner. Match the verbs to the nouns and noun phrases.

spend do (x5) stay make (x2)	some exercise housework time with relatives the shopping in for the evening future plans a to-do list some work homework
eat have (x5) go (x3) chat	an early night to bed late fun a good time a family meal a lie-in healthy food on a trip with friends online shopping

- b 1.1) Listen and check your answers.
- c 1.2) Listen and repeat the phrases.
- 3 Tell your partner about things you would like to do, things you need to do and things you don't need to do this weekend. Use the vocabulary from exercise 2a.

Grammar & Speaking question forms

- 4 The article and questionnaire are from a psychology magazine website. Read the article and find one positive and one negative thing about each type of person – past, present and future.
- 5 Choose two activities from exercise 2a which are typical for each of the three types of people. Compare your ideas with a partner.
future type → make a to-do list

Psychology

Home > Psychology tests > Time type

The secret powers of time

Do you often think about the past? Can you enjoy the present time, or do you worry about the future? The psychologist Professor Philip Zimbardo describes three types of people: past, present and future people.

What time type are you?

Past types
You enjoy remembering the past and sometimes you miss 'the good old days'. You worry about making changes or trying new things. You spend a lot of time with your family.

Present types
The most important thing is to feel good now. You like doing fun things with fun people. You don't have a healthy lifestyle. You avoid doing difficult or boring things.

Future types
You spend most of your time working, saving and planning for a better future. You eat well and exercise regularly. You can say 'no' to immediate pleasures. You don't mind waiting for the good things in life. Future people are usually more successful in work and study. But they often don't enjoy their free time because they are busy thinking about the next thing.

According to Zimbardo's research, most people are mainly a past, present or future type, although everybody is sometimes the other types. Ideally, we should try to have an equal balance of all three to be happy and successful, and to have good relationships.

[Take the test](#)

6a Work with a partner. Do the questionnaire together and make a note of your partner's answers.

b Read the results of the questionnaire. Who is more past-focused, you or your partner? Do you agree with the results?

How past-focused are you?

- 1 How often do you look at old photos or videos?
 - a often
 - b sometimes
 - c never

- 2 Who do you prefer to spend time with?
 - a friends I met a long time ago
 - b new friends
 - c both old and new friends

- 3 Are you interested in your parents'/ grandparents' stories about the old days?
 - a yes, very interested
 - b quite interested
 - c no, not at all

- 4 Do you enjoy family events, like birthday parties?
 - a I love them
 - b they're OK
 - c not really

- 5 Where do you go for your summer holiday?
 - a the same place every year
 - b a different place every year

- 6 When did you last see your older relatives?
 - a very recently
 - b quite recently
 - c a long time ago

Results

If you have 3–6 'a' answers, you're very past-focused. If you have 0–2 'a' answers, you're not very past-focused.

7 Look at the word order of questions in the Grammar focus box, then choose the correct option to complete the rules.

GRAMMAR FOCUS question forms

Questions with *do* and *did*

Question word	Auxiliary	Subject	Main verb
	Do	you	enjoy family events?
When	did	you	(last) see your older relatives?
Who	do	you	spend time with?

Questions with *be*

Question word	<i>be</i>	Subject	Adjective/Noun/Verb
	Are	you	interested in your parents' stories?
Who	is	your	favourite relative?

- We put auxiliaries (*do/does/did*) ¹ before / after the subject.
- We put the verb *be* (*am/is/are/was/were*) ² before / after the subject.
- We put prepositions (e.g. *to, with*) at the ³ beginning / end of the question.

→ **Grammar Reference** page 134

8 Match the question words and answers.

- | | |
|------------------|----------------|
| 1 How much ...? | a every day |
| 2 How often ...? | b \$30 |
| 3 How many ...? | c action films |
| 4 What kind ...? | d six o'clock |
| 5 What time ...? | e five |

9a Put the words in the right order to make questions.

- 1 do / live / who / you / with ?
- 2 music / you / what / to / listen / do / kind of ?
- 3 you / for / appointments / how often / are / late ?
- 4 museums / enjoy / do / going / you / to ?
- 5 to / did / what / last night / time / go / you / bed ?
- 6 you / are / today / tired ?
- 7 spend / how much / on Facebook / do / you / time ?
- 8 have / fun / when / you / did / last ?

b **1.3** Listen and check your answers. Then ask and answer the questions with a partner.

10a **TASK** Work with a partner. Write five questions for a questionnaire with the title 'Are you more present-focused or future-focused?' Use different question words and give two or three possible answers. Use the topics below or your own ideas.

How often do you do exercise?

a never b sometimes c often

- to-do lists? • late for appointments?
- healthy lifestyle? • go to the dentist?
- keep fit? • stay out until late?
- save money?
- plan things in advance?
- have a good time

b Work with another pair and answer both quizzes. Who is the most present-focused and future-focused?

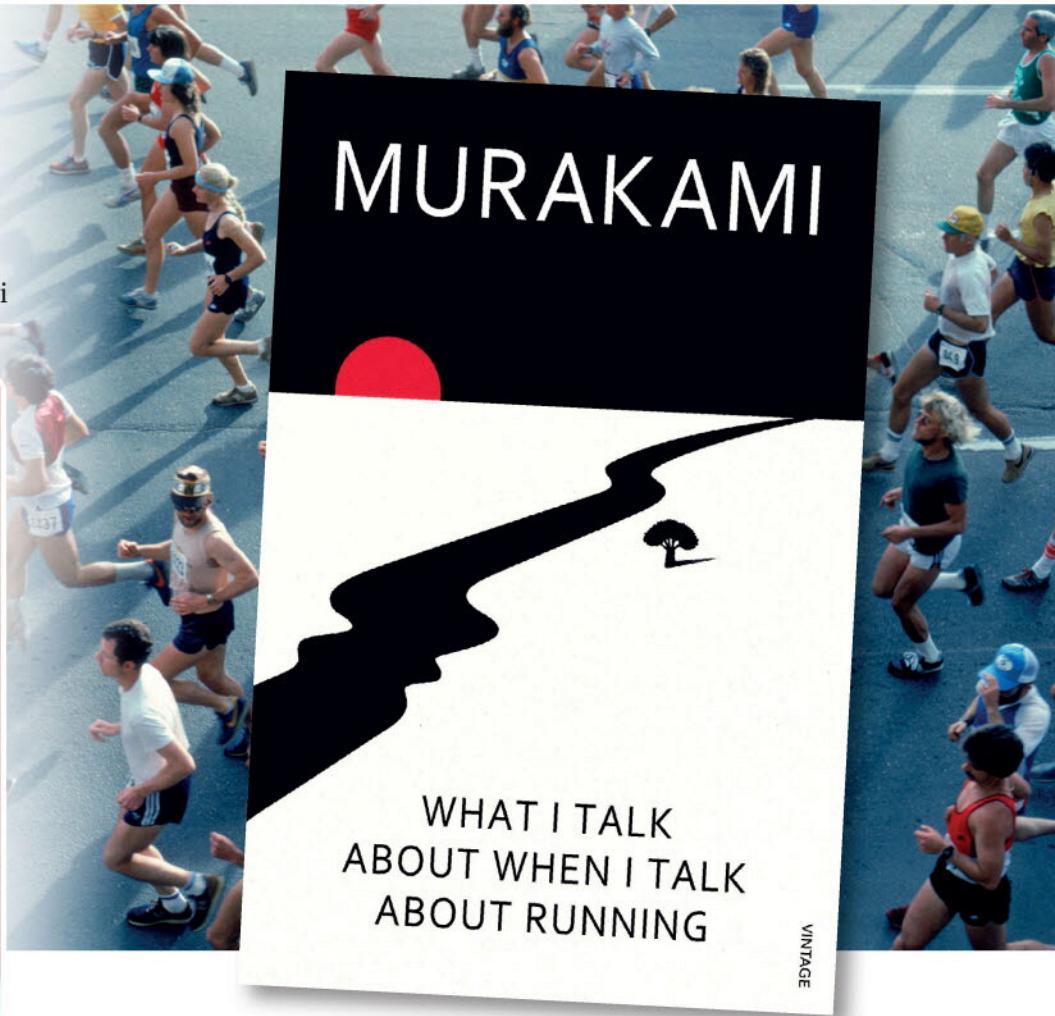
▶ VOX POPS VIDEO 1

1.2 Free time

GOALS ■ Talk about how often you do things ■ Talk about your free time

Grammar & Speaking present simple and adverbs of frequency

- 1 Work with a partner and discuss the questions.
 - 1 Do you ever go running? Why/Why not?
 - 2 Why do you think some people enjoy running?
 - 3 Look at the photos. Do you know the author Haruki Murakami? Would you like to read the book?



- 2a You are going to listen to a review of the book in the photo. Before you listen, write questions using the prompts.

- 1 why / Murakami / run ?
- 2 how often / he / go running ?
- 3 how many miles / he / run / every week ?
- 4 he / do / any other sports ?

- b 1.4 Listen and answer the questions in exercise 2a.

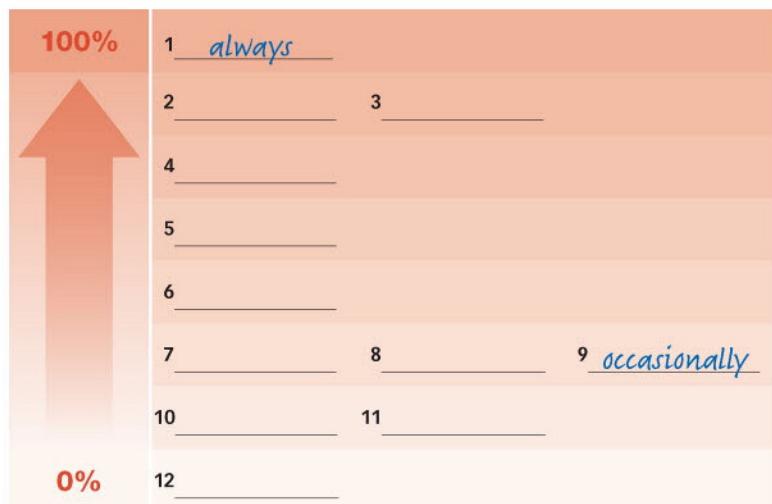
- 3 1.4 Listen again and complete the sentences with an adverb or frequency expression from the box.

most days sometimes usually never often
occasionally nearly always

- a It is _____ about getting better at something.
- b He's _____ worried about beating other people.
- c He runs _____.
- d He _____ thinks about the weather.
- e He _____ gets an idea for a book.
- f He doesn't _____ think about anything.
- g He _____ listens to rock music.

- 4 Work with a partner. Add the adverbs and frequency expressions from exercise 3 and the ones in the box to the table. Which ones have similar meanings?

every now and then rarely hardly ever
once or twice a day/week/month, etc.



- 5 Look at the sentences in exercise 3. Choose the correct option to complete the rules in the Grammar focus box.

GRAMMAR FOCUS present simple and adverbs of frequency/frequency expressions

- We use adverbs of frequency and frequency expressions to talk about how often we do things.
- An adverb of frequency usually goes ¹ **after / before** the main verb.
He nearly always listens to rock music.
- An adverb of frequency usually goes ² **after / before** the verb *to be*.
He's never worried about beating other people.
- An adverb of frequency usually goes ³ **after / before** the auxiliary verb (*do/does*) in negative sentences.
He doesn't usually think about anything.
- Frequency expressions can go at the beginning or end of a sentence.
He runs most days.

→ Grammar Reference page 135

PRONUNCIATION stress

- 6a** 1.5 Listen to these sentences and notice which words and parts of words are stressed.

- 1 He **sometimes** **thinks** about the weather.
- 2 Once or twice a year he does a triathlon.
- 3 It is often about getting better at **something**.

- b** 1.6 Listen again and repeat the sentences.

- 7** Put the adverbs of frequency or frequency expressions in the correct place in the sentences. Some can go in more than one place.

We spend time with relatives. (occasionally) →

We occasionally spend time with relatives.

- 1 We spend time with relatives. (occasionally)
- 2 My best friend does some exercise. (most days)
- 3 We watch films. (hardly ever)
- 4 My family go out for a meal. (once or twice a week)
- 5 I'm in bed by 11 p.m. (nearly always)
- 6 We don't go abroad on holiday. (usually)
- 7 I chat with friends online. (every now and then)
- 8 I have a lie-in at the weekend. (rarely)

- 8a** Rewrite the sentences in exercise 7 to make them true for you.

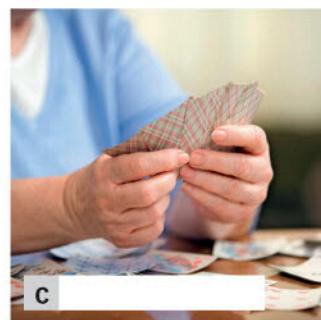
- b** Work with a partner. Ask each other questions to find out more information.

A *We hardly ever spend time with relatives.*

B *Oh? Why not?*

A *Because they live too far away.*

Vocabulary & Speaking free-time activities



- 9a** Work with a partner and put the sports and free-time activities into the correct group.

out for a coffee/meal	football	computer games	karate
camping	swimming	on Facebook	exercise
for a walk	running	yoga	chess
aerobics	golf	clubbing	cards

- a play *golf*
b do *yoga*
c go *clubbing*

- b** Label the photos with phrases from exercise 9a.

- c** Can you add any more words to each group above?

- 10** Find two examples from exercise 9a of activities that

- 1 you usually do on your own
- 2 you usually do with other people
- 3 people do outdoors
- 4 people do indoors
- 5 you do when you are feeling lazy
- 6 you do when you are feeling full of energy

- 11a** **TASK** Work in a group. Ask each other questions about some of the free-time activities in exercise 9a and make a note of the answers.

How often do you go running?

- b** Tell the class what you found out. Who spends a lot of time doing one sport or activity in their free time and who doesn't?

Haiyan goes running most days.

Mehmet never goes running, but he plays chess once or twice a week and is a member of a chess club.

1.3 Vocabulary and skills development

GOALS ■ Predict before you read a text ■ Understand and use nouns and verbs with the same form

Reading & Speaking predicting before you read a text

- 1 Work with a partner. Look at the photos and discuss the questions.
 - 1 What do the photos show?
 - 2 Why do you think people do this?
 - 3 What do you think about it?
- 2a Look at the photos, title and subheading. What do you think the blog is about? Is it positive or negative about taking photos?
 - b Write down five words or phrases that might be in the blog and compare your ideas with a partner.
 - c Read the information in the Unlock the code box about predicting.



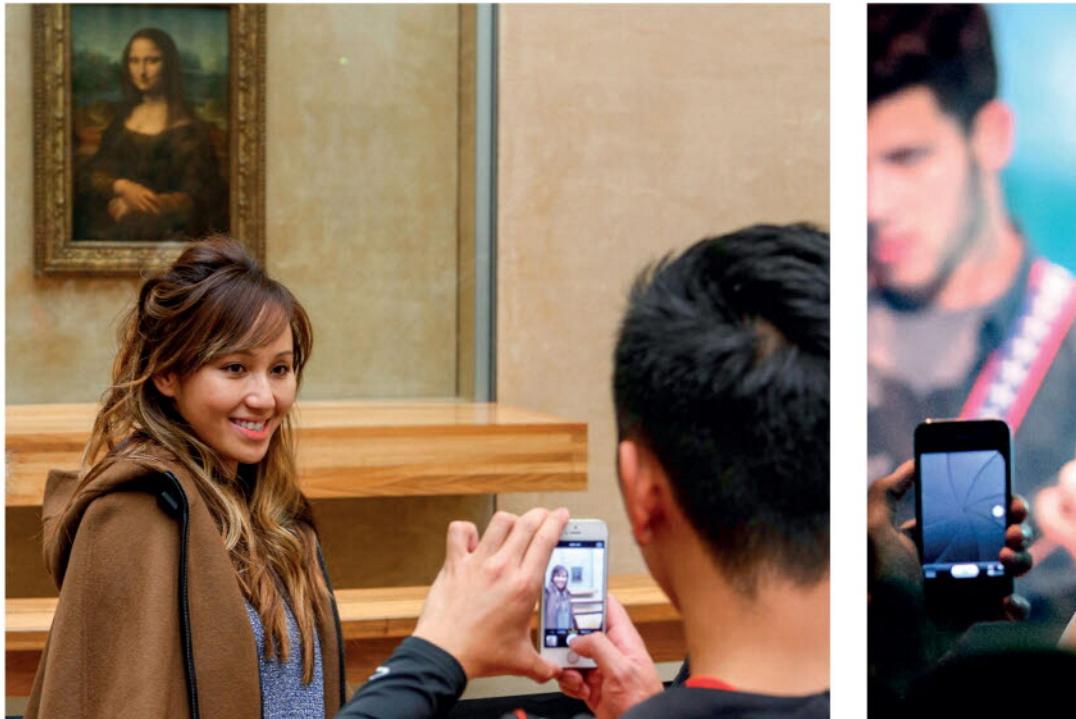
UNLOCK THE CODE predicting

- Predicting or guessing before you read can help you understand a text better. Before reading, you can ask yourself: What do I already know about this topic?
- Use photos, the title and the subheadings to predict what the text is about and what type of text it is, e.g. a newspaper article.
- You can also predict some of the key vocabulary in the text.

- 3 Read the blog. Were your predictions in exercise 2a correct? How many of your five words or phrases were in the blog?
- 4 Answer the questions with a partner.
 - 1 What two events does the writer describe?
 - 2 What's the problem at both events?
- 5 When you go to a concert or exhibition, what do you photograph? Give your reasons.

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September 18



'Take a photo of it and I'll look at it when I get home!'

THIS BLOG IS ANGRY!

So ... I'm in the Louvre Museum in Paris and I'm looking at one of the most famous paintings in the world, *Mona Lisa* by Leonardo da Vinci. But I can't actually see it very well, because there are two tourists standing in front of it, and they are taking photos of the painting. But wait ... no, it's not a photo ... it's a **film**. They're filming the painting! And then one stands next to the *Mona Lisa* as the other films her.

As they go off, one says, 'We'll post that on Facebook and have a **look** at it back at the hotel'. Another tourist arrives, looks at the painting for a second, takes a **photograph** of it and moves on.

But isn't the whole reason for going to the gallery to see the paintings 'live'? OK, you can look at them on the museum website. But seeing them actually in front of you is a different **experience**. That's why I went – to see the real thing. Why look at it on a tiny screen when the whole wonderful thing is there in front of you? But really these

Vocabulary & Speaking nouns and verbs with the same form

- 6a** Look at the highlighted words in the blog. Are they nouns or verbs? Write N or V next to each word in the box.

blog photograph film look experience record post

- b** Read the information in the Vocabulary focus box about nouns and verbs with the same form.

VOCABULARY FOCUS nouns and verbs with the same form

Some words can be both a noun and a verb with similar meanings, e.g. *look*. When you use these words as nouns, you need to know which verbs to use with them, e.g. *to have a look*.

- c** Put the nouns from exercise 6a with the correct verb in the table. Sometimes a noun can go in more than one column.

make	have	take	write

- d** Add the words in the box to the correct column in the table.

text plan promise dream

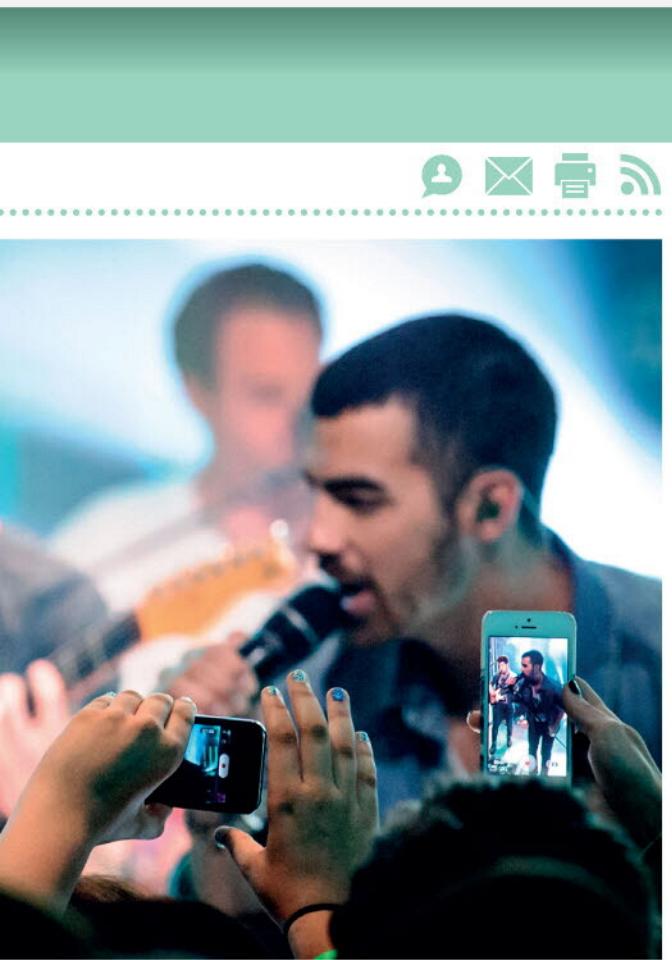
- 7a** **TASK** Complete the questions using the verb + noun phrases in exercise 6.

- Do you ever _____ about flying?
- When did you last _____ at your phone?
- When you go on holiday, do you _____ for what you are going to do every day?
- When somebody _____ of you, do you smile or stay serious?
- Do you ever _____ to someone and then change your mind?
- Would you like to _____ about your daily life? Do you think people would read it?
- When you _____, do you use special language like LOL or BTW?
- Do you ever _____ and then post it on YouTube?

- b** Work with a partner. Take turns to ask the questions in exercise 7a. Ask more questions to find out extra information.

- A *Do you ever have dreams about flying?*
- B *Yes, often.*
- A *When did you last have one?*
- B *Last week. I dreamt I was flying over the sea.*

- c** Tell the class two interesting facts about your partner.



tourists are not looking at the painting at all – they're recording their own lives.

Now to a rock concert in London – it's Muse, my favourite band. I'm close to the stage, but even so my view is blocked by a hundred mobile phones filming. And not just one song, the whole concert. These will be on YouTube within an hour – poor quality, terrible sound. Why do they do it? Why don't they look at the band?

We don't live our lives any more, we simply **record** them, **post** them on Facebook and look at them later.

1.4 Speaking and writing

GOALS ■ Talk about the weather ■ Talk about your likes and dislikes ■ Write a web post

Speaking & Vocabulary talking about the weather; talking about likes and dislikes

- 1 Work with a partner and describe the weather in the photos.

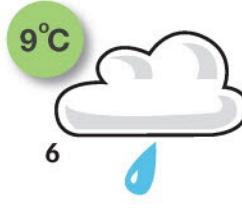
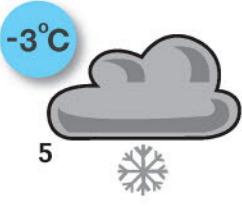
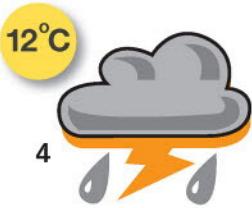
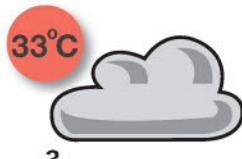
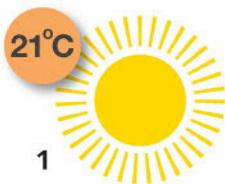
Alberta, Canada



Rio de Janeiro, Brazil



- 2a Match the symbols and temperatures to the weather headlines.



- a hot, cloudy and humid
- b cloudy and **mild**
- c sunny, dry and pleasant
- d cold and **damp** with a few showers
- e heavy rain, a **thunderstorm**
- f light snow, temperature below zero

- b Replace the words in *italics* with a **bold** word from exercise 2a.

- 1 If it's a *nice* evening, we can eat outside.
- 2 I hate this *warm, wet and uncomfortable* weather.
- 3 The air's *cold and a bit wet* this morning.
- 4 There are going to be some *short periods of rain* later.
- 5 Yesterday it was really cold, but today it's *not too cold*.
- 6 Did you hear the *heavy rain, thunder and lightning* last night?

- 3 Work with a partner and describe today's weather. Do you think it's typical for the time of year?

- 4 1.7 Listen to Faisal from Dubai, Marek from Alberta and Gina from Rio de Janeiro talking about their favourite season. Who talks about these topics? Write F, M or G.
- 1 an exciting celebration
 - 2 eating outside
 - 3 enjoying the colours of nature

- 5a 1.7 Listen again and complete the sentences.

- 1 I'm not keen on _____ in the sea in the summer.
- 2 My favourite winter activity is _____.
- 3 I really love catching fish in the _____.
- 4 I'm really interested in _____.
- 5 I'm really into watching _____.
- 6 I don't mind _____ weather.
- 7 I prefer _____ weather to summer weather.
- 8 I quite like watching _____.
- 9 I can't stand large _____.

- b 1.8 Listen and check your answers.

- c 1.9 Listen and repeat the sentences.

- d Which of the expressions in exercise 5a mean the following?
- a you don't like something
 - b you hate something
 - c you like something a lot
 - d something isn't a problem for you
 - e you like one thing more than another thing
 - f you like something, but not a lot

- 6 Complete these sentences so they are true for you.

- 1 I really love ...
- 2 My favourite summer activity is ...
- 3 I don't mind ...
- 4 I can't stand ...

7a **TASK** You are going to do a short presentation about your likes and dislikes. Turn to page 126 and choose one of the three options. Make some notes. Use the Language for speaking box to help you.

b Work in groups and take turns to give your presentations. Ask each other questions to find out more.

LANGUAGE FOR SPEAKING talking about likes and dislikes

I'm not keen on ...	My favourite ... is ...
I really love ...	I'm really interested in ...
I'm really into ...	I don't mind ...
I prefer ...	I quite like ...
I can't stand ...	

We generally use a noun or a verb + *-ing* after the likes and dislikes phrases.

I like swimming in the sea.

9a Read the Language for writing box about linking ideas.

LANGUAGE FOR WRITING linking ideas with *and*, *but* and *so*

- We can join sentences using the linkers *and*, *but* or *so*.
The weather is good. There aren't too many people. → *The weather is good and there aren't too many people.*
- In informal writing, e.g. web posts and informal emails, we often use these linkers at the beginning of the sentence.
... the sea is nice and calm. But there are a lot of tourists at this time.

b Rewrite the sentences below. Make each neutral (= not formal or informal) pair of sentences into one sentence, using *and*, *but* or *so*. For each informal pair, begin the second sentence with *And*, *But* or *So*.

- 1 It rains every day. It's not heavy rain. (neutral)
- 2 The restaurants are great. They're not too expensive. (neutral)
- 3 It's a very interesting street. It can be a bit dangerous at night. (informal)
- 4 The temperature reaches 40°C. People go to the mountains where it's cooler. (neutral)
- 5 All the children are on holiday at this time of year. The beaches get crowded. (informal)
- 6 There's an excellent museum. It's free to enter. (neutral)

10a **TASK** Write a post for a travel forum about the best time to visit your country or town. Choose two or three topics from the box to write about or use your own ideas. Use the phrases below.

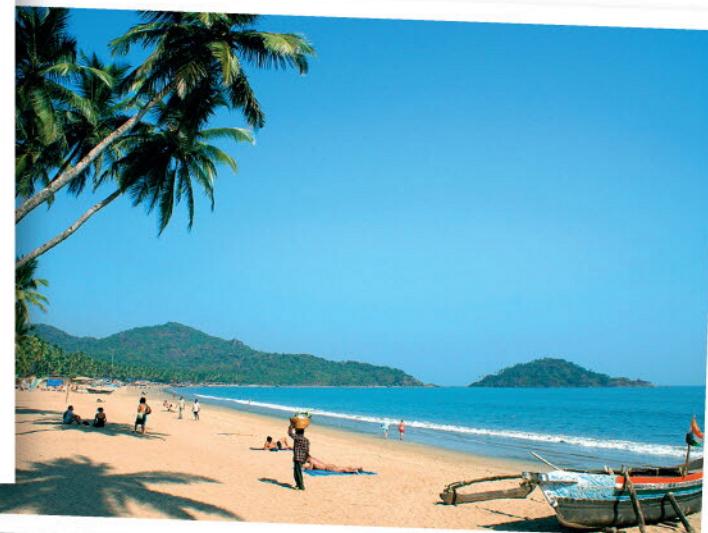
The best/most popular time to ...

... too expensive/hot/rainy/crowded

The only problem is ...

the weather crowds special festivals prices facilities

b Swap your post with a partner. If you are from the same place, do you agree with the post? If you are from a different place, ask questions to find out more.



Yesterday 15:23

Jean-Luc My wife and I would like to go on holiday to southern India next year, to Goa. When is the best time to go?

Today 09:17

Varsha The most popular time to come to Goa is November to March. This is our winter season. In these months, the weather is very pleasant. It's not too hot or too rainy and the sea is nice and calm. But there are a lot of tourists at this time. The beaches are very crowded and the prices are high. So I think the best time is October. Then you can have good weather and avoid the crowds, and the hotels are not too expensive. The only problem is that some of the shops and restaurants are not open.

I hope that helps.

Enjoy your trip!

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I hope that helps.

Enjoy your trip!

1.5 Video

Adventure sports in Chile

- 1 Match the words to the definitions.

hike climb slopes rapids peak

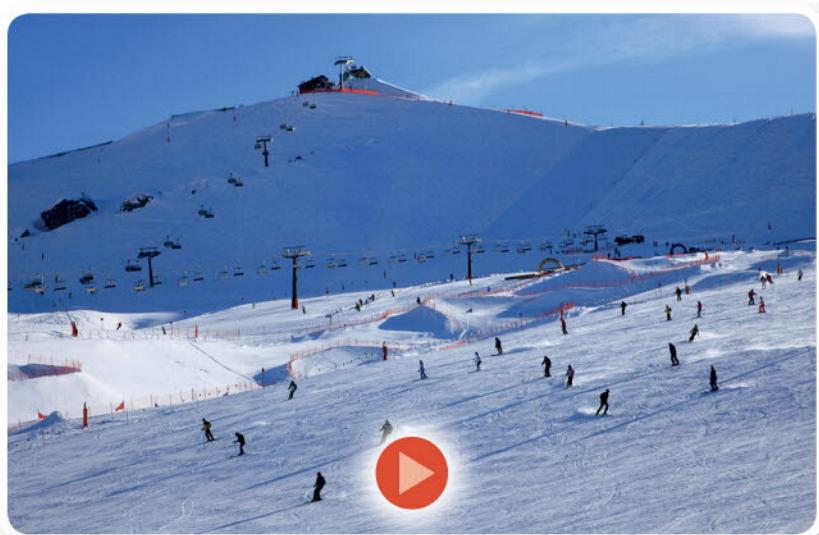
- 1 to walk for a long distance, especially in the country
 - 2 parts of a river where the waters go fast
 - 3 parts of a hill or mountain, especially for skiing
 - 4 to go or come up a hill, mountain or stairs
 - 5 the pointed top of a mountain
- 2 These photos are of Pucón, Chile's adventure capital. Describe the photos and guess what people do there.
- 3 ► Watch the video. Which sports did the speaker talk about?
- a hiking up the volcano
 - b sailing and waterskiing on the lake
 - c scuba-diving in the lake
 - d kayaking down the rapids
 - e skiing or snowboarding down the mountain
 - f visiting Pucón by helicopter
- 4 ► Watch again and answer the questions.
- a What kinds of landscape make Chile popular with tourists?
 - b How many people live in Pucón?
 - c What kinds of activities do people do in the summer? Name two.
 - d How tall is Villarrica Volcano?
 - e What kinds of activities do people do in the winter? Name two.
 - f How many metres do the slopes of Ski Pucón cover?

- 5a **TASK** Work with a partner. Read the situation below.

You have won an adventure sports holiday! You must choose from the following options.

- Where would you prefer to go: a lake or the mountains?
- When would you like to go: summer or winter?
- What kinds of adventure sports would you like to do?
- What other activities would you like to do?

- b Discuss your answers to the questions. Decide on your adventure holiday.
- c Work with another pair. Compare your adventure holidays. Did you choose similar activities?



Review

1a Write the questions for the answers.

- 1 How many people _____? Five. My parents, my two sisters and me.
- 2 _____? Twenty-four. I'm twenty-five in February.
- 3 _____? Nothing special. On Saturday I went into town and on Sunday I stayed in.
- 4 _____? In a flat. I'd like to live in a house, though.
- 5 _____? All sorts, really. Dance, Latin, R&B.
- 6 _____? About once a month. In fact I went last night. I saw a really good film.

b Work with a partner and ask and answer the questions.

2a Choose the correct option in these sentences.

- 1 I go to the gym *hardly ever / never / every now and then*.
- 2 I *most days / rarely / once a month* have a lie-in.
- 3 We have a family meal *most days / nearly always / always*.
- 4 My cousin and I *once a week / every now and then / sometimes* chat online.

b Write five sentences about your free time. Use the frequency words in A and the activities in B.

A (nearly) always every now and then hardly ever once or twice a week/month never rarely most days occasionally sometimes often

B go online go out for a meal do aerobics play cards go swimming go camping go to the gym play golf go clubbing play computer games do yoga

c Ask your classmates questions about their free time. Find two people who do the same free-time activities as you and two people who do different activities.

How often do you ...? Do you usually ...? Do you ever ...?

3 **1.10** Listen to eight questions. For each question, write down a one-word answer.

4a Decide which word or phrase doesn't go with the verb in the first column.

1 make	a to-do list	time with relatives	future plans	a cake
2 do	fun	exercise	housework	the shopping
3 have	an early night	a lie-in	a family meal	shopping
4 play	yoga	basketball	cards	computer games
5 go	on a trip	a family meal	running	out for a coffee

b Work with a partner and ask and answer the questions.

- 1 What kind of exercise do you do?
- 2 When was the last time you went on a trip?
- 3 How often do you have a family meal?
- 4 Who in your family does most of the housework?
- 5 Where do you usually go shopping for clothes?



5a Rewrite the questions, changing the underlined verbs into verb + noun expressions.

Do you text with one hand or two? → Do you write texts with one hand or two?

- 1 Do you know anyone who blogs about their life?
- 2 Do you ever photograph yourself?
- 3 How often do you post on social network sites?
- 4 Do you ever look at language learning websites?
- 5 Do you ever dream about falling?

b Work with a partner and ask and answer the questions.

6a Work in a group. On your own, make guesses about the likes and dislikes of the students in the group. Write the name of a student and continue the sentence.

I think Carlos is really into sport.

- 1 I think _____ loves ...
- 2 I don't think _____ is very keen on ...
- 3 I imagine that _____ doesn't mind ...
- 4 I'm sure _____ is really into ...
- 5 My guess is that _____ can't stand ...

b Compare your guesses together.