

## Listening

1 a 3 Cover the audioscript. Listen and make notes in the table.

	Sleep weekdays (hours)	Sleep weekend (hours)	Insomnia (yes/no)	Alarm clock (yes/no)
Liz	6	10	NO	Yes
Paul	7-8	6-7	Yes	NO

b Answer the questions.

- Who is always tired?  
Liz
- Who likes to stay in bed late on Sundays?  
Liz
- Who has problems sleeping when they are worried?  
Paul
- What happens to Liz when she drinks a lot of coffee?  
She can't sleep
- Why does Liz use two alarm clocks?  
She turns the first one off and
- When does Paul use an alarm clock?  
When he needs to get up really early

## AUDIOSCRIPT

Interviewer: So, how many hours do you sleep, Liz?

Liz: Not enough. I usually sleep about six hours on weekdays. That's why I'm always tired.

Interviewer: And you, Paul?

Paul: I get seven or eight hours sleep on weekdays. It depends what time I go to bed.

Interviewer: What about weekends?

Liz: Oh, I get more sleep at weekends – about ten hours. Sometimes I don't get up until lunchtime!

Paul: Really? I can't stay in bed that long. I usually sleep a bit less at weekends, about an hour less. Sometimes I try to stay in bed but then I just get up and start doing things in the house.

Interviewer: Did you know that ten percent of the population suffer from insomnia – when you can't fall asleep. Do you ever get that?

Paul: Yeah, sometimes. When I'm worried about work.

Interviewer: And you, Liz?

Liz: No. I don't usually have any problems falling asleep. Very occasionally, I can't sleep if I've drunk too much coffee.

Paul: Yes, drinking coffee is a bad idea.

Interviewer: And do you use an alarm clock to wake up in the morning?

Liz: Absolutely. Yes. I can't wake up without an alarm clock. In fact, I have two because I turn the first alarm clock off, and fall asleep again.

Paul: I don't need an alarm clock usually. Sometimes I use one if I have to get up very early, to catch an aeroplane or something.

## Vocabulary | describing your day and lifestyle

2 a Match the words (1–8) with their definitions (a–h).

- boring
- busy
- fun
- exciting
- tired
- relaxing
- stressful
- unusual

- lots of time to do nothing 5
- something which makes you feel calm 6
- not interesting 1
- occupied with lots of things to do 2
- strange or different 8
- enjoyable 3
- interesting and stimulating 4
- something which makes you worry a lot 7

b Complete the sentences with the correct adjective from exercise 2a.

I think maths is really boring. I fell asleep in class last week.

- My job is really stressful. I have so many things to worry about.
- He's a(n) unusual person. He acts in such a strange way.
- I like relaxing hobbies like painting and listening to classical music.
- He has a really lazy lifestyle because he's not working at the moment.
- The new Harry Potter film is so exciting – it's got lots of action.
- He's very busy – he's got a lot of work at the moment.
- I love playing cards with friends. It's great fun.



## Grammar | Present Simple; adverbs of frequency

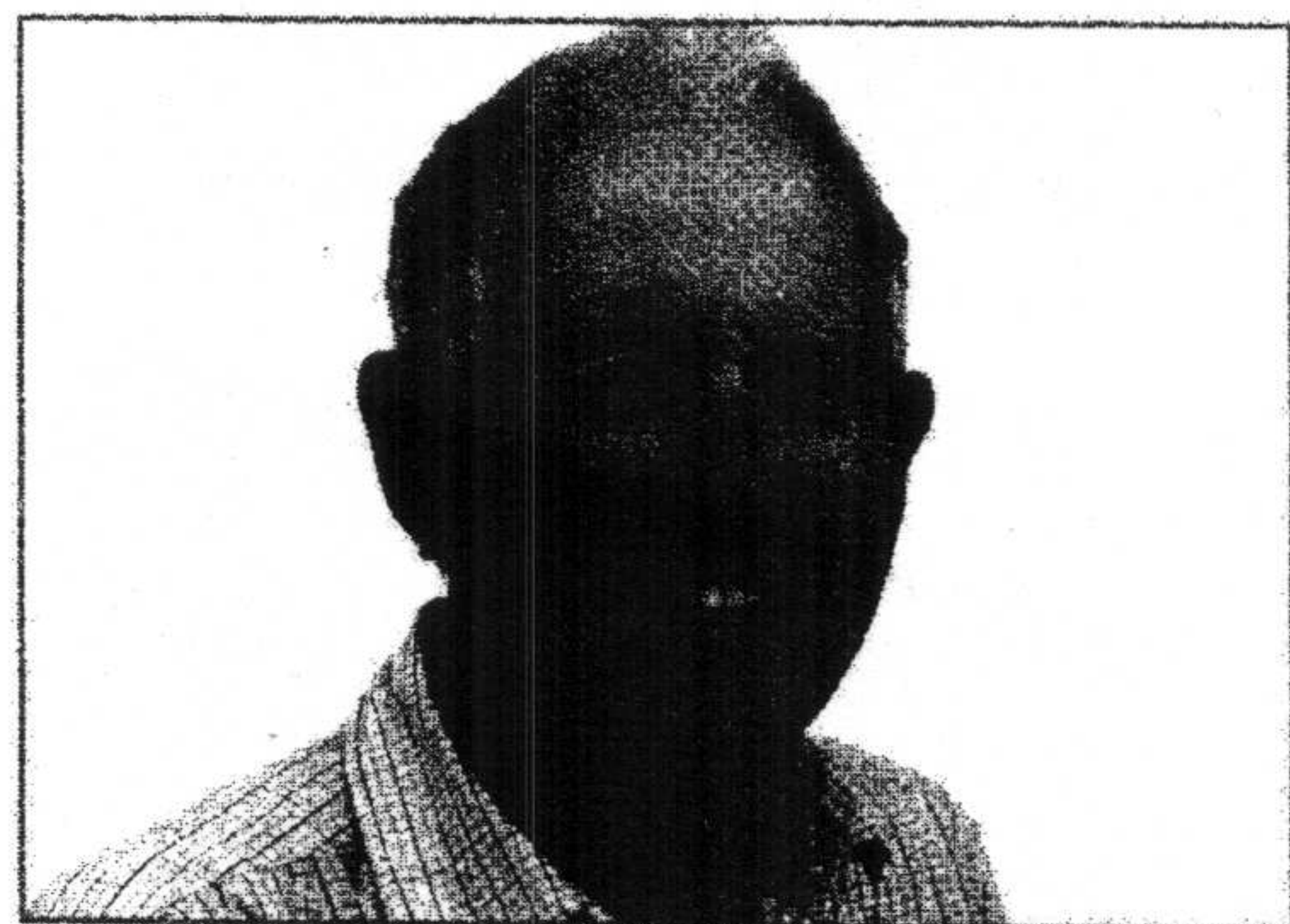
- 3 Complete the sentences using the correct form of the verbs in brackets.



Sylvie studies (study) French at university. She (1) doesn't (not know) what she wants to do when she (2) finishes (finish) her degree. Sylvie (3) lives (live) at home with her family.



Max (4) works (work) in the city. He (5) has (have) a new sports car, and a big house. He (6) enjoys (enjoy) going out and spending lots of money. He (7) doesn't (not smoke) and he (8) does (do) a lot of exercise in the gym.



Albert (9) doesn't (not work). He's 75 years old. He usually (10) spends (spend) his time at home. He (11) watches (watch) TV and (12) reads (read) the newspaper. Sometimes he (13) goes (go) for a walk or (14) does (do) some shopping. He (15) doesn't (not cook), so his daughter (16) brings (bring) him food to eat.

- 4 Write the questions for these answers.

A: *Where do you live?*

B: I live in Madrid.

1 A: *When do you have breakfast?*

B: I have breakfast at about 10 o'clock on Saturdays.

2 A: *Where do they work?*

B: They work outside London.

3 A: *How often does she go to the gym?*

B: She goes to the gym once a week.

4 A: *What do you do on Fri' night?*

B: On Friday night I often go out.

5 A: *Do they go clubbing?*

B: No, they never go clubbing.

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

1 to books take my I ever forget to hardly college.

*I hardly ever forget to take my C. books*

2 in school the is never late for morning Jake.

*Jake is never late for school in the morning*

3 see Pablo after and Juan we often the game.

*We often see J. & P. after the game*

4 drink the coffee do you always in mornings?

*Do u always drink the coffee in mornings?*

5 visit in my we sometimes grandmother France.

*We sometimes visit my grandma in France*

## Pronunciation | do/does

- 6 a 4 Listen and write the questions you hear.

1 A: \_\_\_\_\_?

Your answer: \_\_\_\_\_.

2 A: \_\_\_\_\_?

Your answer: \_\_\_\_\_.

3 A: \_\_\_\_\_?

Your answer: \_\_\_\_\_.

4 A: \_\_\_\_\_?

Your answer: \_\_\_\_\_.

5 A: \_\_\_\_\_?

Your answer: \_\_\_\_\_.

6 A: \_\_\_\_\_?

Your answer: \_\_\_\_\_.

b Now write answers that are true for you on the lines under the questions.

c Listen again. Underline the stressed form of do/does/don't or doesn't in the questions. Practise saying the questions and the answers.



# Grammar | Present Continuous: now and around now

- 1 Answer the questions about each picture. Write sentences.



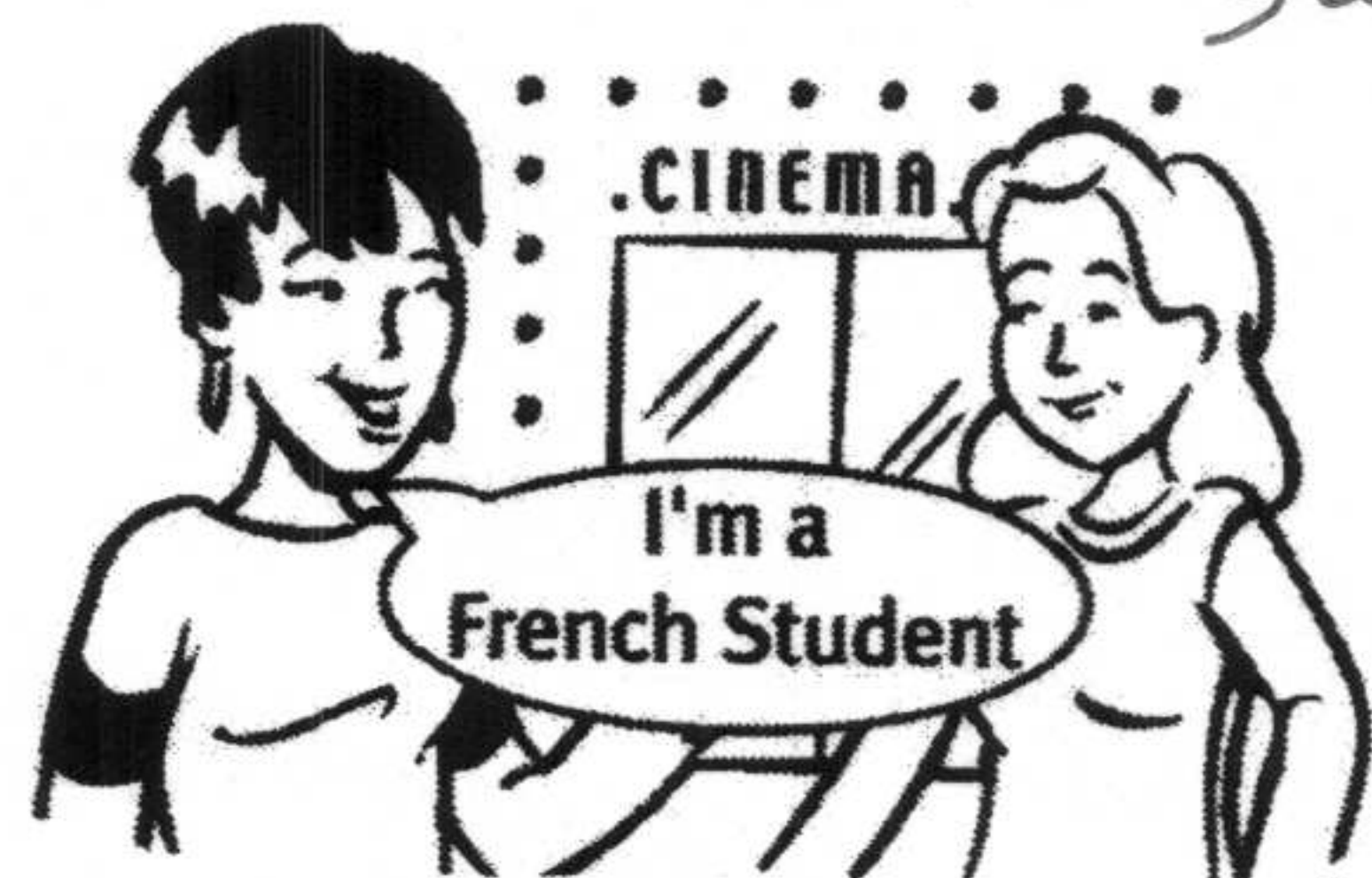
Does he teach? Yes, he does.  
Is he teaching now? No, he isn't.  
What is he doing? He's painting his house.



- 1 Does he manage a bank? Yes, he does  
Is he working now? No, he isn't  
What is he doing? He's skiing



- 2 Do they play guitar? Yes, they do  
Are they playing guitar now? Yes, they do  
What are they doing? They're playing guitars



- 3 Does she study French? Yes, she does  
Is she studying French now? No, she doesn't  
What is she doing? She's going to the cinema

- 2 Write answers to the questions that are true for you. Write complete sentences.

*What are you doing at the moment?*

*I'm studying English at the moment.*

- 1 Are you watching TV now?  
No, I'm not
- 2 What time do you start English class?  
at about 6 p.m.
- 3 Are you learning another language?  
Yes, RUS T (COMPUTER LANG)
- 4 Do you study English every day?  
No, I don't
- 5 Are you looking for a job at the moment?  
No, I'm not
- 6 Do you play football on Saturdays?  
No, I don't
- 7 Do you like Indian food?  
Yes, I do

- 3 Complete the email by choosing the correct form of the verb.

From: Jo  
To: Gloria

1 Hello Gloria  
How are things in Canada? I hope you are well. Here everything (1) changes/is changing. Juan and I got married, and we (2) start/are starting a new business too. It's very exciting! We (3) open/are opening an Indian restaurant in the city centre called Juan's. Everyone (4) loves/is loving Indian food but there are no restaurants here at the moment. We are opening next month, so we (5) are/are being really busy looking for staff. (6) It's/It's being very difficult to find good waiters. What about you? 15 (7) Are you working/Do you work hard at the moment? Write and tell me. Hope to hear from you soon. Take care, Paola



## Vocabulary | time phrases

- 4 Complete the sentences with the correct prepositions.



Mina

She gets up at 11 o'clock every day.

- 1 In the afternoon she watches TV.
- 2 At about 8 p.m. she has a pizza at home.
- 3 On Saturdays she stays at home chatting on the phone.



Dan

- 4 In the summer, he goes to the beach to meet people.
- 5 He always goes out with friends in the evenings.
- 6 On weekends, he goes to parties or out to the cinema.



Sofia

- 7 In the mornings she reads the newspaper.
- 8 On Mondays she always goes to a museum.
- 9 At lunchtime she likes going to art galleries.

## Reading

- 5 Read the text. Mark the sentences true (T) or false (F).

**eBay** is an Internet webpage where people buy and sell almost anything at any time of day or night. Millions of people all round the world use eBay to find telephones and clothes, computers and cars.

How does it work? Imagine you want to buy a camera on eBay. You enter the keyword 'camera' and the type of camera you want. When you see the camera you like, you click on it to see a picture. If you decide you want to buy the camera you enter the amount of money you want to pay. This is called a bid. If your bid is the highest one, you get the camera. There is also a 'Buy it Now' price. If you pay the Buy it Now price, there are no more bids and you get the camera. The person who sells the camera sends it directly to you.

If it is easy to buy things on eBay, it is easy to sell things too. Lots of people sell their old computer when they get a new one. When children grow and their clothes are too small for them, parents often sell the clothes on eBay. In fact, you can sell anything you want. Some people even open their own 'eBay shop' where they sell lots of different things. The best thing about eBay? You don't have to be a computer expert to use it.



- 1 On eBay you can shop 24 hours a day. T
- 2 If you pay the 'Buy it Now' price other people can continue making bids. F
- 3 Selling on eBay is complicated. F
- 4 Parents often sell their children's clothes on eBay. T
- 5 It is possible to open your own eBay shop. T
- 6 You need to be an expert to use eBay. F