



Getting Back on Your Feet

Conversation > Advanced 7



Exercise 1 – Vocabulary

truth be told	To be honest.
[phrase]	<i>Ex: Truth be told, the show was not that good.</i>

night shift	A period of time at night during which a group of workers regularly work.
[noun]	<i>Ex: Kate works the night shift at the hospital.</i>

back on (one's) feet	Completely well or in a normal state again after an illness or a time of trouble.
[phrase]	<i>Ex: He helped me get back on my feet after I got divorced.</i>

shelter	A building, usually owned by a charity, that provides a place to stay for people without a home, or protection for people or animals who have been mistreated.
[noun]	<i>Ex: We adopted our dog Lilu from an animal shelter.</i>



trash	Items that have been thrown away because they are no longer wanted or needed.
[noun]	<i>Ex: Can you pick up the trash from the ground?</i>

wander	To walk around aimlessly, often without any particular sense of purpose or direction.
[verb]	<i>Ex: My family enjoys wandering through the woods during spring.</i>

from rags to riches	A situation in which someone who once was very poor becomes very rich.
[phrase]	<i>Ex: J.K. Rowling went from rags to riches after publishing the Harry Potter series.</i>

turn (one's) life around	To change one's life for the better.
[phrase]	<i>Ex: He was once a homeless drunk before he turned his life around.</i>



Exercise 2 – Dialogue

Choose one character and read the dialogue aloud with your tutor.

Joe: Hey, Tom, have you met Robert?

Tom: The new employee? Yeah, he's great. He always has such a good attitude.

Joe: Definitely! He hasn't been here long and he already knows the ropes.

Tom: Truth be told, when I first met him I thought he must have worked here for ages!

Joe: He has such a good grasp on things, I asked him if he used to work the night shift or something like that.

Tom: Yeah, he's a fast learner. Keep this to yourself, but Robert actually told me he used to be homeless.

Joe: What? Really? I can't believe it! Robert?

Tom: He told me he only recently got back on his feet. Until about two months ago he was living in a shelter.



Joe: Wow! I never would have guessed that, Tom.

Tom: He said he used to wander around and go through the trash looking for food.

Joe: It seems like he's really turned his life around. I think that's why he's got such a good attitude!

Tom: Even though he doesn't make much money, he feels like he's gone from rags to riches.

Joe: Good for him. It's nice to be around people who appreciate what they have.

Tom: You're right. We should all try to be more aware of how lucky we are.

Joe: Yeah. I'm not grateful enough, truth be told.

Tom: Exactly! Next time I'm in a bad mood, I'm going to try to remember Robert's story.



Exercise 3 – Fill in the Blanks

Choose the correct answers from the answer pool below and fill in the blanks.

Answer Pool

trash

shelter

night shifts

back on her feet

truth be told

turned his life around

from rags to riches

wandered

1. I sleep longer in the morning because I work _____.
2. I really like his new style, _____.
3. Having nothing to do, I just _____ around the city.
4. She was sick a week ago, but now she's _____.
5. After the accident he _____.
6. Julia donated money to an animal _____.
7. She went _____ overnight.
8. People leave a lot of _____ in parks.



Exercise 4 – Role Play

Take turns with your tutor and act out the scene described below.

Scene: You just found out about a juicy gossip regarding your colleague who went from rags to riches. Tell your friend George about it. The teacher can be George.



Exercise 5 – Discussion

Discuss the following questions with your tutor.

1. Are there many homeless people in your country? Why? Why not?
2. Have you ever worked with anyone who annoyed you? If so, how did you deal with the situation?
3. Have you ever had a job where you had to work the night shift? If so, did you enjoy it? Why? Why not?
4. Have you ever worked with a person you respected a lot? What was he or she like?
5. Do you think getting back on your feet is hard? Why? Why not?