



From
**Intermediate to
Advanced**

The Ultimate Guide to

B1 → B2 → C1

**GRAMMAR &
VOCABULARY**

"Hello lovely
students!"



FROM INTERMEDIATE TO ADVANCED: THE ULTIMATE GUIDE TO B1, B2 & C1 GRAMMAR AND VOCABULARY

Hello lovely students, and welcome to this ultimate guide that I've put together for you to help you better understand the language you'll need to master in order to reach different levels of English proficiency!

In this guide, we'll focus mainly on grammar and vocabulary.

Contained in this ebook is a full guide to the grammar structures and vocabulary you'll need to know at the B1, B2 and C1 levels of the CEFR.

At each level, we have a comprehensive checklist, which means you will be able to use this book to work out your current level, discover what you need to improve and choose the right course level to suit your needs!

Whether you're studying for an exam or want to get better at English for other reasons, this guide will help you on your way to success!

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WHAT ARE THE CEFR LEVELS OF ENGLISH?



BEGINNER - THE A1 ENGLISH LEVEL

The A1 level of English is the beginner level of language proficiency. Learners at this level can use simple phrases and expressions to participate in everyday situations. They can introduce themselves, ask and answer basic questions and have simple conversations.



PRE-INTERMEDIATE - THE A2 ENGLISH LEVEL

The A2 level of English relates to learners who can handle routine conversations using basic vocabulary. They understand sentences about common topics like personal life, shopping and work, and can discuss their past and immediate needs.



INTERMEDIATE - THE B1 ENGLISH LEVEL

At B1, learners become more independent users of English who can understand clear texts about familiar topics. Learners at this level can handle most situations when travelling to areas where English is used. They can produce simple and coherent texts about topics they know about or are personally interested in. They can describe experiences, events, wishes and aspirations, as well as explain plans and briefly justify opinions. We'll cover the B1 level in more detail in the next section of this ebook!



UPPER-INTERMEDIATE - THE B2 ENGLISH LEVEL

B2 learners can comprehend complex texts on concrete and abstract topics, including detailed discussions in their area of speciality. Learners at this level can interact fluently and spontaneously with proficient speakers without difficulty for either party. They can produce clear and detailed texts on a wide range of subjects and express their opinion on various topics, giving reasons and highlighting advantages and disadvantages.



ADVANCED - THE C1 ENGLISH LEVEL

Learners who have a C1 level of English can comprehend a wide range of demanding and lengthy texts, including implicit meanings. Learners at this level can express themselves fluently and spontaneously with little hesitation. They can utilise the language with versatility and precision across various social, academic and professional settings. They can generate coherent, well-organised and elaborate texts on diverse topics, displaying accurate use of organisational structures, connectors and other elements to ensure cohesion.



PROFICIENCY - THE C2 ENGLISH LEVEL

The C2 level of English is the highest level of proficiency recognised by the CEFR. At this level, learners can effortlessly comprehend almost anything they read or hear and are capable of summarising information and arguments from multiple sources, both spoken and written, and presenting them coherently and precisely. They can express themselves spontaneously, fluently and precisely, even in complex situations where finer shades of meaning must be discerned.



B1 LEVEL
**All the grammar
& vocabulary you
need to learn!**

AN OVERVIEW OF B1 ENGLISH

The B1 level is a significant milestone in your journey towards mastering the English language. At this level, you've moved beyond the basics and can manage to hold conversations on familiar topics, communicate in English without difficulty while travelling and express your opinions and plans.

In terms of vocabulary, you should continue learning words and phrases for everyday interactions, building on vocabulary learnt at A2.

For example, at B1 you would be able to say

I am **keen** on travelling.
I like travelling. ← rather than

The emphasis at B1 is on **functional language**. You'll learn the necessary language to perform tasks like making reservations, giving directions or offering advice. Your vocabulary and grammar knowledge will help you effectively communicate in English conversations.

Understanding idiomatic expressions or subtle jokes may still be challenging at this stage, but you should be able to grasp the main points of clear, standard speech or writing.

At B1, you'll gain more confidence in social and educational settings. This is the stage at which you are building a solid foundation of new grammatical structures while reinforcing concepts you have already learnt at A2 level. The focus is on expanding your ability to speak comfortably in English.

The next section of this e-book will guide you through some of the essential grammar and vocabulary you need to know to reach the B1 level of English.

GRAMMAR - B1 LEVEL

1 Present Tenses

For those at B1 level, mastering the present tenses is crucial for effective communication. The **present simple**, **present continuous**, **present perfect simple** and **present perfect continuous** should all be at your fingertips.

Present Simple

- She often *plays* tennis at the weekends.

Present Continuous

- Right now, she's *practising* her serve at a local tennis club.

Present Perfect Simple

- Jasper *has written* several books on the subject.

Present Perfect Continuous

- Dad *has been cooking* all afternoon.

You should also start incorporating **specific adverbs** like 'already', 'yet' and 'ever' with the present perfect tenses to clarify your sentences.

Examples:

- I've *already* finished the project.
- She's *never* been to the United States.

2 Past Tenses

You will also need to get comfortable with the various past tenses, including **past simple**, **past continuous**, **past perfect simple** and **past perfect continuous**. They allow you to talk about things that happened in the past with more accuracy and detail.

Past Simple

- We *visited* a museum last week.

Past Continuous

- What *was* Ben *doing* at lunchtime?

Past Perfect Simple

- While we *were there*, we *learnt* that the museum *had added* a new exhibition.

Past Perfect Continuous

- She was exhausted because she *had been gardening* all morning.

As a B1 learner, it's important to be familiar with irregular verbs, which don't adhere to the standard '-ed' pattern for past forms.

Examples:

- We *ate* dinner in a really fancy restaurant.
- I *read* that book when I was at secondary school.

3 Future Tenses

At the B1 level, it is essential to be able to use different verb forms to refer to the future to discuss upcoming events, plans, arrangements and predictions. You should be familiar with using **will**, **to be going to**, **present simple** and **present continuous** to talk about the future.

Will

- Athena *will* pick up the kids tonight.

To Be Going To

- *It's going to* rain this afternoon.

Present Simple

- My bus *leaves* at 8am.

Present Continuous

- My brother and his girlfriend *are coming* to visit on Friday.

4 Modal Verbs

Modal verbs allow you to talk about ability, possibility and obligations, make suggestions and much more.

Ability

- *Can* everyone swim?

Possibility

- I'm not sure where Alex is, but he *might* be at home.

Obligation

- You *must* wear your seatbelt at all times.

Suggestion

- We *should* go to the cinema this weekend - we haven't been for ages.

5 Conditionals

As a B1 level student, you'll find that conditionals become essential tools for discussing everything from general truths using the **zero conditional** to hypothetical situations in the present with the **second conditional**. You will also be aware of the **third conditional**.

Zero Conditional

- *If you touch fire, it burns you.*

First Conditional

- *If it's sunny tomorrow, we'll go for a long walk.*

Second Conditional

- *If I won the lottery, I would go to New Zealand.*

Third Conditional

- *If I had studied harder, I would have passed the exam.*

6 Phrasal Verbs

You will also need to start understanding common phrasal verbs as they become increasingly important. These idiomatic expressions are important for English fluency.

Examples:

- *She ran into an old friend at the market.*
- *He's trying to cut down on sugar.*

7 Order of Adjectives, Comparatives & Superlatives

At this level, it's important you understand the proper order of adjectives in order to produce natural descriptions.

Examples:

- *She has a big, old, wooden desk.*
- *They adopted a small, fluffy, white dog.*

Being able to use comparatives and superlatives is key for drawing clear and specific comparisons, a commonly required skill in both conversational and written English.

Examples:

- *This season of Friends is better than the previous one.*
- *She is the youngest in her family.*

8 Passive Voice

At this stage, you should feel comfortable using the passive voice to focus on the person or thing that receives the action of a sentence rather than the person or thing that performs the action.

Examples:

- *My house was built in the 16th century.*
- *I think the wall has been painted the wrong colour.*

9 Reported Speech

As a B1 level student, you should be able to use reported speech in various tenses to recount someone else's words. This is a key communication skill for storytelling or relaying messages. You should be able to report statements and questions.

Examples:

- *He said Tim had moved house the week before.*
- *My grandparents asked me if I would help them.*

10 Question Tags & Indirect Questions

Once you're at a B1 level, you should be using question tags to turn statements into **yes/no questions**, which help you confirm information.

Examples:

- *You like coffee, don't you?*
- *She's not coming to your party, is she?*

You will also learn how to use indirect questions using phrases like '*Could you tell me*' and '*Do you know*' to make your questions more polite.

Examples:

- *Could you tell me how to get to the pool?*
- *Do you know where the post office is?*

11 Verb Patterns

Verb patterns is another important topic at B1. Knowing which verbs are followed by the gerund or the infinitive enables you to be more accurate. In some cases, choosing the gerund or infinitive can change the meaning, so you need to know the difference.

Examples:

- *She considered taking English lessons.*
- *I promised to call her when I arrived.*

12 Prepositions of Place & Time

You should also have a firm understanding of prepositions of place and time like '**in**', '**at**' and '**on**'. They help you specify where something is located, when an event happens, or in which direction something is moving.

Examples:

- *He works in London.*
- *We have a meeting at 3pm.*

VOCABULARY - B1 LEVEL

At B1 level, you can understand and use everyday language quite well. You should know words that help you talk about things like family, work and hobbies. You'll also start to use more adjectives and adverbs to make your sentences interesting. Knowing more words helps you feel more confident when you speak or write in English. It also makes it easier for you to understand what people are saying or what you're reading. In this section, we show you some of the common topics you should be able to speak about freely as a B1 student.

CEFR Vocabulary Requirements



*Based on *Vocabulary size and the common European framework of reference for languages* by James Milton, Thomaï Alexiou, 2009.

FAMILY & RELATIONSHIPS

Discussing family and relationships is a key element in social interactions. It helps in forming connections and understanding people's backgrounds.

THEME VOCABULARY

1. **relative** n /'relətɪv/ - a person connected by blood or marriage
My aunt is a close relative of mine.

2. **sibling** n /'sɪblɪŋ/ - a brother or sister
I have two siblings: one brother and one sister.

3. **mother-in-law** n /'mʌðər ɪn lɔ:/ - the mother of your husband or wife
My mother-in-law is an excellent cook.

4. **partner** n /'pɑ:tner/ - a person in a romantic relationship but not married
We've been partners for five years now.

5. **engagement** n /ɪn'geɪdʒmənt/ - the period between proposing and marriage
Their engagement lasted for two years.

PHRASAL VERBS

1. **to fall out** (i) /fɔ:l aut/ - to have a disagreement that ends a relationship
They fell out over something trivial and stopped speaking.

2. **to grow up** (i) /grəʊp/ - to become mature or an adult
She grew up in a small village.

IDIOM

- to tie the knot** /taɪ ðə not/ - to get married
They finally tied the knot last summer.

WORD FORMATION

friend n

- **friendly** adj /'frendli/ - kind and pleasant
- **friendship** n /'frendʃɪp/ - the state of being friends

to marry v

- **marriage** n /'mærɪdʒ/ - the state of being married
- **married** adj /'mærid/ - having a husband or wife

YOU SHOULD KNOW

In addition to **mother-in-law**, we also have the word **father-in-law**, meaning the father of your husband or wife, and **brother** and **sister-in-law** for their sibling.

PERSONALITY & CHARACTER

Understanding how to describe personalities and character traits helps to create deeper and more meaningful relationships.

THEME VOCABULARY

1. **ambitious** adj /'æm'bɪʃəs/ - having a strong desire to succeed or achieve something
Liam is very ambitious; he aims to be the CEO of the company one day.
2. **confident** adj /'kɒnfɪdənt/ - sure of oneself and one's abilities
Despite the challenges, she remained confident and completed the project.
3. **nervous** adj /'nɜːvəs/ - feeling anxious or unsure; lacking confidence
He felt nervous before his first public speech, but he did really well.
4. **organised** adj /'ɔːgənaɪzd/ - having one's tasks, items or plans arranged in a systematic way
She's so organised; her desk is always so neat.
5. **outgoing** adj /'aʊt'gəʊɪŋ/ - sociable and eager to meet and talk to others
Mia is the most outgoing person I know; she's always making new friends.

PHRASAL VERBS

1. **to fit in** (i) /'fɪt 'ɪn/ - to belong or feel included
She didn't feel like she fit in at her new school.
2. **to speak up** (i) /,spi:k 'ʌp/ - to express one's opinion
If you disagree, you should speak up.

IDIOM

a people person /ə 'pi:pl 'pɜːsn/ - someone sociable and good with others
Sarah is such a people person.

WORD FORMATION

- person** n
- **personal** adj /'pɜːrsənl/ - relating to an individual
 - **personality** n /,pɜːrsə'nælti/ - the character and qualities of an individual
- to agree** v
- **agreement** n /ə'grɪ:mənt/ - an understanding or arrangement between two or more parties
 - **disagree** v /dɪsə'grɪ:/ - to have a different opinion or belief from someone else

YOU SHOULD KNOW

Lots of learners confuse the words **nervous** and **annoyed**. **Nervous** means **unsure or afraid**, while **annoyed** means **a little angry**.

TRAVEL

Being able to talk about travel is important for social conversations and making plans. It can also help with future travel plans.

THEME VOCABULARY

1. **accommodation** n /ə'kɒmə'deɪʃn/ - a place to stay when away from home
I've booked our accommodation; we'll be staying in a lovely hotel.
2. **check-in** n /'tʃek ɪn/ - the act of reporting one's arrival at a hotel, airport, or similar place
Check-in at the airport is usually very quick.
3. **currency** n /'kɜːrənsi/ - the money that a country uses
We need to have some local currency at hand when we land in Hungary.
4. **reservation** n /,rezə'veɪʃn/ - an arrangement to have something (like a seat or room) kept for your use at a later time
I've made a reservation at the restaurant for 8pm.
5. **to sunbathe** v /'sʌnbəθ/ - to sit or lie in the sun to make your skin darker
She likes to sunbathe on the beach every summer.

PHRASAL VERBS

1. **to set off** (i) /,set 'ɒf/ - to start a journey
They set off early in the morning.
2. **to pick up** (t-s) /,pɪk 'ʌp/ - to collect someone or something
Can you pick up some cereal while you're out?

IDIOM

- to hit the road** /hɪt ðə rəʊd/ - to begin a journey
It's time to hit the road; it's a long drive.

WORD FORMATION

- to travel** v
- **traveller** n /'trævələ/ - someone who is travelling
 - **travelled** adj /'trævəld/ - having been to many places
- tour** n
- **tourist** n /'tuərist/ - someone who is visiting a place
 - **tourism** n /'tuərɪzəm/ - the business of providing services for tourists

YOU SHOULD KNOW

Be careful with the pronunciation of the verb **to sunbathe** /'sʌnbəθ/. **Bathe** is pronounced with an /eɪ/ sound - it is not pronounced the same as **bath** /bɑːθ/.

LIKES & DISLIKES

At B1, you should feel comfortable expressing your preferences and interests as they are important in everyday conversation.

THEME VOCABULARY

1. **to appreciate** v /ə'pri:sɪteɪt/ - to recognise and value the good qualities of somebody or something
She always takes a moment to appreciate the flowers during her walks.
2. **to fancy** v /'fænsɪ/ - to find someone or something appealing or attractive
She fancied a change, so she cut her hair short.
3. **passion** n /'pæʃn/ - a very strong feeling or enthusiasm towards something or about doing something
Ballet is her passion and she spends hours practising.
4. **keen** adj /ki:n/ - very interested or enthusiastic
She's keen on learning new languages and can already speak four fluently.
5. **hate** n /het/ - a strong feeling of dislike towards someone or something
I am full of hate when I see animals locked in cages.

PHRASAL VERBS

1. **to be into** (t) /bi: 'ɪntu:/ - to enjoy or be interested in
He's really into gardening.
2. **to look forward to** (t) /lʊk 'fɔ:wəd tu:/ - to anticipate with excitement
I'm really looking forward to the weekend.

IDIOM

not one's cup of tea /nɒt wʌnz kʌp əv ti:/
- not something you enjoy
Action movies are just not my cup of tea.

WORD FORMATION

- to like** v
- **likeable** adj /'laɪkəbl/ - easy to like and pleasant
- to enjoy** v
- **enjoyable** adj /ɪn'dʒɔɪəbl/ - providing pleasure
- to prefer** v
- **preference** n /'prefərəns/ - a greater liking for one option over another

YOU SHOULD KNOW

To look forward to is followed by a noun or a gerund (-ing verb).
We are looking forward to going on holiday next week.

HEALTH & FITNESS

At B1 level, you should be able to talk about basic exercises and dietary habits, contributing to conversations about well-being.

THEME VOCABULARY

1. **athlete** n /'æθlɪ:t/ - a person skilled in sports or exercises
Wanda dreams of becoming a top athlete and trains with her coach every day.
2. **fitness** n /'fɪtnɪs/ - the state of being fit and healthy
My dad's dedication to fitness is inspiring.
3. **health club** n /'helθ klʌb/ - a place with equipment for exercise
She joined a health club to start working out.
4. **jogger** n /'dʒɒgə/ - a person who runs regularly for exercise
Many joggers run in the park early in the morning.
5. **strength** n /strenɡθ/ - the quality of being strong
He showed his strength by lifting the heavy box.

PHRASAL VERBS

1. **to warm up** (i) /wɔ:m 'ʌp/ - to prepare the body for exercise
I always warm up before a run.
2. **to cool down** (i) /ku:l 'daʊn/ - to bring the body back to a state of rest
You need to cool down to prevent injury.

IDIOM

- in shape** /ɪn ʃeɪp/ - in good physical condition
Swimming helped him get in shape.

WORD FORMATION

- fit** adj
- **fitness** n /'fɪtnɪs/ - the condition of being healthy and strong
- strong** adj
- **strength** n /strenɡθ/ - the quality of being physically strong

active

- **activity** n /æk'trɪvɪtɪ/ - the state of doing something

YOU SHOULD KNOW

The adjective **fit** in British English slang can mean **really good-looking**.
Max looked so fit last night!

LEARNING & EDUCATION

Conversations about learning and education are common in family and social settings. You should be able to share your learning experiences.

THEME VOCABULARY

1. **academic** adj /ækə'demɪk/ - related to education and scholarship
The academic year concludes in June.
2. **diploma** n /dɪ'pləʊmə/ - a certificate given after completing a course
After two years of hard work, she received her diploma in graphic design.
3. **lecturer** n /'lektʃərə/ - a person who gives lectures at a university
The lecturer explained the topic in a way that everyone could understand.
4. **qualification** n /kwɒlɪfɪ'keɪʃn/ - a skill or type of experience that you need for a particular job or activity
Her qualifications made her the perfect candidate for the job.
5. **tutor** n /'tju:tə/ - a person who gives private lessons, often in academic subjects
He hired a maths tutor to help him prepare for the final exam.

PHRASAL VERBS

1. **to catch up** (i) /kætʃ'ʌp/ - to reach the same level as others after falling behind
I missed class and need to catch up.
2. **to look up** (t-s) /lʊk 'ʌp/ - to search for information
I looked the word up in the dictionary.

IDIOM

- to hit the books** /hɪt ðə buks/ - to study hard
We hit the books before the final exam.

WORD FORMATION

to graduate v

- **graduate** n /'grædʒuət/ - a person who has successfully completed a course of study
- **graduation** n /grædʒu'eɪʃn/ - the act of completing a course of study and receiving an academic degree
- **undergraduate** n /'ʌndə'grædʒuət/ - a student in university who has not yet earned a first degree

YOU SHOULD KNOW

Higher education is usually called **university** in British English and **college** in American English.

BUSINESS ROLES & EMPLOYMENT

Being able to discuss jobs and roles in a business context is essential for professional growth and networking at B1 level.

THEME VOCABULARY

1. **adviser** n /əd'vaɪzə/ - someone who gives advice, especially in a professional or official capacity
Martin consulted his financial adviser before making a large investment.
2. **employment** n /ɪm'plɔɪmənt/ - the state of having a paid job or the work that someone does
After graduation, Elena focused on finding employment in her field.
3. **profession** n /prə'feʃn/ - a job requiring advanced education or training
Dr Patel is incredibly dedicated to his profession.
4. **to promote** v /prə'məut/ - to raise someone to a higher position
After years of hard work, Samuel was promoted to a managerial position.
5. **to retire** v /rɪ'taɪə/ - to stop working, often after reaching a certain age
Ms Thompson plans to retire next year and travel to Europe.

PHRASAL VERBS

1. **to set up** (t-s) /set 'ʌp/ - to establish or start a business
Sarah wants to set up her own marketing firm.
2. **to take on** (t-s) /teɪk 'ɒn/ - to employ or hire
They're looking to take on more staff.

IDIOM

to call it a day/night /kə:l ɪt ə deɪ/nart/ - to conclude work
We've finished a lot; let's call it a day.

WORD FORMATION

- to employ** v
- **employee** n /ɪm'plɔɪi:/ - a person who works for someone else in exchange for money
 - **employer** n /ɪm'plɔɪə/ - a person or organisation that hires people
- to manage** v
- **manager** n /'mænɪdʒə/ - a person who is in charge of something
 - **management** n /'mænɪdʒmənt/ - the activity of controlling and organising work or people

YOU SHOULD KNOW

You can call a person you work with a **colleague** or a **co-worker**. These words are synonyms, though **co-worker** is a higher-level term!

MONEY & FINANCE

As an intermediate speaker, you might find yourself in conversations about money, so you should know some relevant terms.

THEME VOCABULARY

1. **balance** n /'bæləns/ - the difference between credits and debits
Mr Green checked the balance of his savings account.
2. **economy** n /ɪ'kɒnəmɪ/ - the system of how money is made and used within a country or region
The Japanese economy is known for its technological industries.
3. **financial** adj /fɪ'nænʃl/ - related to money or how money is managed
Sophia attended a financial seminar to learn more about investments.
4. **to invest** v /ɪn'vest/ - to put money into something with the expectation of gaining profit later
Derek decided to invest in a new startup company.
5. **profit** n /'prɒfɪt/ - the money a business gains after subtracting expenses
Baxter Enterprises reported a significant profit last quarter.

PHRASAL VERBS

1. **to save up** (i) /,seɪv 'ʌp/ - to accumulate money for future use
She is saving up for a new car.
2. **to pay off** (t-s) /,peɪ 'ɒf/ - to complete payment of a debt
It took years to pay off the mortgage on their house.

IDIOM

- to break the bank** /breɪk ðə bæŋk/ - to cost too much
Buying a new TV won't break the bank.

WORD FORMATION

- to earn** v
- **earner** n /'ɜːnə/ - a person who earns money
 - **earnings** n /'ɜːnɪŋz/ - money obtained in return for labour or services
- to spend** v
- **spender** n /'spendə/ - a person who spends money
 - **spending** n /'spendɪŋ/ - the action of using money to pay for things

YOU SHOULD KNOW

A machine you can use to get money from your bank account is called a **cash machine** in British English and an **ATM** (/eɪtiː'em/) in American English.

THE ENVIRONMENT

As a B1 learner, you should be equipped to discuss basic environmental topics to participate in relevant conversations.

THEME VOCABULARY

1. **global warming** n /gləʊbl 'wɔ:mrɪŋ/ - the long-term rise in the average temperature of the Earth's climate
Scientists warn that global warming can lead to severe weather changes.
2. **to pollute** v /pə'lju:t/ - to make air, water or land dirty and not safe
Factories that don't treat their waste pollute the environment.
3. **renewable** adj /rɪ'nju:əbl/ - can be replaced naturally
Solar power is a popular form of renewable energy.
4. **resource** n /rɪ'sɔ:s/ - a supply of something that can be used when needed
Water is a precious resource that needs to be conserved.
5. **waste** n /weɪst/ - material that is not wanted; the unusable or unwanted part of something
Mr Kim started a campaign to reduce plastic waste in his community.

PHRASAL VERBS

1. **to clean up** (t-s) /kli:n 'ʌp/ - to remove dirt or pollution
Volunteers helped clean up the beach.

2. **to come up with** (t) /kʌm 'ʌp wɪð/ - to think of an idea or plan
She came up with a new way to recycle plastic.

IDIOM

- tip of the iceberg** /tɪp əv ðə 'aɪsbɛ:g/ - a small part of a larger issue
Plastic waste is just the tip of the iceberg.

WORD FORMATION

to recycle v

- **recycled** adj /ri:'saɪkld/ - processed to make it suitable for reuse
- **recyclable** adj /ri:'saɪkləbl/ - capable of being recycled

to consume v

- **consumer** n /kən'sju:mə/ - a person who uses or buys something
- **consumption** n /kən'sʌmpʃn/ - the act of using materials, energy etc.

YOU SHOULD KNOW

Natural resources is a common collocation that refers to things like coal, forests and minerals that exist in a place and can be used by people.

TECHNOLOGY

We are constantly surrounded by technology, and as a B1 student, you should be able to participate in conversations on this topic.

THEME VOCABULARY

1. **computing** n /kəm'pjū:tɪŋ/ - the use or study of computers
Dr Allen teaches computing at the local university.
2. **IT (Information Technology)** n /aɪ'ti:/ - the use and study of systems for storing, retrieving and sending information
Rebecca got a job in IT after completing her degree.
3. **to program** v /'prəʊgræm/ - to write instructions for a computer to perform a task
Leo learnt how to program when he was only 12.
4. **software** n /'softweə/- the programs used by a computer
We have all of the video editing software you will need.
5. **username** n /'ju:zəneɪm/ - a name used on a computer or online
Alex chose a unique username to ensure his privacy.

PHRASAL VERBS

1. **to log in** (i) /lɒg 'ɪn/ - to enter a secure computer system
Don't forget to log in to your email account.
2. **to back up** (t-s) /bæk 'ʌp/ - to make a copy of data
You should back up your files often.

IDIOM

to surf the web /sɜ:f ðə web/ - to look through different websites
She likes to surf the web in her free time.

WORD FORMATION

- to connect** v
- **connection** n /kə'nekʃn/ - a link or relationship between things or people
 - **connectivity** n /kə'nek'tiviti/ - the ability to connect to other devices
- to access** v
- **accessible** adj /ək'sesɪbl/ - able to be reached or entered easily
 - **accessibility** n /ək'sesɪ'biliti/ - the quality of being easily reached or used

YOU SHOULD KNOW

Verbing (creating verbs from nouns) is common in this vocabulary area. Some examples are **Google** becoming **to google** and **text (message)** becoming **to text**.

PRONUNCIATION - B1 LEVEL

At this level, it is expected that you will have **good control of most** of the **individual sounds** on the International Phonetic Alphabet (IPA) Chart for English. It is natural that some of these sounds will be influenced by the other languages you speak, so they might not always be articulated perfectly. This does not matter, as long as the listener can understand **most** of the words or phrases you are trying to say.

It is possible that you will mispronounce words that are not very familiar to you. As a result, the people listening to you may have to listen carefully at times and sometimes ask for repetition.

You will speak quite slowly with some hesitation as you search for a word or a phrase.

You will have some understanding of **word stress**. This means that you will generally know where to place the main stress in common words such as:

- accommodation /ə'kɒmə'deɪʃn/
- photographer /fə'tɒgrəfə/
- ingredient /ɪn'gri:dɪənt/

You will also be aware of **sentence stress**, generally correctly placing stress on the key content words in a phrase or sentence, for example:

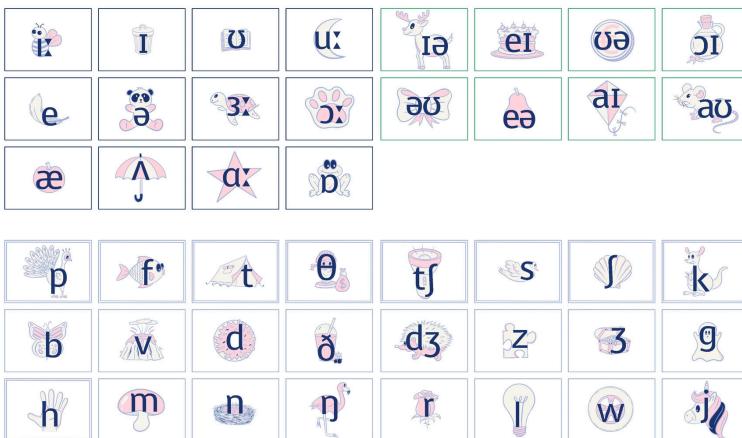
- **What** do you **want** to **buy**? I want to buy a new **phone**.
- Did you **enjoy** the **chocolates**? We **loved** them.

Again, at B1 level, it is likely that both word and sentence stress will be influenced by your native language(s) so your pronunciation will not always match a native or proficient speaker. The most important thing is that you can convey most of your message to the listener(s).

At this level, it is also important to have a general understanding of **basic intonation patterns**, for example:

- **Falling intonation** for general statements e.g. I don't fancy pizza for dinner. ↘
- **Rising intonation** for yes/no questions e.g. Are you coming to the wedding? ↗

IPA PHONEMIC CHART



SPECIAL CONSIDERATIONS

Some students will have speech impediments which could prevent the accurate articulation of certain sounds. Please do not worry if this is true for you. If you decide to take an official examination, you can choose to make this known **before** you take the speaking exam. Speaking examiners will then take this information into consideration when assessing your performance and it will not negatively affect your grade. This applies to **all** levels of English.

B1 LEVEL CHECKLIST

Below is a checklist of all the key grammar structures and vocabulary sections that are required at the B1 level. Please look through the list and put a tick or mark in the box that best describes your ability.

= *It is easy for me.*

= *I have some difficulty with this.*

= *It is difficult for me.*

B1 Checklist - Grammar Structures

'I can use...'



1. Present Simple

She often plays tennis at the weekends.

2. Present Continuous

I am not eating dinner.

3. Present Perfect Simple

He has seen this movie before.

4. Present Perfect Continuous

Dad has been cooking all afternoon.

5. Past Simple

We visited a museum last week.

6. Past Continuous

What was Ben doing at lunchtime?

7. Past Perfect Simple

We heard that they had added a new exhibition.

8. Past Perfect Continuous

We had been waiting for three hours by that time.

B1 LEVEL CHECKLIST

B1 Checklist - Grammar Cont.

'I can use...'



9. Future Simple (will)

Athena *will pick* up the kids tonight.

10. To be going to

It's going to rain this afternoon.

11. Present Simple (for future)

My bus *leaves* at 8pm.

12. Present Continuous (for future)

My brother *is coming* to visit on Friday.

13. Future Continuous

I will be giving a speech this time tomorrow.

14. Modal Verbs

You *must* wear your seatbelt at all times.

15. Zero Conditional

If you touch fire, it *burns* you.

16. First Conditional

If it's sunny tomorrow, we'll *go* for a long walk.

17. Second Conditional

If I won the lottery, I *would go* to New Zealand.

18. Third Conditional

If I had studied harder, I *would have passed*.

19. Phrasal Verbs

He's trying to *cut down* on sugar.

B1 LEVEL CHECKLIST

B1 Checklist - Grammar Cont.

'I can use...'



20. Order of Adjectives

*She has a **big, old, wooden** desk.*



21. Comparative Sentences

*This season is **better than** the previous one.*



22. Superlative Sentences

*She is **the youngest** in her family.*



23. Passive Voice

*The wall **has been painted** the wrong colour.*



23. Reported Speech

*My grandparents **asked me if** I would help them.*



24. Question Tags

*She's not coming to your party, **is she?***



25. Indirect Questions

*Could you **tell me** how to get to the pool?*



26. Infinitives

*I promised **to call** her when I arrived.*



27. Gerunds

*She considered **taking** English lessons.*



28. Prepositions of Place

*He works **in** London.*



29. Prepositions of Time

*We have a meeting **at** 3pm.*



B1 LEVEL CHECKLIST

B1 Checklist - Vocabulary

'I am able to describe...'



1. Family & relationships

Using words like '*sibling*' or '*spouse*'.



2. Personality & Character

Using words like '*ambitious*' or '*fit in*'.



3. Travel

Using words like '*currency*' or '*reservation*'.



4. Likes & Dislikes

Using words like '*appreciate*' or '*be keen on*'.



5. Health & Fitness

Using words like '*athlete*' or '*strength*'.



6. Learning & Education

Using words like '*academic*' or '*undergraduate*'.



7. Business roles & Employment

Using words like '*profession*' or '*employee*'.



8. Money & Finance

Using words like '*economy*' or '*profit*'.



9. The Environment

Using words like '*global warming*' or '*resource*'.



10. Technology

Using words like '*software*' or '*back up*'.



EXAMPLE B1 STUDY PLAN

So, how can you learn all of that information in a methodical way?

Well, the best way is to break it all down into a structured study plan, where you cover a practical amount of grammar and vocabulary each week. This is something that we've put a lot of thought and work into over the past 2 years at English with Lucy. We eventually hired a dedicated curriculum designer who worked personally with me, Lucy, to develop what I consider to be the ideal level course curriculum for learners of English.

Let me show you how we carefully constructed our Beautiful British English B1 Programme Curriculum to ensure that you hit all the necessary grammar and vocabulary points over the course of 3 months. You also get weekly reading, listening and pronunciation lessons! Each week is divided into Part A and Part B. You can use this as inspiration for your own study plan.

The Beautiful British English B1 Programme

B1 Week #1 - Work & Life	
Vocabulary	Professions & University Degrees
Reading	'Looking for a job'
Listening	'Self-introduction'
Grammar	1. Present Tenses (Present Simple, Present Continuous, Present Perfect) 2. Present Perfect Adverbs
Pronunciation	Vowel Sounds

B1 Week #2 - Family & Relationships

Vocabulary	Family & Relationships
Reading	'Trouble at the Joneses'
Listening	'Two Peas in a Pod'
Grammar	1. Past Tenses (Past Simple & Past Perfect) 2. Irregular Verbs
Pronunciation	-ed Endings

B1 Week #3 - People & Characters

Vocabulary	Similes
Reading	'Stereotypes'
Listening	'Richard and his sisters'
Grammar	1. Adverbs of Frequency 2. Comparatives 3. Same, similar, identical

B1 Week #4 - Travel

Reading	'Popular British Holidays & Traditions'
Listening	'Magda's visit to the UK'
Grammar	1. Order of Adjectives 2. There is/There are 3. Modal Verbs
Pronunciation	The Schwa Sound

B1 Week #5 - Travel Part 2

Vocabulary	Public Transport & Phrasal Verbs for Travel
Reading	'London Travel Tips'
Listening	'Gap Year'
Grammar	1. Past Continuous 2. Past Perfect Continuous 3. Phrasal Verbs

B1 Week #6 - Hobbies & interests

Vocabulary	Likes & Dislikes, Cooking
Reading	'Amara's Hobbies'
Listening	'A Delicious Recipe'
Grammar	1. Gerunds & Infinitives 2. Prepositions of Place 3. Conjunctions
Pronunciation	Consonant Sounds

B1 Week #7 - Media

Reading	'History of the BBC'
Listening	'The Dangers of Social Media'
Grammar	1. Prepositions of Time 2. Passive Voice 3. Reflexive Pronouns
Pronunciation	Consonant Sounds #2

B1 Week #8 - Health & Illness

Vocabulary	Fitness & Health, Illness, Environment
Reading	'Fitness Plan'
Listening	'Tamara & the Heater'
Grammar	1. Future Tenses 2. Pronouns

B1 Week #9 - Work

Vocabulary	Business Roles & Employment, Profit & Loss
Reading	'Email from a Horrible Boss'
Listening	'Business Regrets'
Grammar	1. Zero, First & Second Conditional 2. Third Conditional
Pronunciation	Connected Speech

B1 Week #10 - Learning & Education

Vocabulary	Learning & Education, Schools
Reading	'A British Student Studying Abroad'
Listening	'Private vs Public Schools in the UK'
Grammar	1. Reported Speech #1 2. Reported Speech #2 3. Questions & Question Tags

B1 Week #11 - Money

Vocabulary	Money & Finance, Technology
Reading	'Money Problems'
Listening	'Customer Service Voicemail'
Pronunciation	Word Stress

B1 Week #12 - Review

Vocabulary	Recap of Phrasal Verbs & Idioms
Reading	'Career Journey'
Listening	'Oscar's Story'
Grammar	1. Common Mistakes with Present & Past Tenses 2. Common Mistakes with Modal Verbs 3. Common Mistakes with Future Tenses & Conditionals 4. Common Mistakes with Prepositions

SUMMARY



31 Grammar Lessons



12 Reading Lessons



19 Vocabulary Lessons



12 Listening Lessons



7 Pronunciation Lessons



Downloadable Lesson PDFs and Mind Maps



16-week access to Private Course Community



Lifetime access to course content



B2 LEVEL
**All the grammar
& vocabulary you
need to learn!**

AN OVERVIEW OF B2 ENGLISH

B2 level marks an important point in your journey of learning the English language. Having mastered the foundational skills acquired at B1 level, you are now well-equipped to engage in more complex and nuanced conversations, discuss abstract ideas and offer well-reasoned arguments.

You should aim to know enough vocabulary to allow you to articulate your thoughts with greater precision and variety. This will enable you to converse effectively not just in everyday scenarios but also in certain academic and professional contexts.

For example, you could say

It is considered to be quite significant.

I think it's important.

 *rather than*

At B2 level, you're **moving past building foundations**. You are now at the point where you will start to feel comfortable speaking fluent English in different situations. You'll find it easier to understand films, shows and news programmes in English. You'll also feel more comfortable talking to people, whether it's friends, teachers or colleagues.

The next part of this ebook will teach you the essential grammar and vocabulary you need in order to conquer the B2 level.

GRAMMAR - B2 LEVEL

1 Present Tenses

At this level, you should be confident switching between the present tenses. You should also be aware of some more **advanced uses of present tenses**, such as how to use the present continuous to express annoyance at someone's behaviour or the present perfect simple or continuous to switch the focus of a sentence from the outcome to the action.

Examples:

- Why **are** you **always talking** when I'm explaining something?
- I've **negotiated** a pay rise. vs I've **been negotiating** for a pay rise all morning.

2 Past Tenses

You should be able to **talk confidently about past actions and states** using the four past tenses that you know from B1. You will be able to use the **past continuous** to narrate background events in a story and the **past perfect** with various **adverbs**.

Examples:

- While I **was strolling** along, I came across a tiny kitten.
- I **had never tried** Indonesian food before I went to Java.

3 Future Tenses

In addition to a good grasp of the basic future tense structures like 'will' and 'to be going to', you should also be familiar with more **complex** expressions of future actions using **future perfect simple** and **continuous** and be able to talk about the **future in the past**.

Examples:

- Sarah **will have been working** at the company for a decade by the end of the summer.
- Eva **was going to** announce her discovery, but her boss got there first.

4 Reported Speech

By now, you should be comfortable **turning direct quotes into reported speech**. At B2, you'll be able to use different verbs with the correct verb patterns to report what was said.

Examples:

- She *admitted to* breaking the window.
- She *refused to* tell me what had happened.

5 Verb Patterns

Like at B1, understanding **verb patterns** at B2 level is crucial for constructing accurate sentences. At B2, you will build on your knowledge from B1 to know a much wider variety of verb patterns.

Examples:

- My parents *used to make me finish* my homework before I went out.
- Tessa *insists on making* her own jam from locally sourced fruit.

You'll also be able to recognise the difference between using a base verb or a gerund with sensory verbs like 'watch' and 'hear'.

- I *watched them play* in the park. vs I *watched them playing* in the park.

6 Modal Verbs

You should feel comfortable using modal verbs at the B2 level and be familiar with more advanced uses, such as **making deductions** in the past and **expressing expectations**.

Examples:

- Angela *couldn't have known* about the discount in the other shop.
- He *oughtn't* be hungry for hours.

7 Advanced Clauses

At B2 level, you will start to experiment with advanced clauses. These clauses help you express more complex ideas in just one sentence.

When you use them well, you can make your speaking and writing much more precise and interesting.

Examples:

- *The cathedral, which took nearly three centuries to complete, is a marvel of Gothic architecture.*
- *John, realising he had forgotten his umbrella, sprinted back home.*

8 The Causative

Understanding the causative allows you to **express actions done by others**, making your conversations and writing more versatile.

Examples:

- *I had my car repaired because it was making a strange noise.*
- *She got her assistant to schedule all the meetings for the upcoming conference.*

9 Mixed Conditionals

You are also expected to be able to use mixed conditionals in order to **discuss hypothetical situations** and **express feelings such as guilt and regret**.

Examples:

- *If he knew how to swim, he would have joined us.*
- *If she were more careful, she wouldn't have misplaced her passport.*

10 Advanced Adjectives

At B2 level, you are expected to be able to use a wide range of **adverb + adjective** and **adjective + noun collocations**, including the use of **intensifiers** in order to communicate your ideas more precisely.

Examples:

- *You must find it absolutely impossible to ignore such glaring mistakes.*
- *The view of the city was absolutely breathtaking.*

11 Impersonal Passive

Another important structure you should be familiar with is the impersonal passive. These expressions **make your statements less direct**, often making them more polite or formal.

Examples:

- *It is believed that* the manuscript dates back to the 16th century.
- *It has been decided that* the wedding will take place in June.

12 Cleft Sentences

At B2, you should learn about cleft sentences, which can help you **emphasise** what you consider the most important part of the sentence.

Examples:

- *What I liked about the book* was its attention to detail.
- *It was his relentless ambition* that propelled him to success.

13 Word Formation/Families

At B2 level, it is expected that you have an understanding of different parts of speech. You should be able to recognise and accurately form adjectives, adverbs and nouns using the **correct prefixes and suffixes**.

Examples:

- *I had hoped our dog would be obedient, but she's turned out to be quite disobedient!*
- *Sue had never been able to differentiate between Coca-Cola and the supermarket's own-brand version.*

14 Punctuation

At B2, you should know how and when to use **punctuation marks**, such as **commas** and **apostrophes**, to clarify your writing, making it easier for others to understand your points.

Examples:

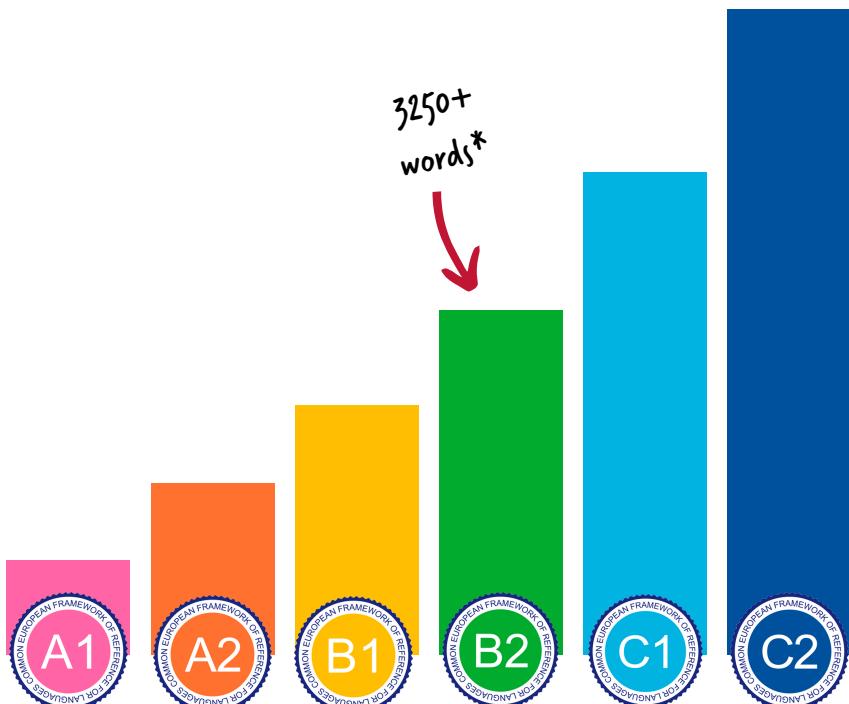
- *Before visiting, check whether it's "King's Cross" or "Kings Cross".*
- *Sometimes, at the weekend, we eat pizza, chips and ice cream!*

VOCABULARY - B2 LEVEL

At B2 level, you are expected to be able to participate in conversations on both familiar and less familiar topics so it's really important that you have a wide range of topic-specific vocabulary at your disposal. You will also be expected to have an extensive knowledge of phrasal verbs as well as some idiomatic expressions.

In this next section, you'll see some of the topics you are expected to be able to speak about at the B2 level.

CEFR Vocabulary Requirements



*No accurate data to confirm an exact number of words required for this CEFR level. Estimates range from 3000 to over 5000.

APPEARANCE

As a B2 learner, knowledge about terms related to appearance is important, as this topic often comes up in social situations.

THEME VOCABULARY

1. **bald** adj /bɔːld/ - lacking hair on the head
He started going bald in his late twenties.
2. **barber** n /'ba:bə/ - a person who cuts men's hair and facial hair
Max visits the barber every month to keep his hair well-groomed.
3. **makeover** n /'meɪkəʊvə/ - a set of changes to improve the appearance, often involving cosmetics or new clothes
She got a complete makeover for her graduation ceremony.
4. **stunning** adj /'stʌnɪŋ/ - extremely attractive or beautiful
Martha looked stunning in her evening gown.
5. **underweight** adj /'ʌndə'weɪt/ - weighing less than what is considered healthy or normal
She was advised to gain some weight as she was extremely underweight.

PHRASAL VERBS

1. **to dress up** (i) /dres 'ap/ - to put on formal clothes for a special occasion
She decided to dress up for the dinner with her bosses.
2. **to show off** (t-s) /ʃəʊ 'ɒf/ - to display something you're proud of
He likes to show off his new tattoos.

PREPOSITIONAL PHRASES

1. **out of style** /aut əv staɪl/ - no longer fashionable
Baggy jeans are now considered to be out of style.
2. **in fashion** /ɪn 'fæʃn/ - currently popular in style
Fuzzy hats are currently in fashion.

IDIOM

dress to impress /dres tə ɪm'pres/ - to wear clothes to make a good impression
Always dress to impress in a job interview!

COLLOCATION

smartly dressed /'smɑ:tli drest/ - wearing neat, formal or stylish clothing
He was smartly dressed at the meeting.

YOU SHOULD KNOW

Fancy dress is a compound noun in English that means clothes you wear to appear as a different character, e.g. at Halloween.

CHILDHOOD & GROWING UP

At the upper-intermediate level, discussing one's childhood or upbringing can provide valuable context in conversations and deepen relationships.

THEME VOCABULARY

1. **adolescent** n /ædə'lesnt/ - a young person who is between childhood and adulthood
The film explores the challenges faced by adolescents in large cities.
2. **adulthood** n /'ædʌlθʊd/ - the stage of life when a person is fully grown and takes on adult responsibilities
Adulthood comes with its own set of challenges, such as career and family.
3. **elderly** adj /'eldəli/ - relating to people who are old
Lala spends her weekends volunteering at a home for elderly people.
4. **immature** adj /ɪmə'tjʊə/ - not fully developed in either body or mind
His immature behaviour made it difficult to take him seriously.
5. **upbringing** n /'ʌpbrɪŋɪŋ/ - the way a child is raised or educated
Her strict upbringing instilled in her a strong sense of discipline.

PHRASAL VERBS

1. **to bring up** (t) /brɪŋ 'ʌp/ - to raise or educate a child
She brought up her children to be kind and respectful.
2. **to look up to** (t) /lʊk 'ʌp tu/ - to admire or respect someone
He looks up to his elder sister.

PREPOSITIONAL PHRASES

1. **in one's youth** /ɪn wʌnz ju:θ/ - during the period when one was young
In her youth, she loved gymnastics.
2. **at the age of** /æt ðə eɪdʒ əv/ - when one is a certain age
She learnt to play the piano at the age of six.

IDIOM

- child's play** /tʃaɪldz pleɪ/ - something very easy or simple
Learning to play the guitar was child's play for her.

COLLOCATION

- sibling rivalry** /'sɪblɪŋ 'raɪvəlri/ - competition between siblings
Their sibling rivalry is obvious on game night.

YOU SHOULD KNOW

The prefix **step** added to nouns like **father**, **mother** and **sister** (e.g. **stepsister**) describes a person who is related to you because your parent married again.

PETS & ANIMALS

For B2 learners, knowing terms related to pets and animals enhances the ability to interact in casual settings and share personal stories.

THEME VOCABULARY

- extinct** adj /ɪk'stɪŋkt/ - no longer exists
The dodo bird is an extinct species of flightless bird.
- species** n /'spi:fi:z/ - a group of animals or plants that are similar and can produce offspring
The African elephant and the Asian elephant are two different species.
- mammal** n /'mæml/ - a type of animal that feeds milk to its young and usually has fur or hair
Humans, dogs and whales are all mammals.
- pack** n /pæk/ - a group of animals of the same species that live together
A pack of wolves was seen near the forest edge.
- habitat** n /'hæbitæt/ - the natural environment where an animal lives
The rainforest is the habitat of many exotic animals.

PHRASAL VERBS

- to take care of** (t) - /,teɪk 'keə əv/ - to look after or provide for the needs of
Can you take care of my pet fish while I'm away?
- to run away** (i) - /rʌn ə'weɪ/ - to escape or suddenly leave a place
My cat ran away last night!

PREPOSITIONAL PHRASES

- in the wild** /ɪn ðə wɔ:ld/ - in a natural environment
Tigers are increasingly rare to see in the wild.
- by nature** /baɪ 'neɪtʃə/ - as a natural characteristic
Cats are curious by nature.

IDIOM

let the cat out of the bag /let ðə kæt aut əv ðə bæg/ - to accidentally reveal a secret
Well, shoot! She let the cat out of the bag!

COLLOCATION

animal welfare /ænɪml 'welfeə/ - the well-being of animals
Animal welfare organisations work to protect animals from abuse.

YOU SHOULD KNOW

We have lots of collective nouns like **pack of wolves** to describe groups of animals that live together: a **mob of kangaroos**, an **army of ants**, a **memory of elephants**, etc.

RELATIONSHIPS, WEDDINGS & MARRIAGES

Understanding vocabulary associated with marriage and weddings is key at this level because these are social events you are likely to encounter.

THEME VOCABULARY

1. **to propose** v /prə'pəʊz/ - to ask someone to marry you
John proposed to Sarah on Christmas Eve.
2. **fiancé** n /fi'anseɪ/ - the person you are engaged to be married to
Sarah showed off her shiny engagement ring and introduced John as her fiancé.
3. **ceremony** n /'serəməni/ - a formal event, such as a wedding
The ceremony was simple but very elegant.
4. **vow** n /vau/ - a serious promise often made during a wedding
They exchanged their vows in front of their families and friends.
5. **reception** n /rɪ'sepʃn/ - a formal party after an event like a wedding
The reception after the wedding was lovely with wonderful food, music and dancing.

PHRASAL VERBS

1. **to call off** (t-s) /kɔ:l 'ɒf/ - to cancel something like an event
They had to call off the wedding due to unforeseen circumstances.
2. **to settle down** v /'setl 'daʊn/ - to become stable in one's life
I think Jim is finally settling down.

IDIOM

- to pop the question** /pɒp ðə 'kwesʃn/ - to ask someone to marry you
He decided to pop the question during their holiday in Paris.

PREPOSITIONAL PHRASES

1. **on the rocks** /ɒn ðə rɒks/ - describing a relationship that is in trouble
Their marriage is on the rocks; they're considering separation.
2. **behind closed doors** /bɪ'hænd kləʊzd dɔ:z/ - in private
How are things behind closed doors?

COLLOCATION

- bridal shower** /'braɪdl 'ʃaʊə/ - a party for the bride-to-be before her wedding
Her friends organised a surprise bridal shower for her.

YOU SHOULD KNOW

Fiancé is a man someone is engaged to. **Fiancée** is a woman someone is engaged to. They are pronounced the same.

FOOD

As a B2 learner, understanding food terminology is especially useful when living in or visiting an English-speaking country, and it is a delightful topic.

THEME VOCABULARY

- afternoon tea** n /a:ftənu:n 'ti:/ - a British meal served in the afternoon
Afternoon tea at the hotel was quite luxurious.
- balanced** adj /'bælənst/ - containing different elements in appropriate proportions, often referred to in the context of a diet
A balanced meal includes proteins, carbohydrates and vegetables.
- dietary** adj /'daɪətəri/ - related to the food that one eats, often concerning its nutritional value or restrictions
The restaurant offers dietary options for vegetarians and vegans.
- nutritious** adj /nju'trɪʃəs/ - containing substances that are good for health
While delicious, traditional British food isn't always the most nutritious.
- roast** n /rəʊst/ - meat cooked in an oven, often served with vegetables
Sunday roast is a time-honoured British tradition.

PHRASAL VERBS

- to eat out** (i) /j:t 'aut/ - to have a meal in a restaurant rather than at home
They decided to eat out at a local pub this evening.
- to tuck in** (i) /tʌk 'ɪn/ - to begin eating enthusiastically
Don't wait for me; tuck in!

IDIOM

- full of beans** /fʊl əv bi:nz/ - very energetic or lively
After his morning coffee, he is always full of beans.

PREPOSITIONAL PHRASES

- on the menu** /ɒn ðə 'menju:/ - being offered as a choice in a restaurant
What is the best dish on the menu?
- in season** /ɪn 'si:zn/ - being harvested and available fresh
Strawberries are in season, perfect for a British summer dessert.

COLLOCATION

- hearty breakfast** /'ha:ti 'brekfəst/ - a large and satisfying morning meal
A hearty breakfast sets you up for a good day.

YOU SHOULD KNOW

Still or sparkling? This is a question you will be asked if you order water to drink in a restaurant or bar in the UK. **Still** is without gas, and **sparkling** is with gas.

SPORT

Sport-related vocabulary is essential at this level because sports are a popular topic in many conversations.

THEME VOCABULARY

- goalpost** n /'gəʊlpəʊst/ - the vertical posts between which players try to get the ball in games like football and rugby
The goalkeeper made an amazing save, deflecting the ball off the goalpost.
- league** n /li:g/ - a group of sports teams that play against each other
The team was promoted to the Premier League after an excellent season.
- referee** n /,refə'rei:/ - a person who makes sure that players obey the rules during a sports match
The referee blew the whistle to signal the end of the match.
- tournament** n /'tuənəmənt/ - a competition for teams or players in which a series of games are played
Wimbledon is a prestigious tennis tournament.
- venue** n /'venju:/ - the place where an event or meeting happens
The stadium is an ideal venue for the championship game.

PHRASAL VERBS

- to go out** (i) /,gəʊ 'aut/ - to be eliminated from a competition
The team went out after one game.
- to send off** (t) /,send 'ɒf/ - to remove a player because of a rule violation
The referee had no choice but to send off the player for his poor behaviour.

IDIOM

away from home /ə'weɪ frəm həʊm/ - often used to describe sports teams playing on opponents' grounds
They struggled to score away from home.

PREPOSITIONAL PHRASES

- off the field** /ɒf ðə fi:ld/ - not taking place on the field during the game
John's charitable activities off the field are heartwarming.
- under pressure** /'ʌndə 'preʃə/ - experiencing stress or anxiety
She performed well under pressure.

COLLOCATION

team spirit /ti:m 'spɪrɪt/ - the feelings of enthusiasm, loyalty and a sense of belonging among the members of a team
Team spirit is crucial for winning games.

YOU SHOULD KNOW

Football is often shortened to **footie** /'fʊti/ in British English. And if you're talking to an American, you should call it **soccer**.

THE NEWS

Grasping news terminology is essential for B2 learners to understand current events and participate in discussions about them.

THEME VOCABULARY

- to oust** v /aʊst/ - to force somebody out of a job or position of power
The mayor was ousted from her position after the public protests.
- panel** /'pænl/ - a group of experts sharing their thoughts for entertainment
Our panel includes reality star Nick Waite and newsreader Maria Jarvis.
- cuts** n /kʌts/ - when the cost of something is decreased to save money
Staff are refusing to work because of the cuts to their salaries.
- tabloid** n /'tæblɔɪd/ - a newspaper that is small in size and is known for writing stories that are over the top
Tabloids are the most popular newspaper type in the UK.
- sensationalist** adj /sen'seɪʃənəlɪst/ - getting people's interest by presenting information in a way more shocking than it actually is
I don't like sensationalist papers.

PHRASAL VERBS

- to keep up with** (t) /kɪ:p 'ʌp wɪð/ - to stay informed about sth. changing
I use an app to keep up with the news.
- to call for** (t) /kɔ:l 'fɔ:/ - to demand an action in response to a specific circumstance
He called for the official to step down.

PREPOSITIONAL PHRASES

- on the front page** /ɒn ðə frənt peɪdʒ/ - featured on the first page of a paper or the main page of a news website
Dad's article is on the front page!
- in the news** /ɪn ðə nju:z/ - currently being discussed by the media
The scandal has been in the news.

IDIOM

hot off the press /hot ɒf ðə pres/ - refers to news that has just been printed and contains the most recent information
Here is the article, hot off the press!

COLLOCATION

breaking news /'breɪkɪŋ nju:z/ - urgent news given to the public as soon as it becomes available
The election results are breaking news.

YOU SHOULD KNOW

75% of British people get their news from **the BBC**. It's affectionately known as **the Beeb** /ðə 'bi:b/.

THE INTERNET

In this digital age, understanding internet vocabulary is crucial for anyone at the upper-intermediate level to navigate online spaces effectively.

THEME VOCABULARY

- clickbait** n /'klɪkbet/ - misleading content designed to attract clicks
I thought it was a video about a really huge scandal, but it was just clickbait.
- to doomscroll** v /du:m skrəʊl/ - to obsessively check the internet for bad news stories and to keep scrolling to read more and more
I spent half of the morning doomscrolling.
- sponcon** n /'spɒnknɒn/ - (sponsored content) posts on social media that look like regular content, but the influencer has been paid to post it
He posted some sponcon for a brand of protein powder.
- overlay** n /'əʊvəleɪ/ - something that is put on top of something else
We can add an overlay to this image showing some of the houses.
- accessible** adj /æk'sesəbl/ - easy for people to get and use
This game is so expensive that it's not accessible to everyone.

PHRASAL VERBS

- to rely on** (t) /rɪ'lai̯ 'ɒn/ - to need or depend on to work properly
This program relies on users already having other software.
- to opt out** (i) /ɒpt 'aut/ - to choose not to participate in online activities
I opted out of receiving promo emails.

PREPOSITIONAL PHRASES

- in the cloud** /ɪn ðə kloud/ - refers to data stored on remote servers
All our company files are stored in the cloud.
- on the internet** /ɒn ðə 'ɪntənet/ - an activity or search is taking place online
I found this recipe on the internet.

IDIOM

to troll someone /trəʊl 'sʌmwʌn/ - to intentionally post messages online that get strong emotional responses
Don't reply; he's just trolling you.

COLLOCATION

digital footprint /dɪdʒɪtl 'fʊtprɪnt/ - the data left behind when using the internet
Your digital footprint helps companies target advertisements towards you.

YOU SHOULD KNOW

Abbreviations and acronyms are very common on the internet, including **TBH** (to be honest), **LMK** (let me know) and **TBT** (throwback Thursday).

OFFICE JARGON

At B2 level, familiarity with office jargon can significantly help you in a professional environment and in understanding workplace dynamics.

THEME VOCABULARY

1. **to action** v /'ækʃn/ - to do something to deal with a task or problem
I'm going to action some of these recommendations immediately.
2. **SWAT team** n /'swɒt ti:m/ - a team of highly specialised people who will put a plan into action at work
Let's get a SWAT team together and start making progress.
3. **leverage** n /'li:vərɪdʒ/ - the ability to influence what people do to get the results you want
We need to find some leverage and use it to close the deal.
4. **deep dive** n /di:p 'daɪv/ - a detailed analysis or examination of a subject
The boss has asked for a deep dive report on the project's progress.
5. **core competency** n /kɔ: 'kɔmpitənsɪ/ - a specific skill or area of expertise
One of this company's core competencies is its attention to detail.

PHRASAL VERBS

1. **to check up on** (t) - /tʃek 'ʌp ɒn/ - to monitor one's progress or well-being
We'll check up on your project later.
2. **to scale back** (i, t) /'skeɪl 'bæk/ - to reduce in size or number
We decided to scale back our product development team.

PREPOSITIONAL PHRASES

1. **at the office** - /æt ðə 'ɒfɪs/ - in the workplace
I left my laptop at the office.
2. **by the book** - /baɪ ðə bu:k/ - following rules or procedures exactly
Make sure to do everything by the book; we can't afford any mistakes.

IDIOM

open door /'əʊpən 'dɔ:/ - a policy where employees are encouraged to communicate with managers freely
Come chat with me; I've got an open door!

COLLOCATION

office politics /'ɒfɪs 'polɪtɪks/ - the use of power or influence for personal gain at work
Don't waste your time with office politics.

YOU SHOULD KNOW

A lot of people don't like office jargon. So even though you need to be able to understand it, it's often better to use simpler, more "normal" language.

HEALTH & THE HEALTH SYSTEM

For upper-intermediate learners, knowledge about the health system is invaluable, especially when navigating medical situations.

THEME VOCABULARY

- kidney** n /'kɪdnɪ/ - one of two organs that filters waste out of your blood
Jenny had a kidney infection, but she's feeling much better now.
- transplant** n /'trænspla:nt/ - a medical operation during which a new organ is put into someone's body
My dad had a liver transplant.
- ward** n /wɔ:d/ - a large room in a hospital with beds for patients to stay in
Katherine works on the maternity ward.
- surgery** n /'sɜ:dʒəri/ - (BrE) a general doctor's office in the community
I'm going to the surgery later to figure out why I've been so tired.
- infectious** adj /ɪn'fekʃəs/ - able to be passed from one person or animal to another (of a disease)
Flu is very infectious in summer.

PHRASAL VERBS

- to come down with (sth.)** (t) /kʌm 'daʊn wið/ - to start to feel ill
I think I'm coming down with a cold.
- to get over (t)** / ,get 'əvə/ - to recover from an illness
It took me a while to get over that cold, but I'm better now.

PREPOSITIONAL PHRASES

- at risk** /æt rɪsk/ - in a situation where something harmful could happen
Smokers are at risk of many health problems.
- on medication** - /ɒn ,medɪ'keɪʃən/ - taking drugs to treat a condition
He's on blood pressure medication.

IDIOM

to be back on one's feet /bi: bæk on wʌnz fi:t/ - to return to a normal or healthy state after an illness or a troubled time
Kai was ill, but he's back on his feet now.

COLLOCATION

to lose one's appetite /lu:z wʌnz 'æpitart/ - to not feel hungry and to not feel like eating food
Helen has completely lost her appetite.

YOU SHOULD KNOW

OTC /əʊ ti: 'si:/ - over the counter; medicine you can get without a written doctor's note

GP /dʒi: 'pi:/ - General Practitioner; a doctor who is trained in general medicine

A&E /eɪ ənd 'i:/ - Accident & Emergency; the part of the hospital for immediate help

PRONUNCIATION - B2 LEVEL

At B2 level it is expected that you can **generally articulate all individual sounds clearly**. Although there may still be some influence from other languages you speak, any differences should not usually prevent listeners from understanding what you are trying to say. There may still be some words which you frequently mispronounce. This is called a 'fossilised' error. The people listening to you should not need to ask for repetition very often or have to listen to you carefully in order to understand what you are saying.

You will generally speak fluently, with little hesitation.

At B2 level, you begin to recognise words when they are pronounced in a different regional accent from the one you are generally accustomed to. You will have a very good understanding of word stress and should be able to predict with some accuracy the placement of word stress in unfamiliar words.

You are able to use sentence stress and intonation accurately in order to help convey meaning, e.g.

- You need thirty chairs for the party, right? No, I said **thirteen**, not thirty.
- It wasn't **me** who made the mistake. It was **you**.

Intonation

- You can swim, can't you? ↗ **rising intonation = genuine question**
- You can swim, can't you? ↘ **falling intonation = seeking confirmation**

There will still be some influence from your native language(s) on these features, but it will be less noticeable than at B1 level.

B2 LEVEL CHECKLIST

Below is a checklist of all the key grammar structures and vocabulary sections that are required at the B2 level. Please look through the list and put a tick or mark in the box that best describes your ability.

= *It is easy for me.*

= *I have some difficulty with this.*

= *It is difficult for me.*

B2 Checklist - Grammar Structures

'I can use...'



1. Present Continuous (annoying actions)

Why are you always talking?



2. Present Perfect Simple/Continuous

I've been negotiating for a pay rise.



3. Past Continuous (narrate background events)

While I was walking, I came across a tiny kitten.



4. Past Perfect with Adverbs

I had never tried Indonesian food before.



5. Future Perfect Simple/Continuous

I'll have been working here for a decade soon.



6. Future in the Past

When I saw him, he said he was going to the gym.



7. Reported speech (direct quotes)

She admitted to breaking the window.



8. Advanced Verb Patterns

Tessa insists on making her own jam.



B2 LEVEL CHECKLIST

B2 Checklist - Grammar Cont.

'I can use...'



9. Infinitive vs Gerund

I watched them *play/playing* in the park.

10. Modal Verbs (making deductions)

Angela *couldn't have known* about the party.

11. Modal Verbs (expressing expectations)

He *oughtn't* be hungry for hours.

12. Advanced Clauses

Kia, *realising she was lost*, called for help.

13. The Causative

I *had my car repaired* because it broke down.

14. Mixed Conditionals

If he knew how to swim, *he would have come*.

15. Advanced Adjectives

The views were *absolutely breathtaking*.

16. Impersonal Passive

It is believed that it is hundreds of years old.

17. Cleft Sentences

What I liked about the book was the ending.

18. Word Formation/Families

Our '*obedient*' dog is actually *disobedient*.

19. Punctuation

Sometimes, at the weekend, we eat pizza!

B2 LEVEL CHECKLIST

B2 Checklist - Vocabulary

'I am able to describe...'



1. Appearance

Using words like '*bald*' or '*dress to impress*'.



2. Childhood & Growing Up

Using words like '*adolescent*' or '*immature*'.



3. Pets & Animals

Using words like '*species*' or '*habitat*'.



4. Relationships & Marriage

Using words like '*fiancé*' or '*pop the question*'.



5. Food & Eating Habits

Using words like '*nutritious*' or '*tuck in*'.



6. Sport & Exercise

Using words like '*tournament*' or '*team spirit*'.



7. News & Media

Using words like '*tabloid*' or '*breaking news*'.



8. The Internet & Social Media

Using words like '*doomscroll*' or '*clickbait*'.



9. Office Jargon

Using words like '*leverage*' or '*touch base*'.



10. Health

Using words like '*transplant*' or '*medication*'.



EXAMPLE B2 STUDY PLAN

Now you know the grammar and vocabulary you need to reach a B2 level in English, how can you get there? The most effective approach is to follow a comprehensive, well-structured curriculum that will guide you through the grammar and vocabulary in a manageable way. After the success of my B1 Programme, I, Lucy, went back to our incredible curriculum designer and created a B2 Programme.

I want to show you the curriculum that we made together now. In the 12-week programme, we wove together the grammar and vocabulary topics you need to learn alongside weekly reading and listening lessons. We also have weekly pronunciation and conversation lessons. The conversation lessons are a fantastic addition to the programme as they allow you to follow natural conversations between native English speakers with lots of vocabulary popping up on the screen, a full transcript and pronunciation, vocabulary and grammar focuses.

The Beautiful British English B2 Programme

B2 Week #1 - University & Social Life	
Vocabulary	Idioms
Listening	'Socialisation & Friendship'
Grammar	1. Phrasal Verbs 2. Common Mistakes with Present Tenses
Pronunciation	IPA Chart
Conversation	'Social Life & Hobbies' with George (my brother!)

B2 Week #2 - Appearance

Vocabulary	Appearance
Reading	'The Growing Popularity of Male Salons'
Grammar	1. Causatives 2. Advanced Adjective Use
Pronunciation	-ed Adjective Endings
Conversation	'Social Events' with Kim (my mum!)

B2 Week #3 - Relationships & Wedding Traditions

Vocabulary	Marriage & Weddings
Listening	'British Wedding Traditions'
Grammar	1. Mixed Conditionals 2. Inversion with Negative Adverbials
Pronunciation	Advanced Contractions
Conversation	'Dating' with Will

B2 Week #4 - Growing Up & Childhood

Vocabulary	Growing Up & Childhood
Reading	'Speech Verbs'
Grammar	1. Reported Speech in Narration 2. Word Formation
Pronunciation	Unstressed Syllables
Conversation	'Upbringing' with Richard (my dad!)

B2 Week #5 - Pets & Animals

Vocabulary	Pets & Animals
Listening	'Animals R Us'
Grammar	1. Modal Verbs - Obligation & Necessity 2. Modal Verbs - Permission, Requests, Offers etc.
Pronunciation	Rhythm, Stress & Intonation
Conversation	'Pets' with Kelsie (vet)

B2 Week #6 - British Food

Vocabulary	British Food
Reading	'Curry'
Grammar	1. Verb Patterns 2. Reflexive Pronouns
Pronunciation	Commonly Mispronounced Food
Conversation	'Cooking & Eating Habits' with Kim

B2 Week #7 - Sports & the Olympics

Vocabulary	Sport Idioms
Listening	'Team Performance in the Olympics'
Grammar	1. Modal Verbs - Speculation and Deduction 2. Modal Verbs - Expectation
Pronunciation	Elision
Conversation	'Sport' with Will

B2 Week #8 - British News & Media

Vocabulary	News Terminology
Reading	'British News and Media'
Grammar	1. Question Tags 2. Prepositions
Pronunciation	Connected Speech
Conversation	'The Media' with Lia Hatzakis

B2 Week #9 - The Internet & Social Media

Vocabulary	Internet Vocabulary
Listening	'The Metaverse'
Grammar	1. Future Tenses 2. Complex Future Tenses
Pronunciation	Informal Contractions
Conversation	'Social Media' with Ollie Richards

B2 Week #10 - Money

Vocabulary	Money Culture
Reading	'British Attitudes Towards Money'
Grammar	1. Punctuation 2. Relative & Participle Clauses
Pronunciation	Tone of Voice
Conversation	'Money' with Jo Franco

B2 Week #11 - Office Culture & Jargon

Vocabulary	Office Jargon
Listening	'Office Culture'
Grammar	1. Impersonal Passive Construction 2. Passive Voice & Modal Verbs Review
Pronunciation	Different UK Accents
Conversation	'The Job Market' with John

B2 Week #12 - The Healthcare System

Vocabulary	Health
Reading	'The Health System'
Grammar	1. Exam Preparation #1 2. Exam Preparation #2
Pronunciation	The Glottal Stop
Conversation	'The NHS' with Will

SUMMARY



24 Grammar Lessons



12 Conversation Lessons



12 Vocabulary Lessons



12 Reading Lessons



15 Pronunciation Lessons



12 Listening Lessons

Downloadable Lesson PDFs and Mind Maps

16-week access to Private Course Community

Lifetime access to course content



C1 LEVEL

**All the grammar
& vocabulary you
need to learn!**

AN OVERVIEW OF C1 ENGLISH

At C1 level, you are expected to be able to express yourself clearly and confidently on a wide range of topics. Any hesitation when speaking should be due to the fact that you are choosing the most accurate word from the broad range of vocabulary at your disposal.

You will be able to say things like

I can't wait to put my own stamp on this place.

I can't wait to redecorate.

← rather than

C1 also demands a massively increased vocabulary, and you should be able to express yourself spontaneously relatively easily. You should also be able to understand subtle jokes in English at C1 level.

C1 is a wonderful level of English to reach. At this level, you will feel confident communicating in almost every situation and you should really enjoy speaking the language. These are two things that many of my students strive for. C1 is not really about learning entirely new grammatical structures as you should already have learnt most of them at B2 and below; rather, it is about learning grammatical nuances, adding to your repertoire of phrases and building your instincts for English grammar.

The next portion of this ebook will walk you through some of the grammar and vocabulary you need to know to achieve the C1 level.

GRAMMAR - C1 LEVEL

1 Present Tenses

If you feel ready to study at C1 level in English, you should already have a strong foundation in the present tenses. A C1 course will provide you with a revision of these tenses, with a focus on using them accurately in different situations.

Examples:

- *I am trying a new diet plan for a month to see how I feel.*
- *They've been keeping a family calendar and are now better organised.*

2 Past Tenses

At C1 level, you should already be comfortable with using the past tenses. A C1 course will provide revision of these tenses to help learners use them correctly in a range of situations.

Examples:

- *Were you looking for a two or three-bedroom place?*
- *We had been travelling around Denmark for a while before deciding to settle down there.*

3 Future Tenses

If you are studying at C1, you should have a firm grasp of the basic future tenses. A C1 course will focus on their advanced uses, such as using the **future perfect** to make assumptions about the present.

Example:

- *I'm sure my husband will have noticed that I used all the milk this morning.*

On a C1 course, you will also learn how to talk about the future using advanced structures, like '**to be set to**' and '**to be on the verge of**'.

Examples:

- They **are set to** become one of the world's greatest pop acts.
- Our village is **on the verge of** being deluged by hordes of additional tourists.

4 Modal Verbs, Speculation & Deduction

At the C1 level, you'll be able to use advanced modal verb structures and know which adverbs collocate with them.

Example:

- They **may well have driven** all that way in one night, but it's highly unlikely.

You'll also know how to use structures such as '**the odds are**' and '**I dare say**' to make deductions.

Example:

- **I dare say** I'll have to brush up on my grammar before I do a new course.

5 Conditionals

At C1 level, you should already be familiar with basic and mixed conditionals, but you will continue to expand on these structures. You will also learn a range of words and phrases that can be used as alternatives to 'if' to take your conditionals to the next level!

Examples:

- **But for** a wonderful trip to Spain when I was younger, I would never have decided to learn the language.
- **Given that** I'd like to achieve C1 level in English, I'm going to have to study harder.

6 The Passive Voice

Again, if you've reached C1, you should already be well-versed in how to use the **passive voice**. At C1, there'll be a focus on using the passive infinitive and passive '-ing' forms.

Example:

- Lucy *recalled having been taught about the passive voice at some point in the past.*

And you'll need to learn about the subtle differences between phrases like:

- *There's nothing to do.*
- *There's nothing to be done.*

7 Negative Inversion

You also need to have an understanding of how to use **negative inversions** to add emphasis and variety to your writing and speaking.

Inversion is widely used in literary contexts, so understanding this structure can help you understand and analyse a wide range of texts more effectively, particularly those with complex or literary styles.

- *Never have I seen such a beautiful sunset.*
- *Such was the commotion that I could barely hear myself think.*

8 Hedging & Boosting

Those at a C1 level should be familiar with **hedging** and **boosting** when writing and speaking. **Hedging** is a linguistic strategy that allows speakers to soften or downplay the force of their statements, often by using hedging verbs like '**to seem**', and adverbs like '**presumably**'.

Example:

It seems like this might be a good solution.

Boosting, on the other hand, involves using language to increase the force or impact of a statement, often by using adverbs like '**undeniably**' and strong verbs like '**to prove**'.

Example:

This has been proven to be the best solution to our problem.

9 Phrasal Verbs with Multiple Meanings

Another important aspect of achieving a C1 level of English is understanding the various meanings of a number of **phrasal verbs**. Depending on the context, phrasal verbs can take on different meanings. To effectively communicate and understand advanced conversations, you will need know these multiple meanings. Here's a quick example using the phrasal verb '**set up**':

set up (a time for a meeting):

- Let's **set up** a meeting for next week.

set up (people on a date):

- My friend **set me up** with her cousin.

set up (the living room for a play date):

- I need to **set up** the living room for the kids.

10 Advanced Comparatives & Superlatives

Some of the most important grammatical tools C1 level students need to master are the use of **advanced comparative** and **superlative structures**. Advanced comparative structures can help students express similarities and differences between people and things in nuanced ways. Here are some examples of the structures students should know at C1:

- *Finding a house in Cornwall is **no more difficult than** in London.*
- *The house is **more dilapidated than** charming.*
- *The house **isn't so much dirty as** filthy.*

At C1 level, students should also be aware of how to **postmodify superlative adjectives**, like

- *The house was designed in the most efficient way possible.*
- *I want to pay the lowest possible price for this house.*

11 Word Formation

Just as at B2 level, understanding **word families** is an important skill at C1. It helps expand your vocabulary through **roots**, **prefixes** and **suffixes**, which will help you deduce the meaning of unfamiliar words.

Example:

- *decide* (verb)
- *decision* (noun) - *indecision* (negative noun)
- *decisive* (adjective) - *indecisive* (negative adjective)

12 Paraphrasing

Paraphrasing is another important skill to develop in order to achieve a C1 level of English because it allows you to express ideas in your own words while maintaining the meaning and intent of the original text.

This skill is particularly valuable in academic and professional contexts, where accurately conveying information and avoiding plagiarism is essential.

Example:

- *The company is experiencing financial difficulties.*
- *The company is struggling financially.*

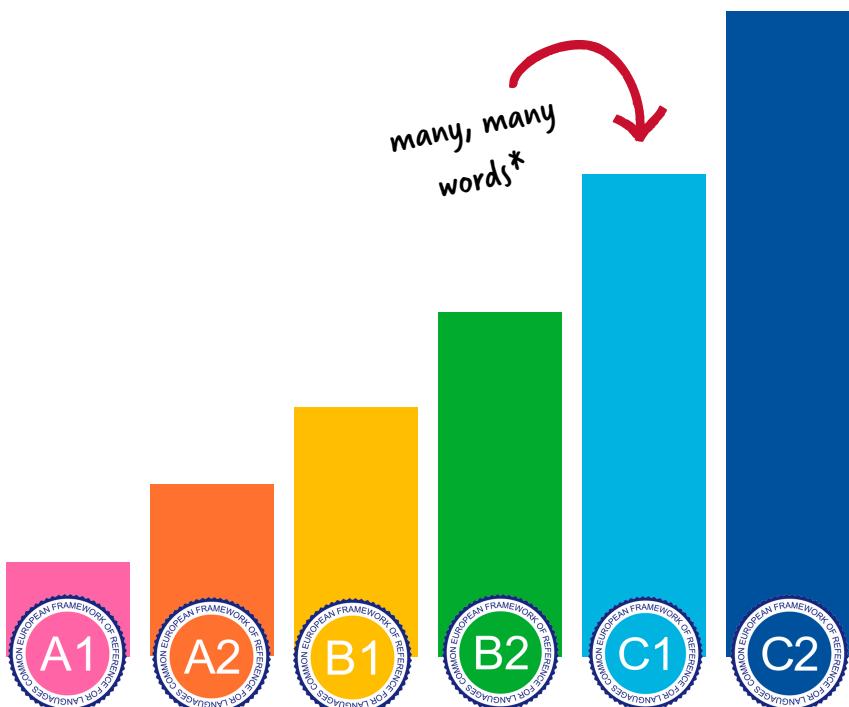
There are many more structures, words and phrases you should know at C1 level, like how to use **non-finite clauses**, **compound adjectives**, **advanced discourse markers** and **fixed expressions** that you can use in writing and speech.

VOCABULARY - C1 LEVEL

When it comes to vocabulary, you should be able to express yourself fluently and spontaneously on a wide range of concrete and abstract topics and understand complex written and spoken texts.

You'll need to know a ***wide range of vocabulary*** on the topics of lifestyle and well-being, nutrition and how it affects you, housing and urban versus rural life, and how people's different personalities mean you gel with some people and not others. You'll also have to be comfortable with language connected to work and business, including the hot-button topics of remote working, burnout and resignation, freelancing and changing careers. On the next page you'll see some recommended topics.

CEFR Vocabulary Requirements



*Obviously a joke, but there is no official amount of words you should know at C1.

SELF-IMPROVEMENT & WELLNESS

For C1 learners, an enriched vocabulary on the topic of self-improvement and wellness is important in social and professional situations.

THEME VOCABULARY

- mindset** n /'maɪndset/ - the set of attitudes, beliefs and values that shape a person's thoughts and behaviours
I think my positive mindset allows me to overcome tough challenges.
- detrimental** adj /,detrɪ'mentl/ - harmful or damaging
A lack of sleep can have a detrimental effect on your cognitive functions.
- self-reflection** n /,self rɪ'fleksn/ - serious thought about your feelings and behaviour and the reasons behind them
I engage in regular self-reflection to understand myself better.
- to neglect** v /nɪ'glekt/ - to fail to take care of someone or something
I have been neglecting myself recently between full-time work and studying.
- hustle culture** n /'hʌsl 'kʌltʃə/ - the idea that you have to work extremely hard, all day, every day, in order to succeed
Hustle culture can be detrimental to health and well-being in the long run.

PHRASAL VERBS

- to lay off** (t) /,leɪ 'ɒf/ - to stop using something
I decided to lay off social media for a while to focus on my mental health.
- to ease up on** (t) /j:z 'ʌp ɒn/ - to do, eat or drink less of something
We are easing up on beer this month.

PREPOSITIONAL PHRASES

- beyond doubt** /bɪ'jond daut/ - in a way that shows something is certain
Her talent was beyond doubt.
- in response to** /ɪn rɪ'spons tu:/ - as a result of or in reaction to
In response to the health crisis, the government issued safety guidelines.

IDIOM

a breath of fresh air /ə b्रeθ əv freʃ eə/ - something new and refreshing that brings new energy and enthusiasm
My trip was a breath of fresh air.

COLLOCATION

mental health /'mentl helθ/ - one's emotional and psychological well-being
Prioritising mental health is as important as maintaining physical health.

YOU SHOULD KNOW

The word **well-being** means 'general health and happiness'. It has a hyphen in the Oxford Dictionary but is slowly losing its hyphen to become **wellbeing**.

HOUSING

At C1 level, understanding the intricacies of housing will help you have meaningful discussions and make informed decisions in your life.

THEME VOCABULARY

- squatter** n /'skwətə/ - a person who lives in a building without permission and without paying rent
I think there were some squatters living here while the house was vacant.
- rickety** adj /'rɪkətɪ/ - in bad condition and not strong, likely to break
We got into the rickety old house but immediately wanted to renovate it.
- shabby chic** adj /ʃæbɪ 'ʃi:k/ - a style of decorating that uses old-fashioned and worn furniture deliberately to create a cottage-style home
I was going for shabby chic with this decor, but I think it just looks old.
- vacant** adj /'veɪkənt/ - not occupied or in use
The house has been vacant since the owner passed away.
- airy** adj /'eəri/ - with lots of fresh air, light and space
We have a lovely, airy kitchen with lots of natural light.

PHRASAL VERBS

- to tear down** (t-s) /,teə 'daʊn/ - to knock or pull a building or wall down
We're going to tear down that wall and make a huge dining kitchen.
- to spruce up** (t-s) /,spru:s 'ʌp/ - to make a house or room more attractive
A little paint spruced this place up!

PREPOSITIONAL PHRASES

- on the market** /ɒn ðə 'ma:kɪt/ - a house that is currently for sale
We're putting our house on the market.
- in close proximity** /ɪn kləʊs prɒk 'sɪmɪtɪ/ - near
There's a decent school in close proximity to this property.

IDIOM

make a house a home /meɪk ə haʊs ə həʊm/ - turn a residence into a comfortable, safe space
Decorating can make a house a home.

COLLOCATION

affordable housing /ə'fɔ:dəbl 'haʊzɪŋ/ - reasonably priced housing, especially for people with low to moderate incomes
What happened to affordable housing?

YOU SHOULD KNOW

The most desired architectural style for a house in the UK is **Georgian**. These houses date from the 18th century and have a very symmetrical appearance.

URBAN & RURAL LIFE

As an advanced speaker, you should be able to speak about urban and rural life and offer your insights into various societal structures.

THEME VOCABULARY

1. **land mass** n /'lænd mæs/ - a large area of land that is in one piece
In Cornwall, just 3.5% of the landmass is considered urban.
2. **affluent** adj /'æfluənt/ - wealthy, can refer either to a place or a person
This has become a very affluent neighbourhood in recent years.
3. **gentrification** n /dʒentrɪfɪ'keɪʃn/ - the process of improving an area of a city so that it goes from being a poor area to a richer one
Gentrification often results in the displacement of low-income residents.
4. **congestion** n /kən'dʒestʃən/ - the state of being full of traffic
One of the reasons that I want to leave the city is the atrocious congestion.
5. **rural flight** n /'ruːrəl flɪt/ - the movement of people from rural areas to urban areas, typically in search of better economic opportunities
Rural flight is a major concern due to the decline in job prospects.

PHRASAL VERBS

1. **to knock down** (t-s) /nɒk 'daʊn/ - to demolish a building or structure
The old factory was knocked down to make room for luxury apartments.
2. **to liven up** (i, t-s) /'laɪvn 'ʌp/ - to become or make sth. become more exciting
The new pub livened up the village.

PREPOSITIONAL PHRASES

1. **away from it all** /ə'weɪ frəm ït ɔːl/ - in a remote and peaceful rural area
Their cabin in the mountains is the perfect place to get away from it all.
2. **in the heart of** /ɪn ðə hɑːt əv/ - in the middle of something, like a city
We bought a flat in the heart of Leeds.

IDIOM

- on the brink** /ɒn ðə brɪŋk/ - almost in a new, exciting or dangerous situation
Many Italian villages are on the brink of being abandoned due to rural flight.

COLLOCATION

- urban sprawl** /'ɜːbən 'sprɔːl/ - the spread of an urban area into neighbouring areas
Urban sprawl is becoming a significant issue for city planners.

YOU SHOULD KNOW

We also talk about **urban flight**, which has become more of a phenomenon in recent years.

HUMOUR

For C1 students, understanding the subtleties of humour offers valuable insights into culture, social norms and language use.

THEME VOCABULARY

1. **sarcasm** n /'sɑ:kæzəm/ - the use of irony to mock or show contempt
His sarcasm was quite biting, leaving everyone in the room uncomfortable.
2. **parody** n /'pærədi/ - a humorous imitation of a person, writing or situation
The parody of the popular song quickly went viral on social media.
3. **satire** n /'sætərɪə/ - a way of criticising people or ideas in a humorous way, especially to make a political point
The novel was a brilliant satire on the state of modern politics.
4. **wit** n /wɪt/ - the ability to think quickly and make clever remarks
Tim's wit made him popular at social gatherings.
5. **irony** n /'aɪrəni/ - expressing something but meaning the opposite, often to create a humorous effect
The irony of the situation was that the fire station burned down.

PHRASAL VERBS

1. **to put down** (t-s) /,put 'daʊn/ - to insult someone sarcastically
She put him down with a clever remark, and he had no comeback.
2. **to crack up** (i, t-s) /kræk 'ʌp/ - to make someone laugh a lot
His story cracked us up!

PREPOSITIONAL PHRASES

1. **in jest** /ɪn ʤest/ - said or done for the purpose of making a joke
I made that comment in jest, sorry!
2. **at the expense of** /æt ðə ɪks'pens əv/ - by making fun of something else
He made a joke at the expense of making himself look foolish.

IDIOM

- to tickle someone's funny bone** /tɪkl 'sʌmənʌnz 'fʌni bəʊn/ - to make someone laugh or find something humorous
That joke really tickled my funny bone.

COLLOCATION

- dry humour** /draɪ 'hju:mə/ - a subtle and clever type of ironic humour
Ron's dry humour doesn't appeal to everyone.

YOU SHOULD KNOW

You can also say that something **tickles you**, meaning it makes you laugh.
It always tickles me when my dog chases its tail.

PERSONALITIES

Advanced vocabulary knowledge on personalities enhances your ability to describe human behaviour, helping you have deeper conversations.

THEME VOCABULARY

1. **aloof** adj /ə'luf/ - not friendly or willing to take part in things
She's very hard to warm to because of her aloof demeanour.
2. **joyful** adj /'dʒəʊviəl/ - very cheerful and friendly
Craig has such a joyful disposition that I'm sure he'll make a great host.
3. **sulky** adj /'sʌlkɪ/ - in a bad mood or not speaking as a result of being angry
Juan was a sulky teenager who barely uttered a word around adults.
4. **attentive** adj /ə'tentɪv/ - helpful and making sure people's needs are met
The staff were very attentive and made our stay really enjoyable.
5. **relatable** adj /rɪ'lætəbl/ (of a person) making you feel that you can understand and have sympathy with them
A lot of social media personalities start off relatable, but as their fame grows, they become less and less so.

PHRASAL VERBS

1. **to fit in** (i) /fɪt 'ɪn/ - to belong to a group because of similar interests
When I first moved to the village, I didn't fit in.
2. **to open up** (i) /,əʊpən 'ʌp/ - to talk to someone about your feelings
I never feel comfortable opening up.

PREPOSITIONAL PHRASES

1. **out of place** /aut əv pleɪs/ - not fitting or seeming right in a specific setting
We felt out of place in the fancy bar.
2. **at odds with** /æt ɒdz wɪð/ - in disagreement or conflict with
Her cheerful demeanour was often at odds with her introverted personality.

IDIOM

stick out like a sore thumb /stɪk aut laɪk ə sɔ:θʌm/ - to be very noticeable because it is different
She sticks out like a sore thumb here.

COLLOCATION

a frosty reception /ə 'frɒsti rɪ'sepʃən/ - a cold response or reaction to something
My idea got a very frosty reception when I floated it in the meeting.

YOU SHOULD KNOW

To warm to is a phrasal verb that you saw in the first example sentence. It means to begin to like someone.

TOURISM

Gaining a thorough understanding of tourism-related vocabulary at the C1 level can elevate your travel experiences and discussions.

THEME VOCABULARY

1. **agritourism** n /'ægrɪtuərɪzm/ - tourism focused on rural life and activities
Lucy loved her agritourism experience, especially the fresh air.
2. **tourist trap** n /'tuərst træp/ - a place that draws tourists with overpriced or inauthentic attractions
The city centre has its fair share of tourist traps selling souvenirs.
3. **staycation** n /ster'keɪʃən/ - a holiday spent in your local area or at home
We're having a staycation and exploring our local hidden gems.
4. **overtourism** n /əʊvə'tuərɪzəm/ - when a place gets too many tourists, causing problems for locals and the environment
During peak season, the locals started protesting against overtourism.
5. **itinerary** n /aɪ'tɪnərəri/- a planned list or schedule of places to visit
Emma sent me her itinerary so I knew where she'd be on her trip.

PHRASAL VERBS

1. **to branch out** (t) /,bra:nɪt'au:t/ - to expand one's interests or activities
The travel agency branched out into ecotourism due to its popularity.
2. **to sign up for** (t) /,saɪn 'ʌp fɔ:/ - to register or enrol for something
Many tourists sign up for guided tours.

IDIOM

off the beaten track /ɒf ðə 'bi:tən træk/ - a location that is not popular or known
For a more authentic experience, look for places that are off the beaten track.

PREPOSITIONAL PHRASES

1. **within walking distance** /wɪðɪn 'wɔ:kɪŋ dɪstəns/ - close to reach by walking
The museum is within walking distance of our hotel.
2. **at the foot of** /æt ðə fut əv/ - located at the bottom or base of something
The town is at the foot of a mountain.

COLLOCATION

the trip of a lifetime /ðə trɪp əv ə 'laɪftaɪm/ - a unique travel experience that is only experienced once
Our Italy tour was the trip of a lifetime.

YOU SHOULD KNOW

Voluntourism is a type of tourism where travellers work as volunteers in the country they are visiting.

REMOTE WORK & COMMUTING

Exploring vocabulary on remote work and commuting at C1 level equips you to discuss contemporary employment trends more effectively.

THEME VOCABULARY

1. **hot-desking** n /'hɒt,deskɪŋ/ - sharing desks among workers to save space
The company's new policy encourages hot-desking to promote flexibility.
2. **telecommuting** n /telɪ'kœmju:tɪŋ/ - working remotely via the internet
More companies consider telecommuting a viable option.
3. **digital nomad** n /dɪdʒɪtl 'næmæd/ - someone who works online and travels
As a digital nomad, Lana has worked in cafes all around the world.
4. **to decentralise** v /di:'sentrəlaɪz/ - distributing tasks or authority away from a central location
The company aims to decentralise its operations to increase flexibility.
5. **coworking** n /kəʊ'wɜ:kɪŋ/ - sharing a workspace for independent work
The city has seen a rise in coworking spaces due to the increase in remote workers and freelancers.

PHRASAL VERBS

1. **to run by** (t) /rʌn 'baɪ/ - to show or tell sb. sth. to see their reaction to it
Even though I work remotely, I call my boss every day to run my ideas by her.
2. **to dial in** (i) /'daɪəl 'ɪn/ - to join a telephone meeting or conference call
I'll dial in for the team meeting soon.

PREPOSITIONAL PHRASES

1. **out of office** /aut əv 'ɒfɪs/ - not currently present at one's workplace
She is out of office for the next week.
2. **in the loop** /ɪn ðə lu:p/ - being informed or updated about something
Keep me in the loop regarding any major decisions.

IDIOM

burn the midnight oil /bɜ:n ðə 'mɪdnait ɔ:l/ - to work late into the night
John's been burning the midnight oil to finish his report before the deadline.

COLLOCATION

remote access /rɪ'meət 'ækses/ - connected to a computer or network from afar
With remote access, he can work at home.

YOU SHOULD KNOW

Hybrid work is a blend of remote and in-office work, which is becoming increasingly popular.

QUITTING & JOB-HUNTING

C1-level learners should have adequate language skills to talk about quitting and job-hunting and discuss career transitions effectively.

THEME VOCABULARY

- resignation** n /'rezɪg'nейʃn/ - the act of officially telling your employer that you are leaving your job
After much consideration, she handed in her resignation last week.
- headhunter** n /'hedhʌntə/ - a person or company that finds potential candidates for senior job positions
The firm hired a headhunter to find their next Chief Financial Officer.
- onboarding** n /'ɒnbɔ:dɪŋ/ - integrating a new employee into a company
The HR team has an extensive onboarding process for new hires.
- severance** n /'sevərəns/ - the termination of one's employment contract
Each employee was given notice of severance three weeks in advance.
- wage slave** n /'weɪdʒ sleɪv/ - a person who is wholly dependent on income
Many people feel trapped as wage slaves in jobs they don't enjoy.

PHRASAL VERBS

- to hand in** (t-s) /,hænd 'ɪn/ - to give something to a person in authority
He handed in his notice after 15 years.
- to follow up** (i, t-s) /'fɒləʊ 'ʌp/ - to continue, add to or take further action on a previous matter
Follow up your interview with an email.

IDIOM

- throw in the towel** /θrəʊ ɪn ðə 'təʊəl/ - to admit defeat or stop trying
After months of job hunting without success, Jamie threw in the towel.

PREPOSITIONAL PHRASES

- under consideration** /'ʌndə kən'sɪdə'reɪʃn/ - being thought about and evaluated
My application is under consideration.
- in response to** /ɪn rɪ'spɒns tu:/ - as a reaction or answer to
I sent my CV in response to your advert.

COLLOCATION

- job prospects** /dʒɒb 'prɒspekts/ - potential job opportunities
The degree she pursued has broadened her job prospects immensely.

YOU SHOULD KNOW

The Great Resignation was a term coined to describe the high number of people who quit their jobs in the early 2020s.

FREELANCING

Understanding the vocabulary of freelancing broadens your career prospects and deepens your insight into flexible employment.

THEME VOCABULARY

1. **zero hours** n /'zɪərəʊ əʊəz/ - a contract without guaranteed work hours
It's difficult for me to plan ahead financially with a zero-hours contract.
2. **fluctuation** n /flʌktʃu'eiʃən/ - variation or changes
Freelancers face income fluctuation due to job unpredictability.
3. **gig economy** n /'gig ɪkɒnəmi/ - a labour market of short-term jobs
Many young professionals are diving into the gig economy for its flexibility.
4. **feast or famine** n /fi:st ɔ: 'fæmɪn/ - a situation in which the amount of work varies greatly, being sometimes too much and sometimes too little
Working as a freelancer can be a cycle of feast or famine.
5. **client retention** n /'klaɪənt rɪ'tenʃən/ - keeping clients over a period of time
Good communication skills play a vital role in successful client retention for freelancers.

PHRASAL VERBS

1. **to wind down** (i) /,waɪnd 'daʊn/ - to relax after finishing work
After a long day of work, she likes to wind down with a good book.
2. **to draw up** (t-s) /,drɔ: 'ʌp/ - to prepare a document, usually in a formal way
Make sure to draw up a clear contract.

PREPOSITIONAL PHRASES

1. **in demand** /ɪn dɪ'mænd/ - being wanted or sought after by many
Talented graphic designers are always in demand in the freelancing world.
2. **under contract** /'ʌndə 'kɒntrækɪt/ - currently hired or bound by a contract
She's under contract with an agency.

IDIOM

- to wear many hats** /weə 'meni hæts/ - to have many roles or responsibilities
As a freelancer, she has to wear many hats: writer, marketer and accountant.

COLLOCATION

- project deadline** /'prɒdʒekt 'dedlайн/ - the time a project must be finished
Meeting the project deadline is crucial to maintain a good reputation.

YOU SHOULD KNOW

A verb that can have a similar meaning as **to wear many hats** is **to juggle**.
As a freelancer, she has to juggle many roles: writer, marketer and accountant.

FOOD & NUTRITION

At C1, a comprehensive knowledge of vocabulary about food and nutrition allows you to engage in deep talks about health and food ethics.

THEME VOCABULARY

- deficiency** n /dɪ'fɪʃnsi/ - a lack of something your body needs
Vegan diets often require B12 supplements to avoid deficiencies.
- fad diet** n /fæd 'daɪət/ - a temporarily popular eating plan that often promises quick health benefits but is not supported by scientific evidence
You can easily spot a fad diet as they tend to make fantastical claims.
- junk science** n /dʒʌŋk 'saɪəns/ - unscientific or unreliable information, often used to support false claims
A lot of people who have large platforms pedal junk science nowadays.
- to nourish** v /'nɔːrɪʃ/ - to provide what's needed for growth or well-being
I take vitamins and eat lots of vegetables to nourish my body.
- calorific** adj /kælə'rɪfɪk/ - the amount of energy contained in food
Do you know what the calorific value of a pomegranate is?

PHRASAL VERBS

- to peck at** (t) /pek 'æt/ - to eat a small amount because of not being hungry
He pecked at his breakfast, too nervous to eat before his exam.
- to live on** (t) /lɪv 'on/ - to eat lots of one particular food
When I was at uni, I lived on pasta.

PREPOSITIONAL PHRASES

- in moderation** /ɪn ,mɒdə'reɪʃən/ - in reasonable amounts
It's best to enjoy sweets in moderation.
- on the side** /ɒn ðə sайд/ - served separately from the main dish
I'd like a roast beef sandwich with some chips on the side, please.

IDIOM

- a bitter pill to swallow** /ə 'bɪtə pil tə 'swɒləʊ/ - an unpleasant fact or situation that must be accepted
The demotion was a bitter pill to swallow.

COLLOCATION

- empty calories** /'emptɪ 'kælərɪz/ - calories from foods or drinks that provide little to no nutritional value
Fizzy drinks are full of empty calories.

YOU SHOULD KNOW

Calorific can also be used to describe something that is very high in calories.
The Monster Burger at Smash is so calorific but so, so good!

PRONUNCIATION - C1 LEVEL

You are now able to articulate the **full range of individual sounds** with good enough control that you are almost always completely intelligible to your listeners. Although listeners may still be able to notice some influence from other languages you speak, this will not have a negative impact on understanding.

If you accidentally mispronounce a word, it is expected that you will be able to **self-correct** the individual sound that is noticeably incorrect.

Your spoken expression will be **fluent with very little hesitation**. If you do pause occasionally, it is expected that this is because you are searching for the words or phrases with the most precise meaning, rather than trying to remember a word or phrase.

You may still make very occasional errors in word and sentence stress and intonation, but they will be barely noticeable and will not have a negative impact on communication.

At C1 level you will be able to **vary sentence stress and intonation** in order to convey your message with a high level of precision. For example, you would be able to express the phrase 'It's raining' with a variety of different meanings such as:

- I'm surprised.
- I'm delighted.
- I'm bored.
- I'm uncertain.

C1 LEVEL CHECKLIST

Below is a checklist of all the key grammar structures and vocabulary sections that are required at the C1 level. Please look through the list and put a tick or mark in the box that best describes your ability.

 = *It is easy for me.*

 = *I have some difficulty with this.*

 = *It is difficult for me.*

C1 Checklist - Grammar Structures

'I can use...'



1. Present Tenses (all)

I've been keeping to a strict diet for a while now.

2. Past Tenses (all)

Were you *looking* for a three-bedroom place?

3. Future Tenses (all)

I'm sure he will have noticed that it is gone.

4. Modal Verbs (all)

They may well have driven all the way.

5. Speculation & Deduction

I dare say I'll have to brush up on my grammar.

6. Advanced Conditionals

Given that I'd like to pass, I need to study harder.

7. Passive Voice

Lucy recalled having been taught arithmetic.

8. Negative Inversion

Never have I seen such a beautiful sunset.

C1 LEVEL CHECKLIST

C1 Checklist - Grammar Cont.

'I can use...'



9. Hedging

It seems like this might be a good solution.

10. Boosting

This has been proven to be the solution.

11. Phrasal Verbs with Multiple Meanings

My friend set me up with her cousin.

12. Advanced Comparatives

The house isn't so much dirty as filthy.

13. Advanced Superlatives

I want to pay the lowest possible price.

14. Word Formation

decide - decision - decisive

15. Paraphrasing

They are experiencing difficulties/struggling.

16. Non-finite Clauses

Moving to the city is not an easy choice.

17. Compound Adjectives

He loves working in a fast-paced environment.

18. Advanced Discourse Markers

For one thing, adults are picky.

19. Fixed Expressions

We're on the verge of completing the deal.

C1 LEVEL CHECKLIST

C1 Checklist - Vocabulary

'I am able to describe...'



1. Self-improvement & Wellness

Using words like 'detrimental' or 'hustle culture'.



2. Housing

Using words like 'squatter' or 'spruce up'.



3. Urban & Rural Life

Using words like 'affluent' or 'urban sprawl'.



4. Humour

Using words like 'sarcasm' or 'irony'.



5. Personalities

Using words like 'jovial' or 'frosty reception'.



6. Tourism

Using words like 'staycation' or 'itinerary'.



7. Remote work & Commuting

Using words like 'digital nomad' or 'in the loop'.



8. Quitting & Job-hunting

Using words like 'severance' or 'wage slave'.



9. Freelancing

Using words like 'fluctuation' or 'gig economy'.



10. Food & Nutrition

Using words like 'nourish' or 'deficiency'.



EXAMPLE C1 STUDY PLAN

The grammar and vocabulary you need to reach a C1 level in English can seem overwhelming. That's why it's a great idea to follow a curriculum that will guide you through the grammar and vocabulary points you need to learn in a methodical way. We worked with our curriculum designer to create a programme that will help you on your journey to becoming a proficient user of English.

Each week of the 12-week programme is split into two parts. In part A, you have dedicated grammar and vocabulary lessons as well as reading and listening texts. In part B, there are pronunciation and conversation lessons. The conversation lessons are between me and another native English speaker and they help you learn tons of vocabulary, nuances of grammatical structures and different facets of pronunciation in context. And there's one big thing that sets the C1 Programme apart: you follow a story all the way through the course in the reading and listening lessons.

The Beautiful British English C1 Programme

C1 Week #1 - Moving to Cornwall	
Vocabulary	Lifestyle
Reading	'The Dark Side of Self-employment'
Listening	'A Big Decision'
Grammar	1. Paraphrasing 2. Compound Adjectives
Pronunciation	Vowel & Consonant Sounds
Conversation	'Life Improvement' with Will

C1 Week #2 - House Hunting

Vocabulary	House & Renting Idioms
Reading	'We're Going on a House Hunt'
Listening	'House of Horrors'
Grammar	1. Superlative Adjectives & Complex Comparatives 2. Passive Forms
Pronunciation	1. Elision & Assimilation 2. Connected Speech & Contractions
Conversation	'Property' with Guy
Writing	Confident Emailing

C1 Week #3 - City vs Country

Vocabulary	Rural and City Living
Reading	'Rural Flight or Fight?'
Listening	'All it's Cracked Up to Be?'
Grammar	1. Negative Inversions 2. Non-finite Clauses
Pronunciation	Homographs
Conversation	'Rural vs City Living' with Ollie

C1 Week #4 - Healthy Living

Vocabulary	Nutrition
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Reading	'Wellness Schmellness'
Listening	'Junk Science'
Grammar	1. Cleft Sentences 2. Hedging & Boosting
Pronunciation	Homophones
Conversation	'Nutrition' with Ollie
Writing	Summarizing Content

C1 Week #5 - British Sense of Humour

Vocabulary	Comedy
Reading	'A Grand Misunderstanding'
Listening	'Live from Port Marie'
Grammar	1. Play on Words, Double Entendre, Innuendos 2. Phrasal Verbs with Multiple Meanings
Pronunciation	Sarcasm/Deadpan
Conversation	'Comedy' with Lia Hatzakis

C1 Week #6 - Friends & Fitting In

Vocabulary	Personalities & Fitting In
Reading	'Why Can't we be Friends?'
Listening	'A Motley Crew'
Grammar	1. Advanced Modals & Substitutes 2. Discourse Markers & Fixed Expressions

Pronunciation	4 & 5 Syllable Words & Word Stress
Conversation	'Personalities & Fitting In' with Joe Franco
Writing	Paraphrasing

C1 Week #7 - Public Speaking & Conflict

Vocabulary	Presenting Arguments, Debating & Compromising
Reading	'New Developments'
Listening	'A Spirited Debate'
Grammar	1. Subjunctive 2. Future Tenses
Pronunciation	Triphthongs & Consonant Clusters
Conversation	'Handling Conflict in Small Communities' with Erin

C1 Week #8 - Ecotourism

Vocabulary	Ecotourism
Reading	'French Escape'
Listening	'Getting the Go-ahead'
Grammar	1. Inclusive Language 2. Noun Patterns & Collocations
Pronunciation	UK Accents
Conversation	'Experience in Eco-tourism' with Tom
Writing	Informal Emails

C1 Week #9 - Remote Work

Vocabulary	Remote Work & Commuting
Reading	'A Stern Warning'
Listening	'Modern Work'
Pronunciation	Pronunciation Tips for Presentations
Conversation	'Work Remotely or Commute' with Pete

C1 Week #10 - Changing Careers

Vocabulary	Careers
Reading	'It's Over'
Listening	'Are you Anti-work?'
Grammar	1. Polite Language & Softening 2. Word Families
Pronunciation	International English Accents
Conversation	'Interview Techniques' with Alex Lockey
Writing	Letters of Resignation

C1 Week #11 - Job Hunting

Vocabulary	Looking for Jobs
Reading	'Scouting for Jobs'
Listening	'Getting Hired?'

Grammar	1. Common Mistakes that Native Speakers Make 2. Nominalisation
Pronunciation	Sentence Stress
Conversation	'Office Culture & Remote Working' with John
C1 Week #12 - Freelancing	
Vocabulary	Freelancing & Working for Yourself
Reading	'The Next Chapter'
Listening	'Being your Own Boss'
Grammar	1. Phrases with 'it' 2. Conjunctions
Pronunciation	IPA Review & Connected Speech
Conversation	'Setting up as a Freelancer' with Joey
Writing	Creative Writing

SUMMARY

- 24 Grammar Lessons
- 12 Vocabulary Lessons
- 12 Pronunciation Lessons
- 12 Conversation Lessons
- 6 Writing Lessons
- 12 Reading Lessons
- 12 Listening Lessons

- Downloadable Lesson PDFs and Mind Maps
- 16-week access to Private Course Community
- Lifetime access to course content

YOUR ENGLISH JOURNEY AWAITS...

Thank you so much for sticking with me to the end of this ebook - I know it was a lot of information, but I truly hope you found it useful. I am sure you are now extremely eager to start improving your English skills as you work toward your next level of fluency.

The next step is simple!

Before you downloaded this ebook, you chose your estimated level of English. Over the next few days, I'll be sending you valuable information tailored to your specific level, whether it's **B1**, **B2** or **C1**. This will include guidance and support to help you reach your English goals and speak with confidence.

The emails you receive will provide insights and strategies to help you make the most of your learning experience and guide you towards making the right investment in your language skills.

As a thank you for your dedication, I will be offering you an exclusive opportunity to enrol in your selected programme at a special rate.

In the meantime, feel free to review the information in this ebook to reinforce your understanding of your current English level and the areas you need to focus on.

As always, if you have any questions, my team and I are always standing by to help!

Just email us at **help@englishwithlucy.com** and we will be happy to answer them.

We look forward to helping you reach your English language goals!

WHICH COURSE IS RIGHT FOR YOU?



The Beautiful British English B1 Programme

- 12 Lesson Modules
- 31 Grammar Lessons
- 19 Vocabulary Lessons
- 7 Pronunciation Lessons
- 12 Reading Lessons
- 12 Listening Lessons
- Downloadable Lesson PDFs and Mind Maps
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- 12 Lesson Modules
- 24 Grammar Lessons
- 12 Vocabulary Lessons
- 15 Pronunciation Lessons
- 12 Conversation Lessons
- 6 Reading Lessons
- 6 Listening Lessons
- Downloadable Lesson PDFs and Mind Maps
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The Beautiful British English B2 Programme



The Beautiful British English C1 Programme

- 12 Lesson Modules
- 24 Grammar Lessons
- 12 Vocabulary Lessons
- 12 Pronunciation Lessons
- 12 Conversation Lessons
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