

Vocabulary in context and reading

Synonyms: challenges and achievement

1 ☆ Complete the sentences with the words in the box.

accomplishments • adventures • feat • obstacle • ordeal • trials

- Tell me all about your abroad. I can't wait to hear about them!
- In the end, the exam was less of a(n) than I had feared.
- The Burj Khalifa tower in Dubai is a(n) of modern engineering.
- Speaking four languages is just one of his
- Getting up in the night is one of the of having a baby.
- Nowadays, disability is no to success in sport.

2 ☆☆ Complete the text with the correct form of the words in 1. Do not repeat any of the words.

We're here today to celebrate the work of our colleague, June Davies, on her retirement. June has worked her way up through the company and proved that leaving school at 16 is no (1) to success. Among June's many (2) was the introduction of the new website and her work on the holiday rota is an annual (3) of organisation! But the route to success has not always been straightforward: June has had to overcome many (4) along the way. As many of you know, June has now made a good recovery following a long (5) with illness. She was also among the staff who feared for their lives during the terrifying (6) of the fire on the third floor last year. Happily, those things are in the past and in retirement June and her husband Ron plan to visit their daughter in Australia. We wish her the very best of luck on this (7) and look forward to hearing about her (8) 'down under'.

Vocabulary extension ☆☆☆

3 Complete the sentences with the correct form of *hope* or *dream*.

- Never in my wildest did I think I'd be working on a Hollywood movie!
- I know you think you failed the exam, but let's for the best until you get the results.
- I took my bike to get it repaired and now it works like a
- A: Will you lend me your new camera?
B: In your
- Mum might not let us go to the party tonight, so don't get your up.


Great students' tip

Reading: Previewing

Always read with a purpose. Look at the material before you start reading. The title, photos and any sub-headings will give you an idea about what the text is about. You can then read to check your ideas.

4 Read the article quickly and choose the focus of each person's achievement.

- | | | | |
|------------|-------|-------------|-------|
| 1 business | | 3 sport | |
| 2 activism | | 4 education | |

5  01 Read the article again. For questions 1–10, choose from the people (A–D). You can choose each person more than once.

Which person ...

- found it difficult to cope psychologically?
- came up with an original idea?
- became aware of problems in their local area?
- got some surprising news while at school?
- visited a place they always wanted to go to?
- was not put off by a negative comment?
- is working to improve things for people in a similar situation?
- is aware of their strengths and weaknesses?
- had to support several family members?
- was an unexpected focus of media attention?

6 Match the underlined words and phrases in the article to the meanings.

- holding tightly with the hand
- person who helps people buy, sell or rent homes
- teachers at college or university
- considered the best
- periods of time with extremely high temperatures
- room in a hospital where doctors perform surgery
- person who looks after sick or old people at home



Critical thinkers

7 Do these achievements benefit the individual (I) or society (S) more?

- | | |
|-----------------------------------|-------|
| 1 Environmental activism | I / S |
| 2 Sporting success | I / S |
| 3 Studying what you want | I / S |
| 4 Becoming a successful performer | I / S |
| 5 Setting up an NGO | I / S |

NOTHING'S GOING TO GET IN MY WAY

There are many different kinds of success in life. We look at four young people in very different situations who are focussed on achieving their dreams.

A At many sporting competitions, you'll see players who have managed to overcome serious obstacles to get to the top of the game. The 2021 Australian Open tennis tournament was no exception and journalists were all keen to interview a very special 20-year-old tennis player.



Unusually, she was not one of the highest-ranked players but she had fought harder than most for her place in a Grand Slam tournament. Francesca Jones was born with a rare genetic condition which means that she has three toes on one foot, four on the other and only three fingers and a thumb on each hand. As a child, she spent a lot of time in the operating theatre, but she always dreamed of being a professional tennis player. Her condition meant she had difficulty gripping her racket and she also found balance a struggle. When she was eight or nine, a doctor told her she would never play tennis professionally, but Francesca describes herself as a perfectionist, very determined and extremely competitive. And she was not going to be put off by her medical condition! At the age of ten, she moved to Barcelona and started training in a tennis academy there. She's achieved more than anyone thought possible and has no thoughts of stopping!

C Alisha Morgan's dream is to become a paediatric nurse. But she has faced some significant hurdles along the way, because she is also a full-time caregiver to her mother, who has a number of serious health problems. Alisha helps with her mother's basic personal care and manages her medication. When she was 17, Alisha started developing mental health problems and finding everything too much of a struggle. She decided to give up her studies. Eventually, however, with the help and support of her tutors, she was able to go back to college and hopes to go on to university. Alisha was aware that many other young people were also facing difficult situations so she decided to set up a youth club for 11–25 year olds to support teenage carers and other young people in challenging situations. In recognition of all her hard work and accomplishments, she was recently awarded an Inspire! Young Adult Award.



B Akshay Ruparelia was always business-minded, even selling sweets to his classmates at school. But having seen how much estate agents charged when his parents moved house, he hit on a business idea which, after just one year, was worth 12 million pounds. While still at school, he developed an app which later developed into Doorsteps – a house sales website which has been described as the 'Uber of the property world'. He found out he had sold his first house during his school lunch break! While in traditional house sales the seller pays a percentage of the house value to the agent, on Doorsteps you always pay a fixed price of just £99, meaning a significant saving for the customer. But life hasn't always been easy for Akshay: both his parents and one of his sisters is deaf, so while he was setting up his business, Akshay was also helping to look after his family. For some people this might have been an obstacle, but Akshay says having this kind of responsibility at a young age helped him realise the importance of hard work.



D Like many teens, Nkosilathi Nyathi is a football fan, so visiting the home of Real Madrid was a dream come true for the 17-year-old from Zimbabwe. But Nkosilathi was in Madrid for a very different reason: as a delegate at COP 25, the United Nations Framework Convention on Climate Change. Appointed a UNICEF Youth Climate Advocate in 2020, he has been an environmental activist since the age of 10 when he joined his school's environmental club and started making videos to document soil erosion caused by heatwaves and floods near his home in Victoria Falls. He went on to help build a machine that creates biogas which now powers the kitchens at his old primary school, and is an advocate for solar energy. As a co-founder of Fridays for Future in Zimbabwe, he encourages national and world leaders to involve young people in planning policies and actions. Nkosilathi remarks 'I was never good at sports, but I am a good public speaker.'



Grammar in context 1

Present perfect forms and past simple

1 ☆ Identify the verbs forms in bold.

- a Kiara's **been going** to a lot of auditions.
- b I've **always wanted** to learn to play piano.
- c We've **asked** for funding for our new start-up.
- d They've **been struggling** to get the project off the ground for a long time.
- e Shari finally **achieved** her dream of opening her own business in 2022.

2 ☆☆ Choose the correct alternative.

- 1 How long Japanese?
 - a have you been learning
 - b have you learnt
- 2 They the company about four years ago.
 - a have started
 - b started
- 3 I about starting my own business when I had a job.
 - a never thought
 - b have never thought
- 4 How many application letters?
 - a have you been writing
 - b have you written
- 5 My grandfather to learn to sail. It's a shame he didn't manage to do so.
 - a has always wanted
 - b always wanted
- 6 Did you speak to Greg? He all morning.
 - a has been calling
 - b has called
- 7 Have you heard the news? Misha for the national team!
 - a has been selected
 - b was selected
- 8 Henry and Nicole the last three months preparing to launch their YouTube channel and they're finally ready!
 - a have spent
 - b have been spending

Great students' tip

Exams: Reading instructions carefully

Remember to read the instructions in exam tasks carefully: it's important not to write fewer or more words than stated at the beginning of the task as you could lose marks.

3 ☆☆☆ Complete the second sentence so that it has a similar meaning to the first sentence. Do not change the word given. Use between two and five words, including the word given.

- 1 It's six months since Jo's family moved here. **for**
Jo's family six months now.
- 2 I'm preparing the fifth slide of my talk. **four**
So far I of my talk.
- 3 Gina started learning Chinese a year ago. **has**
Gina a year.

- 4 This is my first time doing a parachute jump. **never**
I a parachute jump before.
- 5 The last time I saw Claudio was at that fund-raising event. **since**
I that fund-raising event.

4 ☆☆☆ Complete the text with the correct form of the verbs given.



Martin Luther King Jr. (1) (deliver) his famous speech during the March for Jobs and Freedom on 28th August, 1963 and it (2) (be) a symbol of the civil rights movement ever since. Over 250,000 people (3) (listen) to the speech that day but since then, the words (4) (become) a long-standing symbol of the fight for freedom, and people (5) (refer) to King's words ever since. Apart from its message of hope and its impact on civil rights, the speech itself (6) (go down) as one of the most famous in history. King (7) (speak) to the head and to the heart and speech writers (8) (analyse) King's use of repetition and contrast for the past 60 years. The I Have a Dream speech (9) (have) a huge influence on the speeches of other leaders ever since.

Grammar challenge ☆☆☆

5 Complete the sentences with the expressions in the box.

time and time again • the first time •
just in time • for the time being •
for some time • it's high time

- 1 This is I've met a trilingual person.
- 2 I've been wanting to start my own business now.
- 3 you thought about what you're going to study next year.
- 4 Jack's parents have told him not to give up on his dreams.
- 5 Ed has decided to focus on the guitar but may learn the piano later.
- 6 Mel submitted the application form and managed to get a place on the course.

Developing vocabulary and listening

Word formation – prefixes

1 ☆ Choose the correct alternative.

- | | |
|----------------------------|----------------------------|
| 1 <i>im/in</i> practical | 4 <i>dis/il</i> legal |
| 2 <i>dis/mis</i> approving | 5 <i>ir/un</i> relevant |
| 3 <i>in/un</i> reliable | 6 <i>in/un</i> experienced |

2 ☆☆☆ Complete the words with prefixes in the box.

anti • dis • in • mis • over • sub


- | | |
|-------------------|---------------|
| 1advantaged | 4climax |
| 2paid | 5lead |
| 3zero | 6store |

3 ☆☆☆ Complete the text with the correct prefix and form of the word given.

I've always wanted to learn Spanish, but unfortunately it seems I am (1) (capable) of learning! I tried a translating app but it was often (2) (rely) and would stop working at the crucial moment. It also felt (3) (social), to be constantly looking at my phone and (4) (practical) to use in the middle of a conversation. While these apps are (5) (deny) a good solution for travelling, they are generally (6) (rate), and so, I've had to (7) (consider) going back to the classroom to study *ser* and *estar* again!

4  02 ☆ Listen to a talk about life plans. Number the points (a–f) in the order they are mentioned.

- a Think about your future
.....
- b Get support
.....
- c Definition of a life plan
.....
- d Consider your values
.....
- e Make a short-, medium- and long-term plan
.....
- f Importance of having a plan
.....

5  02 ☆☆☆ Listen again and complete the notes with a word or short phrase. Write no more than three words and/or a number.

Life plans

Dr Woolf starts by making a comparison between a life plan and a (1), though she says unforeseen (2) might lead us to change our initial plan. Making a plan is not only a good way to achieve your dreams but also means you feel more (3) of your life. The first thing you need to do is to (4) of how you want your life to be in the future. In thinking about the type of person they wish to be, some people think about the different (5) that might describe them in the future. When making goals to improve their well-being, people consider things like dealing with stress, (6) or having better relationships. When putting things down on paper, Dr Woolf herself likes to (7) When it comes to how you spend your time, Dr Woolf gives the example of people in the (8) whose use of time does not reflect their stated priorities. It's important to break your action plan down into (9) and to get some type of support which will mean you are less likely to (10)



Critical thinkers

Match the ideas in 1–5 to how you think Dr Woolf would respond to them (a–e).

- | | |
|--|-------|
| 1 Once you have decided your life plan you should not change it. | |
| 2 You should not plan, but wait to see where life takes you. | |
| 3 I'm going to start by thinking about everything that's wrong with my life. | |
| 4 I'm just going to think about my life plan in my head. | |
| 5 My top priority is my family. I work 12-hour days. | |
| a Writing things down helps clarify your thoughts and gives you something to refer back to. | |
| b You may need to adapt due to obstacles or changes in your life. | |
| c Make sure the time you spend on things reflects how important those things are in your life. | |
| d It's not a good idea for you to think negatively. | |
| e You might not do anything: you're more likely to be successful if you have a plan that you can put in action. | |

Vocabulary extension ☆☆☆

6 Complete the sentences with the words in the box.

bacterial • changeable • fresh • heard • powering • star

- 1 All hospital visitors need to clean their hands using **anti**..... gel.
- 2 In many contexts, the words *adventures* and *exploits* are **inter**..... and you can use either.
- 3 I thought the teacher said the project was due on the 24th, but I may have **mis**..... her.
- 4 When we opened the door, there was an **over**..... smell of gas, so we called the gas company.
- 5 Once you've put in the data, you may need to **re**..... the page before it updates the results.
- 6 Gaten Matarazzo is famous for his role as Dustin Henderson in *Stranger Things*, but he's not exactly a **super**.....

Grammar in context 2

Modifying comparative and superlative forms

1 ☆ Complete the lists with the words in the box.

altogether • by a long way • considerably • ever • not nearly

- 1 **before a comparative:** a great deal, significantly,
- 2 **after a comparative:** by far, by miles,
- 3 **before a superlative:** easily, simply,
- 4 **modifying as ... as:** nowhere near, not quite,
- 5 **after a superlative:** by far, by miles,



2 ☆☆ Choose the correct alternative.

- 1 The circus skills course is by far as/ nowhere near as difficult as I thought it was going to be.
- 2 The economy is growing far/by far more quickly than last year.
- 3 For me learning German is slightly any/ hardly any more difficult than learning French.
- 4 Annabelle is easily the most successful/ the most successful easily person I know.
- 5 Sticking to my action plan has been great deal/a great deal harder than I anticipated.
- 6 It's considerably/simple the best film I've seen in ages.
- 7 My cousin is by far/a great deal less shy than she used to be.
- 8 Could you walk a bit/ever faster, please?

3 ☆☆☆ Mark (Λ) the correct position of the modifier in each line.

Research by scientists in Ottawa, Canada has shown that people who have a goal in life are likely to live ^{a great deal} longer than those who don't and also have a lower incidence of dementia. According to *Brain World* magazine, of all the feelings we can experience, hope is one of the most powerful. It is thought that those who have hopes and dreams are more positive about their lives and this leads to a healthier lifestyle. By contrast, people without hopes and dreams are likely to try out new things or face challenges. This in turn leads to faster deterioration of the brain. So go ahead and make a wish. It could be the best thing that you do for your brain today!

- a great deal
- far
- without doubt
- considerably
- altogether
- nowhere near as
- significantly
- by far

Grammar challenge ☆☆☆

4 Are the sentences correct? If not, correct them.

- 1 Istanbul is by far the bigger city in Turkey.
.....
- 2 The team has played over twenty matches this season.
.....
- 3 Mrs James still hasn't given us our grades – I've asked her all week.
.....
- 4 The exam was nowhere near as difficult I was expecting.
.....
- 5 They've been preparing for the trip for a long time.
.....
- 6 Cleo is the fastest runner in the squad by miles.
.....
- 7 Where's Jake? I've seen him on my way here and he said he was coming.
.....
- 8 How long have you painted that room? Aren't you finished yet?
.....

Developing speaking

Personal interviews



1 ☆ For each pair of questions, choose the topic from the box.

studying English • healthy living • family and friends • your free time • your city or town • your hopes and dreams

- 1 a How easy is it to get around?
b What kind of area do you live in?
- 2 a Do you prefer to plan or to see where life takes you?
b Where do you see yourself in five years' time?
- 3 a What's the best advice you could give someone starting out?
b Do you think it's important to go abroad?
- 4 a Where are the best places to go at the weekend where you live?
b Do you prefer to spend time with your friends or family?
- 5 a Who do you go to if you have a problem?
b What things do you celebrate with different people?
- 6 a What do you do to keep fit?
b What do you understand by the saying 'Healthy body, healthy mind'?

2 ☆☆ 03 Listen to three students answering questions from 1. Which question does each person answer? Is it a good answer? Why/Why not?

Speaker 1

.....

.....

Speaker 2

.....

.....

Speaker 3

.....

.....

3 ☆☆ Complete the table with expressions from the box.

Actually, ... • Apparently, it seems that ... • As I was saying ... • Basically ... • Finally, I mustn't forget ... • In addition, I should mention ... • In fact, ... • Like I mentioned already ... • To be honest ...

Structuring your response

I should begin by ... / Also, I should say that ...

Reporting something you believe to be true

They say that ...

Emphasising

In actual fact, ...

Repeating/Paraphrasing what you've already said

As I told you, ...

Expressing your attitude to what you're saying

Honestly ...

4 04 ☆☆☆ Read the text and choose the correct alternative. Then listen and check.

(1) I should begin by saying/They say that I live in a reasonably large town in the south of England, so you might imagine that local transport would be quite good. However, (2) basically/in actual fact, I don't think it's good at all. Although there is a train line, there are only two stations in the area, so (3) apparently/basically, it seems that to get around locally, you have to use the bus. (4) Honestly/In addition, I should mention that the timetable is really limited: the service finishes early in the evening and there are no buses at all on Sundays! (5) In actual fact/As I told you, this is a largish town and it's on the coast, so in summer there are lots of visitors and foreign students. (6) Finally, I mustn't forget that/To be honest, I don't think the public transport is good enough.

Pronunciation

5 ☆ 05 Listen and repeat the examples with pauses to help the listener understand.

To be honest / I don't do as much as I should
In actual fact / my friends tend to tease me about this

6 ☆☆ 06 Read and mark where you think the speaker will pause. Then listen and check.

- 1 In actual fact I've never set foot in a gym
- 2 I should begin by saying that I am generally quite an organised person
- 3 Like I mentioned earlier I'm a believer in being organised
- 4 To be honest I'm not much in favour of that

7 ☆☆☆ Practise answering two of the questions in 1. If possible, record yourself.

Developing writing: an informal email of advice

1 ☆ Read the task and the model email. Tick (✓) the things Clara asked about.

- | | | | |
|-------------------------|--------------------------|-------------------------|--------------------------|
| • social life | <input type="checkbox"/> | • work experience | <input type="checkbox"/> |
| • the biology programme | <input type="checkbox"/> | • additional activities | <input type="checkbox"/> |
| • homework | <input type="checkbox"/> | • school uniform | <input type="checkbox"/> |
| • science facilities | <input type="checkbox"/> | | |

You have received an email from a student who is going to join your school next term. You have been asked to answer her questions and give her relevant advice.

To: Clara From: Leah

Use informal expressions to open and close your letter

Hey Clara,

First of all, I'm super pleased you're going to be joining our school next term. I've only been here for two years myself, but I'm glad I made the change. I'll try to answer your questions but let me know if there's anything else you want to know.

Start a new paragraph when you change subject

I understand you're taking science subjects and to tell the truth, you've chosen the right place. The teachers here are miles better than at my old school and really make an effort to help; the engineering programme is particularly good, but if you want more info about biology, you could try writing to Mrs McManus who's the Head of Science. Having said that, the labs have seen better days, but the quality of the teaching is outstanding and at the end of the day I guess that's the most important thing.

Use informal cohesive devices to organise your response

Incidentally, you asked about school activities. There's a cool robotics club and a great debating team, but if you mean sports, then frankly I'm not the best person to ask. I know there are lots of teams which take part in local leagues and all that, but I don't know a whole lot more. I reckon you'll be able to find out about that when you get here.

Use informal expressions to give advice

By the way, you asked about the uniform. I'd say things are pretty relaxed, nowhere near as strict as my old school. The good news is that there's no uniform in the sixth form. The other change from next term is that we do community service on Wednesday afternoons. All in all, it's a pretty cool place.

Use a range of modifiers

Anyway, I hope I've answered your questions, but if there's anything else you'd like to know why don't you text me and we can arrange to chat?

Cheers,

Leah



2 ☆☆ Complete the table with the information Leah gives.

Good things about the school	Bad things about the school	Not sure

3 ☆☆ Choose the correct word or phrase, a or b, to complete the text.

(1), I'd recommend you take a look at the company website to find out some background. (2), it always amazes me that people don't think to do this. Knowing about the place you're applying to is the most important thing – (3) that's my view. (4), I'd really recommend you practise the journey so there's no risk of being late on the day. (5) while you're there is to pop into the reception. (6) the company has got a very relaxed atmosphere so it might help to get a feel for the place and think about how to present yourself at the interview. (7), these simple ideas can make all the difference to your confidence.

- | | | | |
|-------------------|-------------------------|---------------------|------------------------------|
| 1 a It seems that | b First of all | 5 a By and large | b Another thing you could do |
| 2 a Even so | b Frankly | 6 a I've heard that | b All the same |
| 3 a at any rate | b apparently | 7 a By the way | b At the end of the day |
| 4 a Incidentally | b At the end of the day | | |

Task

Your cousin is thinking about taking up a hobby or activity that you do and has asked you for some advice about the best way to get started, any equipment you need and any other useful tips you may have about the hobby or activity.

Write an email of between 220 and 260 words.

Prepare

- 4 Read the writing task and plan your email. Make notes.

What hobby are you going to choose?

.....

How can you get started?

.....

What equipment or other things do you need to buy?

.....

What tips/advice do you have?

.....

- 5 Use this paragraph plan in your email.

Paragraph 1: Opening

Paragraph 2: About the hobby and how to get started

Paragraph 3: Equipment or things to buy

Paragraph 4: Any other tips

Closing paragraph: Inviting further questions

Write

- 6 Write your email in your notebook. Use your notes, the paragraph plan, the writing model on the opposite page and the Writing bank to help you.

✓ Check

- 7 Read your email and complete this checklist.

- 1 I have answered all parts of the task.
- 2 I have used informal language to open and finish my email.
- 3 I have used clear paragraphing.
- 4 I have used expressions for informal writing.
- 5 I have included modifiers.

Writing bank

Useful expressions for informal writing

Introducing ideas and paragraphs

- First of all, ...
- First things first, ...
- To start with, ...
- OK, next ...

Adding information

- And another thing ...
- On top of that ...
- Talking about ...

Changing the subject

- By the way, ...
- Incidentally, ...

Generalising

- All in all, ...
- At the end of the day ...
- By and large ...

Giving opinions

- Frankly ...
- To tell the truth ...
- To be honest ...

Reporting

- It seems that ...
- I've heard that ...
- Apparently ...

Qualifying what has been said

- All the same ...
- Even so, ...
- Having said that, ...

Emphasising the most important point

- At any rate, ...



2 TRENDING NOW

Vocabulary in context and reading

Trends

1 ☆ Choose the correct alternative.

- If you use, you can follow trending topics and stay
- It was only a matter of time before this accessory made a long-awaited
- Fashions can change really quickly, meaning that today's item becomes tomorrow's style.
- People reject the of ever-changing trends: there has been a against fast fashion.
- Initially, it took a few years for jeans to as a fashion item, but they became a that are always in fashion.

2 ☆☆ Write the correct words for the definitions.

-: a negative and often angry reaction to something that has happened
-: something that is admired as a timeless classic
-: something people are only interested in for a short time
-: something which is no longer a trend
-: an expression that means 'become popular again after being unfashionable'
-: expression that means 'have special or secret information about something that is not known by most people'
-: describes something which it is currently important to own

Vocabulary extension ☆☆☆

3 Complete the sentences with the correct form of the phrasal verbs in the box.

fit in • get into • keep up with • look ahead • spring up

- If you like the latest trends, sign up to the *Fashion Now* podcast.
- Maya is a little different but she doesn't feel the need by doing the same as other people.
- In this week's programme we to next year's major fashion shows.
- My dad's not a fan of fantasy. I was surprised when he this new series.
- As the trend for local shopping took hold, farmers' markets everywhere.

4 Read the text and choose the best title.

- Why dance is important
- Dance trends through history
- Dance isn't what it used to be

5 07 Read the text again. Complete the summary with the phrases in the box.

ancient societies • broadcasting success • contrasting forms • economic migrants • enforced migration • inappropriate behaviour • social norms • unexpected comeback

The author starts by describing dance as a universal and international phenomenon with two (1), being both a performance and a social activity, and also capable of constant evolution and the sparking of new trends. Evidence found by experts proves that dance was important in (2) but it was originally a local art form. This changed when (3) moved abroad in search of new opportunities. Dance also reflected the (4) at different stages in history. During Victorian times, for example, dancing close together was seen as (5)

The (6) caused when people were taken from Africa to America and the Caribbean as slaves, led to further mixing of cultural traditions, including dance. The author concludes by describing the (7) made by ballroom dancing in recent years, following the (8) of celebrity dance shows.

6 Match the underlined words and phrases in the text to the meanings.

- keep increasing in speed or popularity
- rose quickly
- produced from two different things, to contain characteristics from both
- suited to a small and specific market
- display or present the best of something
- exist before
- morally wrong, inappropriate



Critical thinkers

7 Decide if the examples are dance as performance (P), as a social activity (S) or both (B).

- Competitors on *Strictly Come Dancing*
- Different crews doing street dance
- Dancing with a family member at a party
- A Royal Ballet show
- A ritual dance by a tribe in the Amazon
- Going to salsa classes

It's a worldwide industry which employs 30,000 people in the UK alone and a centuries-old cultural phenomenon in which all of us have taken part. It has shaped and been shaped by the development of many musical styles and is an international language without words, which can connect people from diverse backgrounds and cultures and generate trends and crazes which go viral in hours. Today we explore the history of dance and its importance in society.

Dance is one of the oldest forms of expression and its evolution reflects the many changes in society across the centuries. In common with other art forms, it exists on two levels: as a spectacle, performed by experts for an audience and, alternatively, as a form of social interaction, in which anyone can take part. Its movements can follow established rules and patterns, or constitute a free and unrestricted form of self-expression. And it continues to evolve: for a TikTok dance to gain momentum online and become a hit, it has to catch people's attention in under a minute and, in order to be visible on-screen, its moves need to focus more on the arms and upper body than the feet.

No one is sure about the origins of dance but there's no doubt that it's been around for a very long time. Experts agree that dance predates written language, and it is likely to have formed an important part of ceremonies in ancient Egypt, Greece and China. It is also thought to have played a significant role in the transmission of cultural history.

For many centuries, dance evolved independently in individual areas and there are still strong local dance traditions, such as folk dancing or highly developed but ultimately regional forms like flamenco. However, once people started migrating in search of new opportunities, this also prompted encounters between the dance traditions of different parts of the world and the development of new hybrid forms.

Each period in history has seen the development of new dance trends, which reflect the times and the society which produced them. For example, though the origins of the waltz go back to the 1700s, it came to popularity in the 19th century, in the Victorian era. This was a period when great emphasis was placed on moral values, with strict divisions between the sexes.



It was thought improper for men and women to dance together, so people used to dance at arm's length. Some authorities even tried to ban the dance until Queen Victoria herself became a fan and it became more acceptable, evolving into the waltz style still seen today.

Some dance traditions have their roots in Africa and crossed the Atlantic during the terrible years of the slave trade. One dance thought to have African origins is the tango, the technically complex and highly dramatic dance now associated with Argentina. It was initially performed in the neighbourhoods of Buenos Aires in the 1860s, but its popularity soared from the 1920s after it was featured in shows and films.

Hip hop, which has in turn given rise to many of the dance styles of recent years, caught on alongside rap on the streets of New York in the 1970s as a form of expression of African American and Puerto Rican youth culture. Dance forms such as breakdancing still have a huge fan base, with people mesmerised by the skill and level of physical fitness required to do it well. In fact, as of 2024, it is even an Olympic Games® event!

As well as TikTok showing fans filming themselves, other screens continue to reflect the ongoing popularity of dance. TV programmes like *America's Best Dance Crew* showcase new talent, but it's not all about the latest moves. A decade or so ago, ballroom dancing – the formalised discipline including such dances as the foxtrot and the quickstep – was very much a niche interest, often for older generations. Who would have thought that a reality show, in which celebrities were paired with and coached by professional dancers, would prove to be such a massive success? Yet Britain's *Strictly Come Dancing*, *America's Dancing with the Stars* and dozens of international equivalents have proved to be an absolute TV hit of recent years. Ballroom dancing is back in fashion and there has been a dramatic increase in the number of people taking it up.

So, whether you're into street dance, a fan of the ballet or prefer to follow the latest TikTok craze, there is a dance style to suit everyone. So go on – make some history and have a dance



Grammar in context 1

Present and past habits

1 ☆ Match the sentence halves.

- 1 We use **will** (unstressed) or the **present simple** to talk about
 - 2 We use **will** (stressed) or the **present continuous** with an adverb of frequency to talk about
 - 3 We use **used to** or **would** to talk about
 - 4 We use the **past continuous** with an adverb of frequency to talk about
 - 5 We use **would** (stressed) to talk about
- a a single present event that we expect or feel is typical in a way that shows annoyance or criticism.
 - b a past habit in a factual, neutral way.
 - c a present habit in a way that shows annoyance or criticism.
 - d a past habit in a way that shows annoyance or criticism.
 - e a present habit in a factual, neutral way.

2 ☆☆ Choose the correct alternative.

FROM FUR TO FASHION

(1) Will you stand/Are you forever standing in front of your wardrobe trying to decide what to wear? It's nothing new! It is thought that people started wearing clothing about 170,000 years ago. Before that time, Homo Sapiens (2) would have/used to have more body hair, but with evolution, early people needed clothes in order to keep warm. As time went on, modern humans (3) were always hunting/would hunt animals such as the wolverine, whose fur had the best insulating properties. Even today, groups such as the Inuit (4) use/used to use wolverine fur. Before the Stone Age, people (5) were always wearing/used to wear body paint, but from that time they used clothing to reflect their identity. Evidence suggests that people (6) would specifically produce/will always produce clothing in different colours. Despite all this, some traditional societies today (7) wear/will keep wearing minimal or no clothing, indicating that being covered up is not an essential human characteristic.

3 ☆☆ Complete the sentences with the correct form of the verbs given. The tenses are given each time.

- 1 past continuous; *used to*
 - a We (always/go) on holiday with my cousins – it was lovely to spend time together.
 - b Our maths teacher (always/give) us tests without any warning.
- 2 *will*; present continuous
 - a My dad (forever/tell) me to tidy my room.
 - b Genaro (help) if you have a problem.
- 3 present simple; *will*
 - a The caretaker (generally/open up) at about quarter to eight.
 - b You (keep) leaving the kitchen in a mess. It's just not fair.

- 4 *would*; past continuous
 - a My brother never left the house on time and he (always/make) me late for school.
 - b My granddad got up early all week, so on Sundays he (often/have) a lie-in.

4 ☆☆☆ Are these sentences correct? If not, correct them.

- 1 I use to follow fashion a lot more than I do now.
.....
- 2 So, Paula got a new phone the day they came out? Well, she will, won't she?
.....
- 3 My friends are continually telling me to get new trainers, but mine are fine.
.....
- 4 When we shared a room, my sister forever was borrowing my clothes without asking.
.....
- 5 My grandma would always dress well, even just to go to the shops.
.....
- 6 In a typical month, Carla is spending about half her allowance on keeping her wardrobe up-to-date.
.....

Grammar challenge ☆☆☆

5 Choose the alternative which is not correct.

- 1 Lester in fashion journalism for the past ten years.
 - a worked
 - b has worked
 - c has been working
- 2 We to the seaside every summer when I was younger.
 - a were going
 - b would go
 - c used to go
- 3 We near my grandparents until my mum changed her job.
 - a lived
 - b would live
 - c used to live
- 4 That's the most ridiculous idea you've had yet!
 - a by far
 - b easily
 - c considerably
- 5 Colleen hockey every Saturday until she injured her knee.
 - a played
 - b has played
 - c used to play
- 6 Anthony the cello for hours – he loves it.
 - a will sometimes play
 - b sometimes plays
 - c is sometimes playing

Developing vocabulary and listening

Expressions related to fashions and trends

1 ☆ Complete the expressions.

- 1 back fashion
- 2 the radar
- 3 vogue
- 4 keep the latest trends
- 5 the next thing
- 6 the trend

2 ☆☆ Complete the text with the expressions in the box.

all the rage • go-to • on trend •
make the ultimate fashion statement •
a passing trend • raise your profile

THE ELIZABETHAN TIMES

That must-have look

Saturday 23rd April, 1566

Last year, some people said the ruff – one of those crazy white collars everyone was wearing – was nothing more than (1) but they're still (2) If you're a member of the English nobility, looking to (3) at Elizabeth's court, the ruff is once again your (4) accessory this season. And if you really want to (5) with the people who count, white face make-up is also (6) this year.



3 08 ☆ Listen to a podcast about the future of fashion. Tick (✓) the topics that are mentioned.

- 1 The use of new materials
- 2 Clothing which includes technology
- 3 The use of clothing in therapy
- 4 Sustainable materials

4 08 ☆☆ Listen again and choose the best answers.

- 1 Why does the presenter mention London Fashion Week?
 - a Because her guest is a designer.
 - b Because it has influenced the topic of this week's programme.
 - c Because many of the items in the programme were seen there.
- 2 What does Karim say about the original function of clothes?
 - a Their principal function was to reflect our identity.
 - b They developed because of extreme weather conditions.
 - c Their initial function was to protect us from climatic conditions.

- 3 What is unusual about the clothes the Tidball brothers make?
 - a They are designed to prevent the spread of disease.
 - b They are made from unusual materials.
 - c They are more environmentally friendly.
- 4 Why does Karim think Amelia will be interested in the new bikini?
 - a Because she wants to become a competitive swimmer.
 - b Because there's a beach at the end of her road.
 - c Because she enjoys going to the beach.
- 5 What is special about therapy clothing?
 - a It was invented as a result of science-fiction films.
 - b It has to be used with the guidance of a physiotherapist.
 - c It can have a life-changing impact.



Critical thinkers

5 Are these statements about clothing facts (F) or opinions (O)?

- 1 It seems like something out of science fiction. F / O
- 2 Designers are using materials not normally associated with clothing. F / O
- 3 Some sportswear gives the user feedback. F / O
- 4 Smart clothing will improve our lives. F / O
- 5 Therapy clothing is the most-useful application of this technology. F / O
- 6 Therapy clothing is designed to help people with mobility problems. F / O

Vocabulary extension ☆☆☆

6 Complete the expressions in bold with the words in the box.

belt • cap • hat • pocket • skirt • socks

- 1 You can't expect me to produce a meal for your friends **at the drop of a**
- 2 There's no need to **around the issue** – just get to the point.
- 3 I bought Kim's present from us all, but I'm going to **be out of** unless you each give me your share.
- 4 You keep failing in the tests. You'll really have to **pull your** **up** before the exams.
- 5 I'm going to have to **tighten my** if I want to buy my new guitar before the summer.
- 6 I'm sure you can come up with a way to solve the problem if you **put your thinking** **on**.

Relative clauses

1 ☆ Decide if each rule refers to defining (D) or non-defining (ND) relative clauses.

- 1 Provide information necessary to identify the person/thing being talked about.
- 2 *Who* and *which* cannot be replaced with *that*.
- 3 Do not provide essential information to identify the person/thing being talked about.
- 4 *Who*, *which*, *that* and *when* can be omitted if they refer to the object of the sentence.
- 5 The relative clause is separated from the main clause by commas.
- 6 *Who* and *which* can be replaced with *that*.

2 ☆☆ Underline the relative pronouns which can be replaced with *that*.

- 1 What happened to the book which Clara lent you?
- 2 The woman who looks after my brother is away this week.
- 3 They moved to St Ives, which is a village in Cornwall.
- 4 Her house, which is in the south, has six bedrooms.
- 5 He didn't reply to any of the texts which I sent him.

3 ☆☆ Tick (✓) the sentences in which you can omit the relative pronoun.

- 1 I found the book that I thought I had lost.
- 2 They made me an offer which I couldn't refuse.
- 3 The woman who lives next door to us is a lawyer.
- 4 That's the shop where I bought my phone.
- 5 The people who I work with all live near the office.
- 6 That's the road which leads to the station.

4 ☆☆☆ Rewrite the sentences using a relative clause. Omit the relative pronoun where possible.

- 1 We decided to go to the village. We always go there.
We decided
- 2 I learnt this recipe from my aunt.
This is the recipe
- 3 Anya can't eat some cakes. The cakes Anya can't eat contain nuts.
Anya can't
- 4 Eric introduced me to a girl. I had met her before.
Eric introduced
- 5 The leader of the party won the election. She is from the north.
The leader
- 6 The man came to speak to us. It was his shop.
The man

Great students' tip

Speaking: Using the correct relative pronoun

When producing relative clauses, consider if the information is about a person, place, thing, or time and if the relative pronoun can be replaced with *that*.

5 ☆☆☆ Complete each sentence with the correct relative pronoun. Use *that* where possible. Omit the relative pronoun if it is not necessary and add the appropriate commas.



- 1 The first watch inventor is said to be Peter Henleim was made between 1504 and 1508.
- 2 Eighty-six percent of people wear a watch wear it on their left wrist.
- 3 The most expensive watch was valued at \$25 million was made by Chopard.
- 4 A watch worn on the Titanic stopped at the precise moment the boat sank.
- 5 Apple was the company produced the first smartwatch.
- 6 According to a study, people choose to wear a watch today tend to be more conscientious.

Grammar challenge ☆☆☆

6 Find and correct nine mistakes in the text.

When my family asked me where I would like to eat out on my birthday, I immediately said 'Tony's'.

'We were always going there! It's not really special', they complained.

They're right, but it's by much the best restaurant I know. We went there since I was a child and the chef, that is also a neighbour, has become a good friend. I didn't used to be adventurous with food and always ordered the same thing. Now I eat anything! The risotto, which is it made with leftover vegetables would normally be thrown away, is my favourite. It's a popular place and you need to book – you would always see people queuing to get in. I've been going there dozens of times now and I've never been disappointed!

- | | |
|---------|---------|
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | |

Developing speaking

Extended discussion 1



1 ☆ Read the questions (1–4) which an examiner might ask during a speaking exam. Choose the sets of words and phrases (a–d) you could use to answer each question.

- 1 There's no point in fashion shows because no normal person would wear the clothes you see there. Do you agree?
- 2 What familiar objects from life today do you think could be considered style icons of the early 21st century?
- 3 To what extent is your opinion of people affected by how stylish or up-to-date they are?
- 4 Do you think fashion victims exist? Why/Why not?

- a reflect the times • representative • classic
- b extravagant • extreme • impractical
- c the latest style • obsessed • single-minded
- d superficial • open-minded • judgemental

2 09 ☆ Listen to two students answering a question from 1. Answer the questions below.

- 1 Which question are they answering?
- 2 What is each student's opinion on the question?
Student A (boy):
- Student B (girl):

3 09 ☆☆ Complete the expressions with the words in the box. Then listen again and check.

anecdotal • extent • evidence • idea

Justifying your opinion

- 1 There's to show that ...
- 2 This is only, but ...

Agreeing

- 3 I would go along with the that ...

Disagreeing

- 4 Perhaps to some, but ...

4 ☆☆ Put the words in order to make sentences.

- 1 evidently / untrue / That's / .
.....
.....
- 2 agree / I / partially / .
.....
.....
- 3 already / this / There's / proof / happening / of / .
.....
.....
- 4 reasonable / It / like / seems / assumption / a / make / to / .
.....
.....
- 5 be / I / believe / studies / true / that / have / this / proved / to / .
.....
.....
- 6 done / back / Quite / a / of / up / research / has / lot / been / to / this / .
.....
.....

5 ☆☆ Are the expressions in 4 used to justify (J), agree (A), or disagree (D)?

- | | | |
|---------|---------|---------|
| 1 | 2 | 3 |
| 4 | 5 | 6 |

Pronunciation

6 10 ☆☆ The words below contain groups of consonants (clusters). Listen and underline the clusters that you hear.

- | | |
|----------------|---------------|
| 1 assumptions | 4 impressions |
| 2 conclusions | 5 influenced |
| 3 demonstrably | 6 statement |

7 10 ☆☆ Listen again. Practise saying the words.

8 11 ☆☆ Listen to a student's answer to the question. Make notes in your notebook on your response to their answer.

Do you think style is something people are born with or can you learn it?

Great students' tip

Speaking: Preparing to record

Your pronunciation will be better and you will sound much more natural if you speak freely, rather than reading from a prepared script. Try to note down key words and phrases and refer to them as you speak.

9 ☆☆☆ Practise your response. If possible, record yourself.

Developing writing: an opinion essay 1

Vocabulary – Formal and informal language

1 ☆☆☆ Replace the words in bold in the essay introduction with more formal words or phrases.

A local charity has launched their (1) **idea** to (2) **make sure** that young people on low incomes have affordable clothes. Young Start realised that a company which (3) **makes** costumes for theatres were regularly (4) **getting rid of** surplus material that was not (5) **needed**. They approached the company with a (6) **suggestion** to donate the material. Young Start then set up workshops for young people to learn how to make clothes with help from a local sewing group.

2 ☆☆☆ Read the task and a student's essay. Which two arguments (1–3) does the essay discuss?

You have listened to a podcast about reasons for buying fashion locally. A panel discussed the pros and cons. You have made notes below.

- 1 *Closer relationship between the producer and the customer*
- 2 *More original clothing*
- 3 *More ethical production*

Opinions from the discussion

'You can make sure the profit goes directly to the local businessperson, not some huge anonymous company.'
 'There's less risk that you'll end up wearing an identical outfit to someone else.'
 'Some stores exploit workers in poor countries who work in dreadful conditions.'

Write an essay discussing two of the arguments in your notes. You should explain which argument is more important for buying fashion locally, giving reasons in support of your answer. You may, if you wish, make use of the opinions expressed in the discussion, but you should use your own words as far as possible.

Use a clear paragraph structure with an introduction and a conclusion

Use more formal language

Use more complex expressions to link ideas

Increasingly, big name brands are considered the only option when buying clothes. Many people don't even think twice about it: whether they ultimately make their purchase in-store or online, they tend to buy from companies we've all heard of. However, there is an alternative that people could consider: buying garments from local shops.



One reason for doing this is to be able to source original items which you are not going to find on the high street. If you're choosing something for a special occasion, the last thing you want is to see someone else wearing an identical outfit. Buying from independent traders means you are far less likely to suffer this embarrassment and that you can avoid that cloned look that often results from everyone shopping in the same outlets.

A more important argument, though, is the ethical impact of fashion. If you buy clothing from a local shop, it will probably have been produced locally. This not only provides employment to people where you live but also means that there is a more direct relationship between the shop owner and the people who make the goods. By contrast, garments in high street chains are often manufactured by workers in developing countries. Shopping locally may mean that you pay more for your clothes, but it is important to remember that if you buy a T-shirt for a couple of euros, the person who made it in another continent will probably have earned only a few cents.

In conclusion, while purchasing clothing in a big high street store may offer variety at a budget price, if you're looking for original fashion which has not had a negative impact on the lives of those who produced it, you could consider shopping more locally in future.

Use appropriate features of a formal essay

Use the passive to increase formality

3 ☆☆☆ Find and write the synonyms used in the text for each word.

- 1 clothes (4 synonyms)
- 2 buy (2 synonyms)
- 3 shop(s) (5 synonyms)
- 4 make (2 synonyms)

Task

You have listened to an expert panel discussion about why consumers buy the latest technology. You have made notes below.

- Upgrades and new versions are better
- Things don't last a long time
- They're status symbols to reflect lifestyle, personality and wealth

Some opinions from the discussion

'It doesn't matter if you buy the latest model – they're sure to release a new version soon after.'

'Tech companies want people to buy new products, so they don't make them easy to repair or to last.'

'Some consumers just want to have the latest version to be seen to be cool.'

Write an essay discussing two of the suggested reasons for buying the latest technology, giving your opinions and explanations to justify them. You may, if you wish, make use of the opinions expressed in the discussion, but you should use your own words as far as possible.

Write between 220 and 260 words.



Writing bank

Features of a formal essay

- an introduction and a conclusion
- impersonal style; more use of the passive; less use of *I* and *you*
- complex sentence structure (two or more clauses)
- fewer phrasal verbs
- formal language
- no contractions, slang or idioms

Prepare

4 Read the writing task and plan your opinion essay. Make notes.

- 1 Choose the suggested reasons you are going to discuss:

.....

- 2 Your opinions on the first suggested reason:

.....

.....

- 3 Your opinions on the second suggested reason:

.....

.....

5 Use this paragraph plan for your essay.

Paragraph 1: Introduction to the topic

Paragraph 2: First argument in support of your opinion

Paragraph 3: Second argument in support of your opinion

Paragraph 4: Conclusion, restating and possibly expanding points made

Write

6 Write your essay in your notebook. Use your notes, the paragraph plan, the writing model on the opposite page and the Writing bank to help you.

✓ Check

7 Read your essay and complete this checklist.

- 1 I have used clear paragraphing for my essay, with formal linkers to connect my arguments.
- 2 I have completed the task, giving my opinion with reference to two points from the notes.
- 3 I have used formal language, including complex structures and the passive.
- 4 I have used formal vocabulary, and synonyms to avoid repetition.
- 5 I have not used contractions, slang or idioms.

Grammar

1 Complete the sentences with the correct form of the verbs given.

- I can't believe that you (finish) all your homework already. You only (start) it half an hour ago.
- Rhona (study) all morning and she (not take) any breaks.
- It's ages since I last (see) Hilary. What she (do) lately?
- How long Zaf (have) driving lessons? he (take) his test yet?
- you (watch) that programme I recommended yet? What you (think) of it?

2 Choose the correct alternative.

When I was a teenager, I thought that I wouldn't have to work **(1)** as hard once I made it. Now I understand that the most successful people are **(2)** the hardest-working people I know and they don't tend to stop. I also thought that success meant everything had to happen immediately, but now I'm aware that one challenge tends to lead to another **(3)** bigger one. I used to be really obsessed with work and I found myself working **(4)** harder, but the most important lesson I learnt **(5)** was knowing when to switch off and now I'm **(6)** more relaxed.

- | | | |
|--------------|--------------|-----------------|
| 1 a nowhere | b nearly | c much |
| 2 a easily | b much | c significantly |
| 3 a barely | b quite | c far |
| 4 a a little | b barely | c ever |
| 5 a by far | b a long way | c easily |
| 6 a by far | b quite | c considerably |

3 Correct the mistake in each sentence.

- I've met Lance six years ago in primary school.
.....
.....
- New Zealand is the most simply beautiful place you could ever visit.
.....
.....
- It's easily the best restaurant I ever visited.
.....
.....
- At two metres, Jason is significant taller than his brother.
.....
.....
- Has Molly spoken to you? She has looked for you all morning.
.....
.....
- Have you been writing that report yet? I need to send it before lunch.
.....
.....

Vocabulary

1 Choose the correct alternative.

- Playing for the national team while studying for a degree is quite an accomplishment/adventure.
- It was quite a hurdle/struggle but in the end, we managed to get everyone to agree.
- The journey was a bit of an obstacle/ordeal and we didn't arrive till well after midnight.
- Megan spent the afternoon telling us about her exploits/feats on the trip to Nepal.
- I think we're in for a battle/trial with the council to try and get more funding.
- Coping with bureaucracy in another language was just one of the obstacles/struggles they had to overcome.

2 Complete the words with the correct prefix.

- | | |
|------------------|-----------------|
| 1credible | 5reliable |
| 2practical | 6sonic |
| 3active | 7sleep |
| 4discover | 8approve |

3 Complete the text with the correct form of the words given.

- Trust your instincts. Don't (estimate) the power of intuition.
- If your gut tells you something, listen to it, even if other people (agree).
- You need to work on your communication skills or you might seem (social).
- You can compensate for being by being very professional (experience).
- What other people think is (relevant); it's your opinion that matters.
- Things don't seem to be working out. I think we may need to (consider) our strategy.

Grammar

1 Correct the mistakes in the sentences.

- I would go on holiday to America three times before I was ten.
- Did your dad used to have long hair?
- Carmen would be quite shy, but she's more outgoing these days.
- Darren *will* forget my birthday – that's typical of him.
- I don't know why Gina goes to the gym – she forever complains about it.

2 Combine each pair of sentences with a defining or non-defining relative clause.

- Claudia arrived late. It really annoyed me.
.....
- He is the person. He taught me to drive.
.....
- My grandma has just learnt to ski. She is over 70.
.....
- Students do better in exams. Their diets are rich in protein.
.....
- This is the café. My parents met here.
.....

3 Choose the correct alternative.

- Rani messages late at night. It keeps me awake.
a will be sending b has sent
c is always sending
- The film, got rave reviews, is set in Victorian times.
a which b that
c what
- We this unit in the book, so next week we'll be starting Unit 3.
a have finished b have been finishing
c would finish
- I'm feeling more confident about maths this year. I think I'll pass my exam.
a barely b a great deal
c by far
- Spending time in the country is the best way to learn a language.
a much b easily
c significantly
- You for hours. You should take a break.
a are studying b have studied
c have been studying

Vocabulary

1 Complete the words in the sentences. The first letter is given.

- The band had had no hits for years, so it surprised everyone when they made a c.....
- The little black dress is such an i..... fashion item that it is known by the acronym LBD.
- This mini backpack is the m..... accessory this spring.
- It doesn't bother me that my phone is o..... and old, but I do wish it had more memory.
- Years ago, people thought sushi would be just a f....., but now you can buy it in any supermarket.

2 Match a word from box A and a word from B to make words and expressions. Then complete the sentences.

A back in • my • on • out • passing • trend

B dated • fashion • radar • setter • trend (x2)

- If you want to be this season, you'll need to be wearing vintage clothes.
- Jude is quite a(n) She always seems to be three steps ahead of everyone else.

- Technology becomes very fast. They're always bringing out a new model which makes old ones obsolete.
- I don't think it'll last for very long – it's probably just a(n)
- I like to hang on to all my clothes. You never know when something will be
- The trend for Algerian cuisine is definitely on this winter.

3 Choose the correct alternative.

- When it comes to vitamin C, oranges are overrated/overestimated. A red pepper contains over twice as much.
- There are numerous hurdles/ordeals to overcome when opening your own business.
- Fans of fusion cooking will be excited to hear that Mexican sushi is the next big/great thing on the horizon.
- Winning the award at such a young age is quite an exploit/a feat. You should feel very proud.
- Lucia is wearing that strange combination of clothes because she wants to do/make a fashion statement.
- His help with the project was invaluable/impractical. We would have been absolutely lost without it.