


# UNIT 4 UPS AND DOWNS

## 1 LISTENING: understanding discourse markers

**A**  **10** Listen to the podcast and choose T (true) or F (false).

- |   |  |       |
|---|--|-------|
| 1 | The happiest country in the world according to the OECD is Norway. | T / F |
| 2 | The OECD surveys people in 11 different countries.                 | T / F |
| 3 | Six hundred thousand people have answered the survey.              | T / F |
| 4 | The most important thing to most people is life satisfaction.      | T / F |
| 5 | Greece ranks 35 <sup>th</sup> in the list of countries.            | T / F |
| 6 | Life in Turkey has improved recently for its citizens.             | T / F |



**B** Listen again. Number the discourse markers (a–l) in the order that you hear them.

- |                      |                          |                      |                          |
|----------------------|--------------------------|----------------------|--------------------------|
| a) In addition       | <input type="checkbox"/> | g) Furthermore       | <input type="checkbox"/> |
| b) As a result       | <input type="checkbox"/> | h) As a consequence  | <input type="checkbox"/> |
| c) In general        | <input type="checkbox"/> | i) To a great extent | <input type="checkbox"/> |
| d) On the other hand | <input type="checkbox"/> | j) Consequently      | <input type="checkbox"/> |
| e) On the whole      | <input type="checkbox"/> | k) Nevertheless      | <input type="checkbox"/> |
| f) That said         | <input type="checkbox"/> | l) What's more       | <input type="checkbox"/> |

**C** Write the letters of the discourse markers from Exercise B next to their correct function.

- To talk generally: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- To introduce a contrasting point: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- To introduce a result: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- To introduce an additional point: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

## 2 VOCABULARY: life satisfaction

**A** Write the words from the box in the correct gaps below.

appreciate appreciation content contentment enjoy enjoyment  
happiness happy pleasant pleasure satisfaction satisfy wealth wealthy

Nouns: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Adjectives: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Verbs: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_



**B Complete the sentences with a word from Exercise A.**  
For some sentences more than one answer is possible.

- 1 Did you \_\_\_\_\_ your trip to Spain?
- 2 He used to be a \_\_\_\_\_ man but he lost his fortune in the stock market crash.
- 3 It was with great \_\_\_\_\_ that the teacher gave her students their scores.
- 4 Joe is very \_\_\_\_\_ when he's away from the city.
- 5 We really \_\_\_\_\_ the effort that you've made for us.
- 6 Some people think the most important thing in life is money, but for me it's \_\_\_\_\_.
- 7 We were having a very \_\_\_\_\_ day until we got lost.

### 3 GRAMMAR: noun clauses as objects

**A Replace the words in brackets with one of the words from the box.**

how what when where why

- 1 Can you tell me (*the time that*) \_\_\_\_\_ the film starts?
- 2 I don't know (*the reason that*) \_\_\_\_\_ he's in such a good mood today.
- 3 Do you know (*the way that*) \_\_\_\_\_ he became so wealthy?
- 4 Tell me (*the place that*) \_\_\_\_\_ you want to meet.
- 5 I appreciate (*the things that*) \_\_\_\_\_ you've done for me.

**B Choose the correct options to complete the sentences.**

- 1 I don't understand \_\_\_\_\_ I'm feeling so happy but I'm not complaining!  
a) what      b) why      c) when
- 2 I feel very angry about \_\_\_\_\_ I was treated during my trip.  
a) when      b) where      c) how
- 3 Could you let me know \_\_\_\_\_ the best time to call would be?  
a) when      b) how      c) why
- 4 The students couldn't hear \_\_\_\_\_ the lecturer was saying.  
a) why      b) when      c) what
- 5 Do you remember \_\_\_\_\_ you were when you last saw your keys?  
a) what      b) where      c) why

**C Complete the conversation with words from Exercise A.**

- Ann:** Hi! Do you want to come to a life skills seminar with me tonight?
- José:** Sure! Do you know (1) \_\_\_\_\_ it's about?
- Ann:** Well, the title is, 'Understanding yourself and your emotions'. So, I guess it's about (2) \_\_\_\_\_ we feel the way we do.
- José:** Cool. Did you check (3) \_\_\_\_\_ it starts? I hope it's not too late!
- Ann:** It isn't. It's at 7.15. I don't know (4) \_\_\_\_\_ it's being held, but Dave said it would probably be in the Arts Centre. I'll check, OK?
- José:** Great. Do you know (5) \_\_\_\_\_ you're getting there? Do you want to meet first and go together?
- Ann:** Sounds good!


#### WHAT'S RIGHT?

- I don't know where did he go.
- \_\_\_\_\_





## 4 VOCABULARY: mood

**A**  **11** Listen and write the words and phrases you hear.

- 1 \_\_\_\_\_ 5 \_\_\_\_\_  
2 \_\_\_\_\_ 6 \_\_\_\_\_  
3 \_\_\_\_\_ 7 \_\_\_\_\_  
4 \_\_\_\_\_ 8 \_\_\_\_\_

**B** Complete the sentences with words or phrases from Exercise A.

- 1 I just can't concentrate on my work today – I don't know why I'm so \_\_\_\_\_, but I need to be more \_\_\_\_\_ so that I can finish this essay.
- 2 Sam always sees the best in every situation because she's so \_\_\_\_\_. Her husband, Costas, is much more negative and always expects the worst – he's very \_\_\_\_\_.
- 3 Kao's \_\_\_\_\_ have been very up and down since he moved to the city, but he's trying to achieve a \_\_\_\_\_ so that he can look to the future and move on with his life.
- 4 Whenever I'm feeling low and \_\_\_\_\_, I talk to Jon because he's always \_\_\_\_\_ and he cheers me up.



## 5 GRAMMAR: review of conditional forms

**A** Complete the grammar rules.

**Zero conditional:** to talk about things that are generally true

If + (1) \_\_\_\_\_, present simple

**1st conditional:** to talk about things that are likely or possible in the future

If + (2) \_\_\_\_\_, will (won't) + base form

**2nd conditional:** to talk about things that are unreal or unlikely in the present or future

If + (3) \_\_\_\_\_, + would(n't) + base form

**3rd conditional:** to talk about unreal situations in the past

If + (4) \_\_\_\_\_, would(n't) have + past participle

**B** Complete the sentences with the correct forms of the verbs in brackets.

- 1 I've never seen the film. I \_\_\_\_\_ (cry) if I \_\_\_\_\_ (watch) it last night.
- 2 Denise might see Karl today. If she \_\_\_\_\_ (see) him, she \_\_\_\_\_ (tell) him your good news.
- 3 I'm unhappy because I don't have enough money. If I \_\_\_\_\_ (be) wealthy, I \_\_\_\_\_ (be) very happy.
- 4 I saw Chi today, but I didn't know he was depressed. If he \_\_\_\_\_ (tell) me, I \_\_\_\_\_ (could/help) him.
- 5 If you \_\_\_\_\_ (have) good friends, they always \_\_\_\_\_ (help) if you have problems.
- 6 If you \_\_\_\_\_ (not/take) this opportunity, you \_\_\_\_\_ (regret) it.

### WHAT'S RIGHT?

- If you told me he was depressed, I would have called him.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**C** This conversation contains six mistakes with conditional forms. Find the mistakes and correct them.

**Sian:** What are you reading?

**Lisa:** It's an article called *The Key to Happiness*. I read you some sections if you're interested.

**Sian:** All right.

**Lisa:** OK, well, it says that if you wanted to be happy, then be a good friend, because strong relationships are the key to contentment.

**Sian:** I think that's true. I love spending time with my friends and if I didn't have them, I will be very unhappy.

**Lisa:** Me, too. It also says that people are usually more satisfied with life if they did a job that they love.

**Sian:** Yeah, that's true, too. Do you remember last year when I was doing that office job I hated? If I hadn't got a new job in the music store, I will still be miserable.

**Lisa:** Hmm, and probably the reason I'm not that happy right now is because I don't have a job I enjoy. I think if I have a job that I loved, then I would be more content.

**Sian:** I totally agree. So, stop reading that article and check out the job listings instead!

**Lisa:** Good point!



## 6 WRITING: a thank-you note

**A** Put the words in the correct order to make expressions used in thank-you notes.

1 generous / your / so / was / donation

\_\_\_\_\_

2 express / I / for / gratitude / also / my / would / to / like

\_\_\_\_\_

3 again / of / thanks / all / us / here / from

\_\_\_\_\_

4 you / writing / I / to / for / am / thank

\_\_\_\_\_

**B** Read Cecilia's thank-you note. Complete each gap with an expression from Exercise A.

**To:** Simon Barbier **From:** Cecilia Harris

**Re:** Crowdfunding donation

Dear Mr Barbier,

(1) \_\_\_\_\_ your contribution to our Crowdfunding Project to raise money to set up a new community centre for unemployed young people. It's great that local business leaders are taking an interest in the project.

(2) \_\_\_\_\_ and has helped us on our way to achieving our final target. We are hoping to open the centre next summer and we'll keep you updated on our progress.

(3) \_\_\_\_\_ your kind offer to deliver a talk at the centre once it is up and running. I think this would be very beneficial and that our members would learn a great deal from hearing about your business experiences. I'll be in touch to arrange details at a later date.

(4) \_\_\_\_\_

Yours sincerely,  
Cecilia Harris



**A** Read the opinions and decide whether the speakers are optimistic or pessimistic.



1 'I'm in my early 20s, and I find it difficult to get excited about the future. There's so much unemployment in my country and I don't know if there'll be a job for me when I finish university. I find the uncertainty very hard to live with.'

optimistic    pessimistic




2 'Well, I'm in my mid 40s now and I've never felt better. I've got over the insecurities of my early 20s, so I can really enjoy life to the full now.'

optimistic    pessimistic



3 'I was really happy when I was in my early 20s. Then life got me down a little bit as I went through middle age, but I've come out on the other side, and now I'm in my late 60s, I'm happier than I've ever been. My body may not be as young as it used to be but the future looks bright!'

optimistic    pessimistic

**B**  **12** Susie is discussing a report with her grandfather, Ron, about satisfaction levels at different stages of life. Listen once and answer these questions.

- 1 According to the report, what are the two ages that we feel happiest in life?  
\_\_\_\_\_ , \_\_\_\_\_
- 2 Which speaker from Exercise A agrees with the findings of the report?  
\_\_\_\_\_



**C** Listen again and match the words and phrases you heard in the conversation (1–6) with their definitions (a–f).

- |                    |  |
|--------------------|--|
| 1 peak             | a) think something is worse or less important than it really is                  |
| 2 make the most of | b) reach its highest or greatest level   |
| 3 overestimate     | c) follow  |
| 4 underestimate    | d) think something is better or more important than it really is                 |
| 5 pursue           | e) enjoy or use something as much as possible                                    |
| 6 generalise       | f) say something about a group of people or things that is true for most of them |



**D Listen again and choose the correct options to complete the table.**

Age	According to report, our satisfaction levels are ...	Ron's opinion of report findings
23	(1) high / low / increasing / declining.	(2) He agrees / disagrees / doesn't say.
30s and 40s	(3) high / low / increasing / declining.	(4) He agrees / disagrees / doesn't say.
Mid 50s	(5) high / low / increasing / declining.	(6) He agrees / disagrees / doesn't say.
After 55	(7) high / low / increasing / declining.	(8) He agrees / disagrees / doesn't say.
69	(9) high / low / increasing / declining.	(10) He agrees / disagrees / doesn't say.
After 75	(11) high / low / increasing / declining.	(12) He agrees / disagrees / doesn't say.

**E Listen again and choose the correct answers.**

- According to the report, 23-year-olds predict that they will be ... in the future than they really will be.
  - 10% more satisfied
  - 10% less satisfied
  - 10% more disappointed
  - 10% less disappointed
- According to the report, people in their mid 50s feel sad because they realise that ...
  - they won't be able to make the dreams of their youth a reality.
  - they are getting older.
  - their bodies are not able to do what they used to do.
  - they need to have lower expectations in life.
- When Ron was 53, he ...
  - got a new job in sales.
  - became a yoga instructor.
  - realised his dreams weren't going to come true.
  - had a career change that made him more wealthy.
- According to the report, people who are 69 ...
  - are less happy than they were when they were younger because they expect more from life.
  - are happier than they were when they were younger because they expect less from life.
  - are happier than they were when they were younger because they are so wise.
  - are happier than they were when they were younger because they do yoga.
- The report was based on data from ... people.
  - 21,161
  - 23,151
  - 23,161
  - 20,161
- They spoke to people from all over Germany and the results were ... the people were from different backgrounds.
  - exactly the same even though
  - completely different even though
  - completely different because
  - almost the same even though

**F Do you agree or disagree with the findings of the report that Susie talked about? Write an online comment of about 200 words in response to the article.**

