

1 Interesting lives

- Człowiek
- Życie prywatne



GUESS

- Michael Phelps was at the Olympics in Sydney, Athens, Beijing and London. How many Olympic medals has he got in total?
a sixteen **b** twenty-two c twenty-six
- Usain Bolt is a Jamaican sprinter who is described as 'the fastest man in the world'. What's his record in 100 metres?
a 9.58 seconds b 10.58 seconds c 11.58 seconds

Vocabulary 1

Activities and achievements

- Copy and complete the phrases with the verbs from the box.

do go make win (x2) invent score
get (x2) learn

- win a race
- score a goal
- learn new skills
- get a distinction
- win a prize
- get a certificate
- invent a new gadget
- make a scientific discovery
- go on an expedition
- do voluntary work

- 1.01** Listen, check and repeat.

- Look at the illustrations. Which activity or achievement from exercise 1 can you see in each picture? In your notebook, write sentences using the present continuous.

1 – She's winning a prize.



She's doing voluntary work.



He's winning a race.



She's making a scientific discovery.



He's scoring a goal.



They're going on an expedition.



He's inventing a new gadget.



She's getting a certificate.



He's learning a new skill.



He's getting a distinction.



RECYCLE

In your notebook, write the names of people that do the jobs below.

footballer – Gareth Bale

footballer scientist – Stephen Hawking inventor – Tim Berners-Lee

explorer – Ed Stafford athlete – Usain Bolt actor/actress – Tom Cruise

4 PRONUNCIATION: sentence stress

- 1.02** Listen and repeat. Stress the underlined syllables.

He's getting a certificate.

They're going on an expedition.

- 1.03** Listen and find the two stressed syllables in each sentence. Write the answers in your notebook.

- He's scoring a goal.
- They're helping my brother.
- He's winning the race.



USEFUL PHRASES

- Match verbs 1–4 with words a–d to make phrases. Write the answers in your notebook.

- | | |
|--------------------|----------------------|
| 1 take d | a proud of |
| 2 achieve c | b your progress |
| 3 track b | c your goals |
| 4 feel a | d on a new challenge |

- Read the text and complete it with the correct verbs from exercises 1 and 5. Write the answers in your notebook.

Most of my friends have big ambitions for the future. For example, those who love technology would like to ¹invent some new gadgets, others want to ²make some important scientific discoveries or ³go on an expedition to a remote country in Africa. But my dream is to become a doctor and ⁴do some voluntary work in India. I think it's a great feeling when you help others, so I don't really need to ⁵win any prizes for my work. I simply want to ⁶achieve my personal and professional goals and ⁷feel proud of myself when I'm an adult.

- Your voice** Work in pairs and say if you agree with the statements below.

- I enjoy taking on new challenges.
- I track my progress at school in my notebook.
- Adults don't need to learn any new skills.
- Doing voluntary work is more important than making scientific discoveries.

Reading



inspiring voluntary work

If you're looking for interesting ways to spend your free time, then this article is for you!

16-year-old Tom is taking part in the vInspired programme. Here he tells us a bit more about it ...



1 **C**

vInspired is a national initiative to encourage 14 to 25-year-olds to do voluntary work and help in their community. You don't win a prize, but you get a certificate when you complete 10, 50 or 100 hours of voluntary work. You never get bored because you can always take on a new challenge!

2 **D**

At the moment, I'm working towards the v50 certificate. I volunteer twice a week – I work at a youth club for disabled children on Tuesday evenings, and I help at a Scout group every Thursday evening. Next weekend, I'm stewarding at England's biggest music festival. It starts on Friday evening and finishes on Sunday evening. I can't wait!

3 **A**

People usually do vInspired through school or a youth group. You can find all kinds of voluntary work through the vInspired website, Facebook page or a special vInspired app. It's a great app where you can also log your hours – this helps you to track your progress and achieve your goals.

4 **E**

Yes, definitely. Volunteering puts you out of your comfort zone, it looks great on your CV, and it might even help you to get into university. It's great to do something you can feel proud of!

5 **B**

Raleigh International: if you're aged 17+, you can go on an expedition to Nicaragua or Tanzania when you do voluntary work with this organisation. Learn new skills and help with community or environmental projects!
CREST Awards: if you invent a new gadget or make a scientific discovery, it will count towards these British Science Association awards.

1 **1.04** Read the text and choose the best heading A–E for each paragraph 1–5. Write the answers in your notebook. Then listen and check.

- A And how does vInspired actually work?
- B Looking for more inspiration?
- C What exactly is vInspired?
- D So, what kind of voluntary work are you doing now?
- E Would you recommend it?

2 Read the text again and say which summary is better, a or b.

- a It's about people who do voluntary work because they want to win prizes and study at better universities.
- b It's about a programme for young people who would like to help others and learn new things.

3 **Words in context** Find words and phrases 1–7 in the text and match them with the correct definitions a–g. Write the answers in your notebook.

- 1 initiative **d**
- 2 encourage **a**
- 3 disabled **g**
- 4 steward **c**
- 5 log **e**
- 6 recommend **b**
- 7 comfort zone **f**

- a to give confidence and support to someone
- b to say that something is good and worth doing
- c to keep order at a public event
- d an important action intended to solve a problem
- e to record your activities
- f a state in which you feel relaxed
- g not able to use part of your body or brain

4 Read the text again. Then work in pairs and answer the questions.

- 1 How old are the people who join vInspired? *Between 14 and 25.*
- 2 How many hours do you have to complete to get the certificates? *10, 50 and/or 100.*
- 3 What does Tom do on Thursday evenings? *He helps at a Scout group.*
- 4 How do people join the vInspired programme? *Through school or a youth group.*
- 5 What are the benefits of doing voluntary work? *It puts you out of your comfort zone, looks great on your CV, might help you get into university, and makes you feel proud of yourself.*

5 **Your voice** Imagine that you're doing your vInspired programme at your school. Think of some activities to do for each section below and take notes in your notebook.

- local community
- festival volunteering
- online volunteering

6 Work in pairs. Ask and answer questions about the sections from exercise 5.

What are you doing for your online volunteering?

I'm ...

Language Focus 1

Present simple and present continuous

- 1 Read the sentences from the text on page 9 and complete them with the correct verb forms. Then answer the questions below. Write the answers in your notebook.

PRESENT SIMPLE

People usually ¹ do vInspired through school or a youth group.

PRESENT CONTINUOUS

At the moment, I ² 'm working towards the v50 certificate.

- 1 Which tense do we use for actions happening now?
Present continuous
- 2 Which tense do we use for habits and routines?
Present simple

- 2 Copy and complete the table with the time expressions from the box.

at the moment nowadays hardly ever today
twice a week now every Saturday at present

PRESENT SIMPLE

nowadays, hardly ever,
twice a week, every Saturday

PRESENT CONTINUOUS

at the moment, today, now,
at present

- 3 In your notebook, rewrite the sentences so that they are true for you. You can add adverbs of frequency or time expressions.

hardly ever

My friends *hardly ever* forget my birthday.

- 1 I feel proud of myself.
2 We're listening to some music.
3 Our teacher gives us homework in every lesson.
4 I am late for school.
5 My parents are playing tennis.
6 My friends do voluntary work.
7 I'm going to a party on Friday evening.
8 I track my progress at school.

Present simple and present continuous for future events

- 4 Look at the text on page 9. Copy and complete the sentences below with the appropriate verb forms. Then complete the rules. Write the answers in your notebook.

PRESENT SIMPLE and PRESENT CONTINUOUS for future events

Next weekend, I ¹ 'm stewarding at England's biggest music festival. It ² starts on Friday evening and ³ finishes on Sunday evening.

- We use the present continuous to talk about ⁴ future arrangements.
- We use the present simple to talk about ⁵ fixed events which are part of a schedule.

- 5 Complete the sentences. Use the present simple and present continuous in each pair. Write the answers in your notebook.

- 1 a I need to leave now because my bus arrives (arrive) in about 20 minutes.
b I can't come to the party because I 'm helping (help) a Scout group this weekend.
- 2 a My uncle isn't going (not / go) on an expedition next week because he's ill.
b The film doesn't start (not / start) at 7 pm, but at 8 pm, so we have lots of time before then.
- 3 a What time do you finish (you / finish) school next Monday?
b Are you going (you / go) out tonight?

- 6 Choose the correct verb forms. Write the answers in your notebook.



- Tim Hi! What ¹ are you doing / do you do?
Alex At the moment, I ² wait / 'm waiting for a bus.
Tim Where ³ are you going / do you go? ⁴ Do you want / Are you wanting to meet in town?
Alex Sorry, I can't. I ⁵ 'm going / go to the football stadium. I ⁶ always help / 'm always helping with the training session on Saturdays.
Tim Oh. What time ⁷ does it finish / is it finishing?
Alex Usually about 7 pm. But today we ⁸ stay / 're staying longer because there's an important match this weekend. Er ... Oh no!
Tim What? Are you OK?
Alex Yeah, it's just that it ⁹ 's raining / rains and I ¹⁰ get / 'm getting wet. This bus is always late! Anyway, ¹¹ do you do / are you doing anything tomorrow at 5 pm? We could meet then.
Tim OK, I'll give you a call then.

- 7 In your notebook, put the words in the correct order to make questions.

- 1 after / do / school / usually / What / do / you / ?
What do you usually do after school?
- 2 challenges / year / any / Are / this / new / you / taking / on / ?
Are you taking on any new challenges this year?
- 3 you / What / are / weekend / doing / this / ?
What are you doing this weekend?
- 4 you / interesting / Are / at / the / anything / moment / reading / ?
Are you reading anything interesting at the moment?
- 5 time / local / What / tomorrow / your / open / shop / does / ?
What time does your local shop open tomorrow?

- 8 Your voice Work in pairs. Ask and answer the questions in exercise 7.

Listening

- 1 Read the information about Katie's and John's vInspired programmes. What voluntary work are they doing? *Katie - volunteer DJ for a hospital radio; John - voluntary work as a lifeguard*



NAME: *Katie Wright*
AGE: *14*



NUMBER OF HOURS:

¹ *50*

VOLUNTEERING: *a DJ for a hospital radio station*

LEARNING: *to cook* ² *traditional Indian food*

EXPEDITION: *to* ³ *the Loch Ness area*
in ⁴ *September*



NAME: *John Burton*
AGE: *15*



NUMBER OF HOURS:

⁵ *100*

VOLUNTEERING: *a lifeguard at his local swimming pool*

LEARNING: *whitewater* ⁶ *canoeing*

EXPEDITION: *by* ⁷ *bicycle*
on ⁸ *Saturday* *and* ⁹ *Sunday*

- 2 1.05 Listen to Katie's and John's presentations. Complete the forms. Write the answers in your notebook.



TEST TRAINER

- 3 1.05 Listen again. Are the sentences true (T) or false (F)? Write the answers in your notebook.
- Katie is teaching people how to cook. *F*
 - Katie's preparing a trip with another friend. *F*
 - For his voluntary work, John takes care of children. *T*
 - John is preparing to go on a cycling expedition. *T*
 - Katie and John are doing programmes with the same age groups. *F*

Vocabulary 2

Personal qualities: opposite adjectives

- 4 Match the adjectives with their opposites. Use a dictionary to help you. Write the answers in your notebook.

generous - mean

positive	negative
generous	confident - <i>shy</i>
hard-working	careless - <i>lazy</i>
easygoing	stressed
sociable	quiet
brave	cowardly
	selfish
	mean
	stressed
	lazy
	cowardly

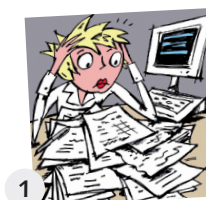
- 5 1.06 Listen, check and repeat.

- 6 Complete the sentences with the adjectives from exercise 4. Write the answers in your notebook.

- My aunt and uncle are very *generous*. They always give me £50 for my birthday.
- Paula is a very *selfish* person. She always thinks about herself first.
- My brother's really *sociable*. He likes going to parties and meeting new people.
- I don't think I am *cowardly* just because I don't like watching horror films.
- Danny isn't very *confident*. He doesn't believe in his abilities.

- 7 Work in pairs. Say which adjectives from exercise 4 describe the people in the pictures below. More than one answer is correct.

- hard-working, stressed*
- shy, quiet, cowardly*
- sociable, confident*
- mean*
- caring*
- lazy, easygoing*



1



2



3



4



5



6

- 8 Your voice Complete the sentences with adjectives of character. Use your own ideas. Write the answers in your notebook.

Students' own answers

- I'm usually *shy*, but I'm sometimes *confident*.
- Good role models are *generous*. They're never *selfish*.
- I like my best friend because he's/she's *sociable*.
- I don't like people who are *cowardly*.
- I'd like to be more *brave*.

Culture Today

The Nobel Peace Prize Winners



In ¹ **2014**, there was more than one winner of the Nobel Peace Prize: **Malala Yousafzay** and **Kailash Satyarthi**. Malala (b. 1997) became the youngest person ever to win the prize. After surviving a cowardly attack by the Taliban in Pakistan when she was 15 years old, Malala is now a brave and confident activist for the educational rights of women and girls in places where there isn't equality. Her co-winner is a children's rights activist from India.

The Nobel Peace Prize

There are six Nobel Prizes every year: for peace, literature, economics, medicine, physics and chemistry. The Peace Prize can be awarded to a person or an organisation, such as the EU. Did you know that Alfred Nobel, the Swedish scientist who founded the prizes, was the inventor of dynamite? But he was also a pacifist!



Lech Wałęsa (b. 1943) is a Polish politician and human rights activist who won the Nobel Peace Prize in ³ **1983**. Originally an electrician, he co-founded the Solidarity union at a time when there weren't any trade unions under Communism. Wałęsa was the President of Poland from 1990 to 1995, during a period when there were a lot of social and political changes in the country.



Mother Theresa (1910–1997) was a Catholic nun who won the Nobel Peace Prize in ² **1979**. She was born in Kosovo, but lived in India for most of her life. A quiet, hard-working missionary, she was generous to the poor and caring to the ill and destitute. She founded hospices, clinics, schools and orphanages.

Nelson Mandela (1918–2013) was a political activist who won the Nobel Peace Prize in ⁴ **1993**. When there was a policy of apartheid in South Africa, and there weren't equal rights for black people, Mandela fought for equality. After being in prison for 27 years, he was the President of South Africa from 1994 until 1999.



- 1** Read the text quickly and complete it with the dates below. Write the answers in your notebook.

1983 1979 1993 2014

- 2** **1.07** Read and listen to the text. Check your answers from exercise 1.

- 3 Words in context** Find words and phrases 1–7 in the text and match them with the correct definitions a–g. Write the answers in your notebook.

- | | |
|----------------------------------|---|
| 1 equality e | a very poor people with health problems |
| 2 equal g | b a woman who is a part of a religious group of women |
| 3 prison f | c a home for children without parents |
| 4 nun b | d a hospital for people who are dying |
| 5 the ill and destitute a | e the state of having the same rights as other people |
| 6 hospice d | f a place where criminals are kept |
| 7 orphanage c | g having the same rights as other people |

- 4** Read the text again and answer the questions below. Write the answers in your notebook.

Which person:

- became the president of his/her country?
Nelson Mandela, Lech Wałęsa
- was born in Europe?
Lech Wałęsa, Mother Theresa
- helped other people with their education?
Malala, Mother Theresa
- fought/fights for equality?
Malala, Nelson Mandela

- 5** **Your voice** Work in groups. Discuss the questions.

- Do you think young people can change the world?
- Have a class vote: do you care about world politics?

Language Focus 2

be: present and past forms

- 1 Copy the table into your notebook. Then complete it with the missing sentences: affirmative, negative and questions.

AFFIRMATIVE +	NEGATIVE -	QUESTIONS ?
Malala is a brave and confident activist.	¹ Malala isn't a brave and confident activist.	² Is Malala a brave and confident activist?
There are six Nobel Prizes every year.	³ There aren't six Nobel Prizes every year.	Are there six Nobel Prizes every year?
He was the President of South Africa.	⁴ He wasn't the President of South Africa.	⁵ Was he the President of South Africa?
There was more than one winner of the Nobel Peace Prize.	⁶ There wasn't more than one winner of the Nobel Prize.	⁷ Was there more than one winner of the Nobel Prize?
⁸ There were some trade unions under Communism.	There weren't any trade unions under Communism.	⁹ Were there any trade unions under Communism?

- 2 Complete the questions with the correct forms of the verb **be**. Write the answers in your notebook.

- Was Malala 17 when she was attacked by the Taliban?
- Are there five Nobel Peace Prizes every year?
- Is Kailash Satyarthi a children's rights activist from India?
- Was Mother Theresa a nun?
- Were there a lot of social and political changes in Poland in the 1990s?

- 3 Match answers a-e to questions 1-5 from exercise 2. Write the answers in your notebook.

- a Yes, he is. **3** c No, she wasn't. **1** e No, there aren't. **2**
b Yes, there were. **5** d Yes, she was. **4**



LOOK

Subject-verb agreement

Look at the sentences, read the rules and choose the correct alternatives. Write the answers in your notebook.

*My parents and my sister **are** interested in world politics.*

*There **was** a politician and six award winners at the ceremony yesterday.*

*The police **are** ready to protect the protesters.*

*Everybody **is** happy in this orphanage.*

- The verb ¹**has to** / **doesn't have** agree with the subject.
- In sentences with *there is/are*, the verb agrees with ²**all the nouns / the first noun** following it.
- Nouns describing a group of people or things usually take a ³**singular / plural** verb.
- We use ⁴**singular / plural** verb forms with indefinite pronouns.

- 4 Choose the correct verb forms. Write the answers in your notebook.

- My friend and I **weren't** / **wasn't** afraid because there **were** / **was** a fireman and a lot of police.
- I think that **there's** / **it's** difficult to be brave during a war.
- Lucia and her dad **is** / **are** very good friends.
- Is** / **Are** your biology teacher easygoing?
- Everybody **were** / **was** quiet when they heard the news.
- There **are** / **is** a lot of children's rights problems in the world.
- Are** / **Is** Jake and his twin brother hard-working and confident?

Speaking

- 5 Work in pairs. Say if the following sentences are true for your family or not. Then ask about your friend's family.

- My mum is quiet, but self-confident.
- Everyone in my family is hard-working and well-motivated.
- My parents were very good students.
- There is a university lecturer and a doctor in my family.
- My grandparents weren't very generous when I was little.

My mum isn't quiet, but she is self-confident. Is your mum quiet?

Yes, she is.

Unit Grammar Check



USE OF ENGLISH

- 6 Choose the correct option: a, b or c. Write the answers in your notebook.

FAME? WHO NEEDS IT?

Almost everybody ¹ to be famous and successful. Many young people go to big cities such as London, Paris, New York or Los Angeles because they believe that ² a greater chance for them to become a star there. However, there are some people who win it all and then decide to leave it all behind. Let's look at two such ex-celebrities.

Lauryn Hill ³ extremely popular in the late 1990s and the early 2000s, but she quit her career because she ⁴ happy with the music industry.



This popular young actor said that the film-making industry was 'just too weird' and thought it would be better to take a step back in 2003. Now, Freddie Prinze Jr and his wife, Sarah Michelle Gellar, ⁵ happily in Los Angeles.



These people thought that fame wasn't everything and that you can be happy without it. Some interviewers would like to ask them the following question: What ⁶ this weekend? Well, the answer would probably be something that ⁷ them happy, but we will never know.

- | | | |
|-------------------|-------------------|------------------------|
| 1 a want | b wanting | c wants |
| 2 a it is | b there is | c they are |
| 3 a were | b is | c was |
| 4 a wasn't | b there wasn't | c weren't |
| 5 a live | b lives | c are living |
| 6 a you do | b do you do | c are you doing |
| 7 a makes | b make | c is making |

Writing

An email – describing a person

1 Read the email below and answer the questions.

- Who is Grace's favourite actress? *Shailene Woodley.*
- Why does Grace like her?
Because she's a good actress and she helps different charities.
- What is the actress doing at the moment?
She's making two new films.

Hi Ella,

Thanks for your last email. You said that your favourite actress is Scarlett Johansson. I think she's good, but the actress I adore is Shailene Woodley. She has appeared in different TV series, such as *CSI: NY* and has become popular because of the series called *The Secret Life of the American Teenager*. She's also famous for films like *The Fault in Our Stars* and *Divergent*.

She was born in Simi Valley in 1991.

She didn't go to any acting school, but she had classes with Anthony Meindl, an American director and acting teacher.

At the moment, she's making two new films.

I like her not only because she's a good actress, but also because she helps different charity organisations, including the Pediatric AIDS Foundation.

We can talk more about our favourite actresses on Saturday when we meet at the cinema. We're meeting at 6, right? The film starts at 6.15, so don't be late!

Kisses,
Grace



2 Read the email again. Find the following things and write them down in your notebook:

- expressions for beginning and ending an email
Hi Ella, Thanks for your last email; Kisses, Grace
- short forms *she's; didn't; we're; don't*
- examples of the present simple tense *I think; I adore; She's; I like; she helps; we meet; The film starts*
- examples of the present continuous tense
She's making; We're meeting



LOOK

How do you say *such as*, *like* and *including* in Polish?




She has appeared in different TV series, *such as* *CSI: NY*.
taki/taka/takie jak

She's also famous for films *like* *The Fault in Our Stars*.
taki/taka/takie jak

She helps different charity organisations, *including* the Pediatric AIDS Foundation. *w tym, włączając w to*

3 In your notebook, complete the sentences with your own ideas. Then work in pairs and tell each other about your favourite films, bands and books.

(Students' own answers)

- I like films such as .
- I usually listen to bands like .
- I read different kinds of books, including .

4 Read the information about Colin Firth.

Work in pairs. Ask and answer the questions.

- Why is he famous? *Because he is a film and stage actor.*
- When and where was he born? *In 1960 in Grayshott, England.*
- Where did he study? *At Drama Centre London.*
- Who does he work with? *With Renée Zellweger, Pierce Brosnan, Geoffrey Rush, Samuel L. Jackson.*
- Where does he go with Oxfam? *To Ethiopia and Italy.*
- What is he doing at the moment? *He's making new films.*

COLIN FIRTH British film and stage actor

Famous films: *Bridget Jones's Diary, Mamma Mia!, The King's Speech, The Secret Service*

Born: 1960, Grayshott, England

Drama student: Drama Centre London

Works with: Renée Zellweger, Pierce Brosnan, Geoffrey Rush, Samuel L. Jackson

Humanitarian work: Oxfam global ambassador, visits Ethiopia and Italy

Current projects: making new films

*Oxfam is an international humanitarian agency.



WRITING PLAN

1 Read the task below.

Zadanie testujące

Interesujesz się filmem i postanowiłeś/postanowiłaś dołączyć do forum miłośników filmu. W e-mailu do kolegi/koleżanki z tego forum opisz swojego ulubionego aktora/swoją ulubioną aktorkę. Napisz:

- dlaczego jest sławny/sławna,
- czym się obecnie zajmuje,
- dlaczego go/ją lubisz.

Podpisz się jako XYZ. Rozwiń swoją wypowiedź w każdym z trzech podpunktów, pamiętając, że długość e-maila powinna wynosić od 50 do 120 słów. Oceniana jest umiejętność pełnego przekazania informacji, spójność, bogactwo językowe oraz poprawność językowa.

2 Plan the email. Use the model text in exercise 1 and the questions in exercise 4 to help you.

3 Write your email. Include answers to all the questions.



TIP

Pisząc e-mail do kolegi/koleżanki, używaj stylu nieformalnego (np. krótkich zdań lub równoważników zdań, form skróconych itp.)

Check your writing:

- ✓ use the correct tenses
- ✓ use at least two different words for introducing examples
- ✓ use informal style

Language in Action

Meeting people

1 Match the words and expressions with the pictures. Write the answers in your notebook.

- | | |
|--------------------------|------------------------|
| 1 meeting point <i>h</i> | 5 departures <i>b</i> |
| 2 lift <i>d</i> | 6 bus station <i>f</i> |
| 3 arrivals <i>a</i> | 7 toilets <i>g</i> |
| 4 escalator <i>c</i> | 8 car park <i>e</i> |



2 **1.08** Chris and Amy are meeting Luis at the airport. Listen to the dialogue. Answer the questions.

- Does Luis like flying? *Luis doesn't mind flying.*
- When did Luis set off? *At about three o'clock.*
- Where are Chris's mum and dad? *They are (waiting) in the car.*
- Why is Luis's bag heavy? *Because he has a lot of presents there.*

3 Put the words in the dialogue in the correct order. Write the correct dialogue in your notebook.

Chris Hello, Luis. It's ¹to / you / great / see / again.
great to see you again
 Luis Hi, Chris. Thanks for ²meet / to / me / coming.
coming to meet me
 Chris That's OK. ³was / journey / your / how?
How was your journey?
 Luis Oh, it was fine. I don't mind flying.
 Chris What time ⁴off / did / you / set? *did you set off*
 Luis We left Barajas at about three o'clock.
 Chris Shall we go? Mum and dad are waiting in the car.
 Luis OK, ⁵looking / meeting / to / I'm / forward / them!
I'm looking forward to meeting them
 Chris Let ⁶take / bag / me / your. *me take your bag*
 Luis Oh, thanks – it's a bit heavy!
 Chris Wow! What have you got in here?
 Luis Lots of presents!

4 **1.08** Listen and check. Work in pairs and practise the dialogue.

5 Translate the following sentences into English. Use the words in bold. Write the answers in your notebook.

- Jak ci minęła podróż? **was** *How was your journey?*
- Cieszę się, że ich poznam. **forward**
I'm looking forward to meeting them.
- O której wyruszyliście? **time** *What time did you set off?*
- Fajnie cię znowu widzieć. **great** *It's great to see you again!*
- Dzięki, że po mnie przyjechałeś. **for**
Thanks for coming to meet me.
- Pozwól, że wezmę twoją torbę. **let** *Let me take your bag.*



6 Work in pairs. Write a new dialogue. Imagine your friend has just arrived at Heathrow Airport in London and you are meeting him/her. Write the answers in your notebook.

Example answers:

You Hello, ¹(name). It's great ²to see you again.
 Your friend Hi, ³(name). Thanks for ⁴coming to meet me.
 You That's OK. How ⁵was your journey?
 Your friend Oh, it was terrible. I ⁶hate flying.
 You What time ⁷did you set off?
 Your friend We left ⁸(place) at about two o'clock.
 You Shall we go? ⁹(family members) are waiting in the car.
 Your friend OK. I'm ¹⁰looking forward to meeting them.
 You Let ¹¹me take your bag.
 Your friend Oh, thanks – it's a bit heavy!
 You Wow! What have you got in here?
 Your friend ¹²Lots of presents and clothes!

7 Work in pairs. Practise the dialogue. Then change roles and practise it again.

8 **1.09** Luis is meeting his friend's parents. Listen to the next part of the dialogue. Choose the correct option: a, b or c. Write the answers in your notebook.

- Chris's mum and dad are called
a Cathy and Simon.
b Carol and Steve.
c Sally and Carl.
- Chris's dad thinks that
a Luis's boots are heavy.
b they can't park here at all.
c Luis's bag weighs a lot.
- The journey to their house will take about
a 10 minutes. **b** 30 minutes. c an hour.

9 Work in pairs. Student A – open your book on page 121. Student B – open your book on page 122.



Test Practice

Poziom podstawowy

Rozumienie ze słuchu

1 Choose the personal qualities that you need to do tasks 1–3. Write the answers in your notebook.



- 1 Going on a two-week expedition in the jungle.
generous brave confident
- 2 Doing voluntary work with other people.
stressed caring sociable
- 3 Getting a good result in a school-leaving exam.
confident hard-working mean

2 Complete the sentences with the words and phrases given. Write the answers in your notebook.

1 on Monday now

- A I can't go to the cinema on Monday because I'm taking my dog to the vet then. Why don't you ask Alice to go with you?
- B She can't talk to you now because she's studying for an exam. Can you call her again in the evening?

2 every year just like last year

- A This year's Christmas concert starts at 6 just like last year. What time do you want to meet up?
- B The tradition is that the Christmas concert starts at 6 every year.

3 is was

- A There is a plan to make a new discovery during this year's expedition.
- B There was a plan to make a new discovery during last year's expedition.

3 1.10 Listen to the dialogue and match the people to their plans. There are two plans that you do not need to use. Write the answers in your notebook.

- | | |
|---------|---|
| 1 James | A getting a certificate from university |
| 2 Bart | B going on an expedition to the jungle |
| | C watching a concert in Tuscany |
| | D going on an expedition to a desert |

1 B 2 C

Zadanie testujące

1.11 Usłyszysz dwukrotnie rozmowę kolegi i koleżanki. Na podstawie informacji zawartych w nagraniu dopasuj do każdej osoby (1–4) odpowiadające jej plany na nowy rok szkolny (A–E). Zapisz odpowiedzi w zeszytach. Uwaga! Jedno postanowienie zostało podane dodatkowo i nie pasuje do żadnej osoby.



TIP

Przed wysłuchaniem nagrania przeczytaj opcje odpowiedzi A–E i zastanów się, jakie słownictwo i struktury gramatyczne mogą się w nim pojawić.

People

- 1 Ron
- 2 Jasmine
- 3 Vanessa
- 4 Eddie

Plans

- A do some voluntary work
- B invent a new gadget
- C win a race
- D pass some exams
- E learn a new skill

1 C 2 E 3 D 4 A

4 Work in pairs. Talk to each other about your plans for this school year.

- start jogging/going to the gym
- do some voluntary work
- sign up for dance/drawing classes
- study harder
- join a club
- pass some important exams
- learn a new skill
- win a prize

What plans have you got for this school year?

Well, I'd like to do something active, so I'm signing up for dance classes next week.



Test Practice

Poziom rozszerzony

Rozumienie ze słuchu

- 1 1.12 Listen to Matt talking about his favourite actress. For questions 1–2 choose the correct option: A or B. Write the answers in your notebook.



- 1 Anna Paquin achieved her first success
 - A in the series *True Blood*.
 - ☒ B at the age of 11.
 - 2 In 2009, Anna Paquin
 - A achieved her first success.
 - ☒ B received a Golden Globe Award.
- 2 1.12 Listen to Matt again. Find the words which mean the same as the highlighted phrases. Write the answers in your notebook.
- 1 She achieved her first success **at the age of 11**.
when she was only 11 years old
 - 2 She **received** a Golden Globe Award. *won*
- 3 Read sentences 1–3 in exercise 4. Say which sentence is about:
- A the place the people are in? **3**
 - B detailed information? **1**
 - C general idea? **2**
- 4 1.13 Listen to the dialogue and for questions 1–3, choose the correct option: A, B or C. Write the answers in your notebook.
- 1 Chloe admires Bono because he
 - A has won the Nobel Peace Prize.
 - ☒ B helps people in Africa.
 - C is not old.
 - 2 The dialogue is about
 - A celebrities who can't sing.
 - ☒ B Chloe's favourite artist.
 - C Harry's favourite artist.
 - 3 Where are Chloe and Harry?
 - A at school
 - B at home
 - ☒ C in the cinema

- 5 1.13 Listen to the dialogue again. In your notebook, write down the words which helped you to find the answers to the questions in exercise 4.

- 1 *he tries to improve the lives of people in Africa; [he] tries to persuade them to help and provide aid. He isn't just some silly celebrity.*
- 2 *'The person I admire'; He is a great singer and I love his voice*
- 3 *let's get some popcorn before the lights go out; When we get home, I'll ...*

Zadanie testujące

- 1.14 Usłyszysz dwukrotnie dwa teksty. Na podstawie informacji zawartych w nagraniu w zadaniach 1–6 z podanych odpowiedzi wybierz właściwą (A, B albo C). Zapisz odpowiedzi w zeszytce. **Uwaga!** Zadania 1–3 odnoszą się do pierwszego tekstu, a zadania 4–6 do drugiego tekstu.



TIP

Przed wysłuchaniem nagrania przeczytaj dokładnie pytania i zastanów się, czy odpowiedź będzie dotyczyła szczegółowych informacji, głównej myśli tekstu, czy rozpoznania kontekstu wypowiedzi.

Tekst 1

- 1 Sophie thinks that young people in general
 - A want to be fashion models.
 - ☒ B have different role models.
 - C like to do voluntary work.
- 2 Sophie says that she
 - A enjoys doing all school subjects.
 - ☒ B likes doing chemistry.
 - C thinks school is boring.
- 3 The conversation takes place
 - A in the street.
 - B at school.
 - ☒ C on the radio.

Tekst 2

- 4 Kevin says that Lionel Messi
 - A plays for Manchester United.
 - ☒ B lives in Europe.
 - C scored three goals in the 2011 Champions League final.
- 5 When Kevin talks about the 2011 Champions League final, he says that
 - ☒ A Lionel Messi was brilliant.
 - B Manchester United was brilliant.
 - C the match was brilliant.
- 6 Kevin admires Lionel Messi because
 - A he's one of the best footballers in the world.
 - B he has won Champions League.
 - ☒ C in addition to being good at football, he helps children.

- 6 Work in pairs. Talk to each other about the person you admire and what he/she has achieved. Say why you like this person and whether you have similar goals.

Self Check

Activities and achievements

- 1 Choose the correct alternatives.
Write the answers in your notebook.

- learn / win / get some new skills
- win / pass / do a prize
- go / start / get a distinction
- get / do / make voluntary work
- get / pass / do a certificate

5

Personal qualities: opposite adjectives

- 2 Copy and complete the table.

positive	negative
generous	¹ mean
² brave	cowardly
³ hard-working	lazy
sociable	⁴ quiet
⁵ easygoing	stressed

5

Language in Action

- 3 Read the dialogue and put words 1–4 in the correct places. Write the answers in your notebook.

- A What time did you ¹let off? *set*
 B At about 8 pm yesterday. Anyway, thanks ²forward coming to pick me up. *for*
 A No problem. I'm very happy to see you.
 B Me too! I'm looking ³for to visiting Poland. *forward*
 A Yeah. ⁴Set me help you with the bags. *Let*
 My parents are waiting.

4

Present simple and present continuous

- 4 In your notebook, write sentences, using the present simple or the present continuous.
- It / not rain / every day. *It doesn't rain every day.*
 - She / speak English / at the moment. *She's speaking English at the moment.*
 - Maggie and Josh / go on an expedition / next year. *Maggie and Josh are going on an expedition next year.*
 - The plane / depart / 5.30 am. *The plane departs at 5.30 am.*

4

- 5 In your notebook, complete the questions and answer them. Use the present simple or the present continuous.

- Is your mum working* (your mum / work) today?
- How often *do you play* (you / play) football?
- Are your classmates writing* (your classmates / write) now?
- When *do you usually do* (you / usually do) your homework?

4

be: present and past forms

- 6 In your notebook, correct the sentences. Write one negative and one affirmative sentence.

Nelson Mandela was American. ~~X~~ (South African ✓)

He wasn't American. He was South African.

1 My grandparents were politicians. ~~X~~ (teachers ✓)

My grandparents weren't politicians. They were teachers.

2 They are lazy. ~~X~~ (hard-working ✓)

They aren't lazy. They are hard-working.

3 My first teacher was English. ~~X~~ (Polish ✓)

My first teacher wasn't English. He/She was Polish.

4 Mother Theresa was a scientist. ~~X~~ (nun ✓)

Mother Theresa wasn't a scientist. She was a nun.

5 Malala Yousafzay is from India. ~~X~~ (Pakistan ✓)

Malala Yousafzay isn't from India. She is from Pakistan.

5

there is/are, there was/were

- 7 In your notebook, write affirmative (✓) or negative (X) sentences. Use *there is/are, there was/were*.

At my primary school, ...

there weren't any science laboratories. (X)

1 *there were* about 150 students. (✓)

2 *there wasn't* a swimming pool. (X)

Now, at my school, ...

3 *there is* a big sports hall. (✓)

4 *there aren't* any French teachers. (X)

5 *there are* eight classrooms. (✓)

5

Cumulative grammar 1 2 3 4 5 6 7 8 9

- 8 Choose the correct alternatives.
Write the answers in your notebook.

An interesting life: Mika

One of my favourite singers is Mika.

I ¹listen often / often

listen to his songs

when I ²'re / 'm feeling

stressed. Mika ³was /

were born in Lebanon

in 1983, but now he

and his family ⁴live /

lives in London. When

Mika was young, ⁵was / there was a war in Lebanon and

his family moved to England. Mika ⁶wasn't / weren't happy

at school because he was very shy. Later, he ⁷was / there

was a student at the Royal College of Music. Before he

became a pop star, Mika was an opera singer! Next year,

he ⁸goes / is going on tour again.

8



Total: 40

36 – 40 Excellent! ☺
30 – 35 Very good!

20 – 29 Good
12 – 19 Fair

0 – 11 Poor ☹

Wordlist

T słownictwo obowiązujące na teście

T achieve goals	/ə'tʃi:v 'gəʊlz/	osiągać cele
achievement (n)	/ə'tʃi:vmənt/	osiągnięcie
activist (n)	/'æktɪvɪst/	działacz
apartheid (n)	/ə'pɑ:(r)t'heɪt/	polityka segregacji rasowej
arrivals (n)	/ə'raɪv(ə)lz/	hala przylotów
athlete (n)	/'æθli:t/	sportowiec
award (n)	/ə'wɔ:(r)d/	nagroda
T brave (adj)	/breɪv/	odważny
bronze (adj)	/brɒnz/	brązowy (np. medal)
canoeing (n)	/kə'nu:ɪŋ/	kajakarstwo
T caring (adj)	/'keərɪŋ/	opiekuńczy, troskliwy
comfort zone (n)	/'kʌmfə(r)t ,zəʊn/	strefa komfortu
T confident (adj)	/'kɒnfɪd(ə)nt/	pewny siebie
cookery (n)	/'kʊk(ə)ri/	gotowanie
T cowardly (adj)	/'kəʊə(r)dli/	tchórzliwy
current (adj)	/'kʌrənt/	bieżący, obecny
departures (n)	/dɪ'pɑ:(r)tʃə(r)z/	hala odlotów
describe (v)	/dɪ'skraɪb/	opisywać
director (n)	/dɪ'rektə(r)/dai'rektə(r)/	reżyser
disabled (adj)	/dɪs'eɪb(ə)ld/	niepełnosprawny
disease (n)	/dɪ'zi:z/	choroba
T do voluntary work	/,du: 'vɒlənt(ə)ri ,wɜ:(r)k/	pracować jako wolontariusz
drug (n)	/drʌɡ/	lekarstwo
T easygoing (adj)	/,i:zi'gəʊɪŋ/	spokojny, opanowany
encourage (v)	/ɪn'kʌrɪdʒ/	zachęcać
equal (adj)	/'i:kwəl/	równy
equality (n)	/'kwɒləti/	równouprawnienie
escalator (n)	/'eskə'leɪtə(r)/	schody ruchome
explorer (n)	/'ɪk'splɔ:(r)/	badacz
T feel proud of	/,fi:l 'praʊd ɒv/	być z czegoś dumnym
found (v)	/'faʊnd/	zakładać (np. organizację)
T generous (adj)	/'dʒenərəs/	hojny, wspaniałomyślny
T get a certificate	/,get ə sə(r)'tɪfɪkət/	otrzymywać certyfikat
T get a distinction	/,get ə dɪ'stɪŋkʃ(ə)n/	dostawać wyróżnienie
T go on an expedition	/,gəʊ ɒn ən ,ekspe'dɪʃ(ə)n/	jechać, wyruszać na wyprawę
hardly ever (adv)	/,hɑ:(r)dli 'evə(r)/	prawie nigdy
T hard-working (adj)	/,hɑ:(r)d'wɜ:(r)kɪŋ/	pracowity
help the community	/,help ðə kə'mju:nəti/	pomagać społeczności
hospice (n)	/'hɒspɪs/	hospicjum
humanitarian (adj)	/'hju:mænɪ'teəriən/	humanitarny
improve (v)	/ɪm'pru:v/	doskonalic, ulepszać
in addition	/ɪn ə'dɪʃ(ə)n/	oprócz, poza
in total	/ɪn 'təʊt(ə)l/	w sumie
include (v)	/ɪn'klʊd/	zawierać
including (prep)	/ɪn'klʊdɪŋ/	w tym
initiative (n)	/'ɪnɪʃətɪv/	inicjatywa
T invent a new gadget	/ɪn'vent ə ,nju: 'gædʒɪt/	wynaleźć nowy przyrząd/gadżet
inventor (n)	/ɪn'ventə(r)/	wynalazca
journey (n)	/'dʒɜ:(r)ni/	podróż
T lazy (adj)	/'leɪzi/	leniwy
T learn new skills	/,lɜ:(r)n ,nju: 'skɪlz/	zdobyc nowe umiejętności
Lebanon	/'lebənən/	Liban
lifeguard (n)	/'laɪf,gɑ:(r)d/	ratownik (np. nad morzem/na basenie)
lift (n)	/lɪft/	winda
like (prep)	/laɪk/	taki/taka/takie jak

log (v)	/lɒɡ/	rejestrować swoje wyniki
look forward to (v)	/,lʊk 'fɔ:(r)wə(r)d tu/	oczekiwać, nie móc się doczekać
T make a scientific discovery	/,meɪk ə saɪən'stɪfɪk dɪ'skʌv(ə)ri/	dokonać odkrycia naukowego
T mean (adj)	/mi:n/	skąpy
missionary (n)	/'mɪʃ(ə)n(ə)ri/	misjonarz
nowadays (adv)	/'naʊədeɪz/	obecnie
nun (n)	/nʌn/	zakonnica
on foot	/,ɒn 'fʊt/	pieszo
orphanage (n)	/'ɔ:(r)f(ə)nɪdʒ/	sierociniec, dom dziecka
pacifist (n)	/'pæsɪfɪst/	pacyfista
peace (n)	/'pi:s/	pokój (stan bez wojny)
prison (n)	/'prɪz(ə)n/	więzienie
T quiet (adj)	/'kwaɪət/	cichy, spokojny
recommend (v)	/'rekə'mend/	polecać
role model (n)	/'rəʊl ,mɒd(ə)l/	osoba/wzór do naśladowania
science (n)	/'saɪəns/	nauka
scientist (n)	/'saɪəntɪst/	naukowiec
T score a goal	/'skɔ:(r) ə 'gəʊl/	strzelić gola
Scout (n)	/'skaʊt/	harcerz
T selfish (adj)	/'selfɪʃ/	egoistyczny, samolubny
set off (v)	/'set 'ɒf/	wyruszać
T shy (adj)	/'ʃaɪ/	nieśmiały
silver (adj)	/'sɪlvə(r)/	srebrny
T sociable (adj)	/'səʊsəb(ə)l/	towarzyski
social (adj)	/'səʊʃ(ə)l/	społeczny
steward (v)	/'stju:(r)d/	utrzymywać porządek (np. podczas imprezy masowej)
T stressed (adj)	/'strest/	zestresowany
such as	/'sʌtʃ əz/	taki jak
T take on a challenge	/'teɪk ɒn ə 'tʃæləndʒ/	podejmować wyzwanie
the ill and destitute	/ði ,ɪl ənd 'destrɪtju:t/	chorzy i ubodzy
T track your progress	/'træk jɔ:(r) 'prɒɡres/	śledzić swoje postępy
trade union	/'treɪd ,ju:nɪən/	związek zawodowy
volunteer (n)	/'vɒləntɪə(r)/	wolontariusz
T win a race	/'wɪn ə 'reɪs/	zwygrzać w wyścigu
win a prize	/'wɪn ə 'praɪz/	zdobyc nagrodę
winner (n)	/'wɪnə(r)/	zwycięzca

T USEFUL EXPRESSIONS

How was your journey?
I'm looking forward to meeting them.

It's great to see you again!
Let me take your bag.
What time did you set off?
Thanks for coming to meet me.
Thanks for your last email.
Kisses ...

Jak ci minęła podróż?
Cieszę się, że ich poznam.

Fajnie cię znowu widzieć!
Pozwól, że wezmę twoją torbę.
O której wyruszyłeś/wyruszyłaś?
Dzięki, że po mnie przyjechałeś/ przyjechałaś.
Dzięki za ostatni e-mail.
Buziaki...