

GRAMMAR

Present simple and present continuous

A Underline the correct options to complete the sentences.

- How many languages *do you speak / are you speaking*?
- I *take / am taking* the Number 36 bus to work every morning.
- Misha *learns / is learning* Spanish at the moment.
- Ahmed *seems / is seeming* to like living abroad for now.
- I *look / am looking* for my tablet. Have you seen it anywhere?
- They *become / are becoming* increasingly depressed with the wet British weather.
- Don't worry – the film *doesn't contain / isn't containing* anything unsuitable for children.
- My husband *thinks / is thinking* of buying a smartphone.

B Complete the table with the verbs in the box.

believe belong bring complain cost get include
know mean need own prefer relax
seem show take understand want watch write

Stative	Dynamic

C Complete the blog post with the present simple or present continuous form of the verbs in brackets.

My Travel Adventures

Blog post

2/23/2018 | 12:26pm | 3 comments

What a week we had! I ¹ _____ (relax) at home now because I ² _____ (need) a good rest. I ³ _____ (have) a very busy life but I ⁴ _____ (not think) it's something to complain about. I ⁵ _____ (travel) all over the world for work and I ⁶ _____ (love) that aspect of my job. Last week, we were in Russia. That's me in the picture, in St Petersburg. I ⁷ _____ (smile) because it was a lovely sunny day. It usually ⁸ _____ (snow) in February!

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VOCABULARY

Seeing and hearing

A Complete the sentences with the correct form of the verbs in the box. You will need to use some of the verbs more than once.

hear listen look see sound watch

- Ava _____ like she's been quite ill.
- Do you want to _____ to the podcast about rock climbing?
- Can you _____ that strange noise coming from the computer?
- Ute didn't _____ the step in the hallway and tripped over it.
- I can't talk now because I _____ my favourite comedy series.
- In today's lesson, we _____ at the use of technology for language learning.
- That song _____ a lot like an old folk song my father used to sing.
- Does this dress _____ good on me?

B Read each sentence. Circle the correct answer, a, b or c.

- With her bright pink hair you can always ___ Sandra in a crowd.
 - observe
 - spot
 - stare
- Part of his job is to ___ people's behaviour in group situations.
 - spot
 - recognise
 - observe
- He edits his selfies so much that sometimes I don't ___ him!
 - recognise
 - observe
 - spot
- It's very rude to ___ at other people like that!
 - notice
 - stare
 - observe
- Luckily, my teacher didn't ___ when I arrived five minutes late for class.
 - recognise
 - spot
 - notice



C Complete the following sentences so that they are true for you.

- I enjoy watching _____ (type of sport/film/TV programme).
- I've been told I look quite like _____ (family member or celebrity).
- I really hate/love the sound of _____ (noise).
- I've been listening to _____ (music or podcast) a lot lately.
- I'm good at noticing when _____ (thing or action).

PRONUNCIATION

Schwa /ə/

A Underline three schwas in each sentence.

- We speak a lot of English at home.
- The Spanish exam was difficult, but I think I passed it.
- I don't often listen to podcasts.
- A photo doesn't always show the real you.
- I met up with an old friend at the weekend.
- That's me in the picture with my brother.



B Listen. Check your answers to Exercise A.

1.1



C Listen again and repeat each sentence.

1.1

GRAMMAR

Subject and object questions

A Correct the mistakes in each question.

- 1 What do you guys go out the other night?

- 2 Which do you want, an ice cream?

- 3 What Jack want to do for his birthday next week?

- 4 How much did she have to wait at the bank?

- 5 Who shoes are these?

- 6 How doesn't Laura come to the party with us?

B Rewrite these sentences as questions. The underlined words are the answer to each question.

- 1 Kyoko speaks English with a strong Japanese accent.
Who speaks English with a strong Japanese accent?
- 2 Danny learnt Spanish at a school in Madrid.

- 3 The language lab is open from 10 am to 9 pm.

- 4 You can improve your English by watching English films.

- 5 Yes, we should ask the teacher what this word means.

- 6 Shakespeare is considered the greatest writer of modern English.

- 7 I'm studying modern American literature this term.

- 8 We speak Jamaican English at home.

C Complete the conversation with one to four words in each space.

Charley: Simone, ¹how many languages are spoken in South Africa?

Simone: Well, officially there are 11 languages.

Charley: Wow, that's a lot. ²_____ all of them?

Simone: Yes, I can. Well, ... a little bit of all of them, and one or two completely.

Charley: ³_____ language is your native language?

Simone: I speak Southern Sesotho, which is also called *Sotho*. This language is also commonly spoken in Lesotho.

Charley: Ah, interesting. ⁴_____ for English speakers to learn?

Simone: Yes, it's difficult to learn, unfortunately. It's very different from English.

Charley: Oh, ⁵_____ different?

Simone: Well, there are 9 vowels and 35 consonants, and 3 of the consonants are clicks, written as *x*, *c* and *q*.

Charley: Oh, I've heard about that. ⁶_____ that sound?

Simone: You make it by clicking your tongue against your mouth. It takes some practice to get used to it, but anyone can learn!

Charley: Cool! I'd like to try that. ⁷_____ me how to do it sometime?

Simone: Of course I'll teach you! But ⁸_____ so interested in languages?

Charley: I suppose because I enjoy communicating in very different ways.



VOCABULARY

Languages

A Match the words (1–7) with the definitions (a–g).

- | | |
|---------------|--|
| 1 phrase | a the way someone pronounces words |
| 2 bilingual | b able to speak only one language |
| 3 fluently | c (speaking) correctly, without making mistakes |
| 4 accent | d able to speak two languages |
| 5 accurately | e any small group of words that form a single meaning |
| 6 monolingual | f a group of words which, when used together, have a different meaning to the individual words |
| 7 idiom | g (speaking) easily, without difficulty |

B Complete the sentences with the words from Exercise A.

- When teachers want you to use a dictionary to find out the meaning of a word, they often use the _____ *Look it up!*
- His tongue wasn't literally tied; to 'have your tongue tied' is a(n) _____ meaning that you have nothing to say.
- I can't speak Russian _____, but I can understand it when I hear it.
- Many English speakers are _____ because they don't have a major need to learn another language.
- I can tell by her _____ that she's from Argentina.
- If you don't spell the words _____, you will lose marks.
- Canadians living in Quebec are often _____; they can speak both French and English.

PRONUNCIATION

Pronouncing questions



A Listen to the speakers and underline which question you hear.

1.2

- a What do you learn in class?

b What did you learn in class?
- a What do you want for lunch?

b What did you want for lunch?
- a How do you like your lesson?

b How did you like your lesson?
- a How do you know Marcus?

b How did you know Marcus?
- a Do you want to use my phone?

b Did you want to use my phone?

B Practise saying the questions in Exercise A.



C Listen again and check your pronunciation.

1.2





READING

A PREDICT What are some possible answers to these questions?

- 1 Are there countries where more than ten languages are spoken?
- 2 How many languages do you think it's possible for one person to learn?
- 3 Does learning a new language make us more intelligent?

B READ FOR GIST Read *Secrets of the super language learners* quickly to check your predictions.

C READ FOR DETAIL Match the rhetorical questions with paragraphs 1–3 of the article. There are two rhetorical questions you do not need to use.

- a What are the benefits of speaking other languages?
- b Do monolinguals have better memories?
- c How many languages is it possible for one person to learn?
- d Are hyperglots cleverer than the rest of us?
- e What's the record number of languages spoken?

Secrets of the super language learners

- 1 ___ Some European citizens may use two or three languages regularly, but the number of languages spoken in some African countries is incredible. Cameroon in Central Africa has an amazing 250! People who have learnt several languages through hearing them on a daily basis are known as *multilinguals*. A different type of learner altogether is the *hyperglot* – a person who has spent their entire life learning and perfecting dozens of different languages.
- 2 ___ This question is difficult to answer as some of the world's most famous hyperglots lived many years ago. Emil Krebs, who was born in 1867, spoke and wrote 68 languages fluently and also studied another 120 languages. In more recent times, Kenneth Hale, an American university teacher, probably holds the modern-day record with 50 languages spoken. What's more, he could pick up a new language with incredible speed and was able to have a basic conversation after just 15 minutes of listening to a native speaker.
- 3 ___ Studies have shown that the brain activity of both multilinguals and hyperglots is very different from that of people who speak only one language. The act of learning a new language, like any cognitive process, builds new neural pathways and actually increases the size of the brain. Other benefits include improved ability to focus and better memory.

Glossary

cognitive (adj) related to mental processes such as memory, reasoning, etc

neural pathway (n) nerve cells that receive messages from your brain

pick up (phr v) to learn a new language without effort or study

D REFLECT Think about the answers to these questions.

- 1 Do you think learning many languages is a good idea?
- 2 Which new language(s) would you like to learn? Why?



5.15 pm: In today's TechHub, presenter John Grimes examines the selfie phenomenon.

LISTENING

1.3 **A PREDICT** Look at the pictures and the magazine listing and circle the best answer. Listen to the introduction and check your answers.

- I'm going to hear *an advertisement for a selfie camera / part of a radio programme.*
- The recording will be about *selfie addiction / a new selfie app.*

1.4 **B LISTEN FOR GIST** Listen to the full interview and answer the questions.

- The purpose of *meitu* is to
 - share your personal information.
 - create the perfect selfie.
- Meitu* is
 - the same as other similar apps.
 - better and more advanced than other similar apps.

Glossary

facial recognition technology (n) computer technology used to scan and recognise human faces.

launch (v) to start selling a new product or service

retouch (v) to make small changes to a photo or picture

1.4 **C LISTEN FOR DETAIL** Are the sentences true (T) or false (F)? Correct the false sentences. Then listen again and check your answers.

- Meitu* is a new app.
- It is only available in Asia.
- Meitu* is for people who want to look perfect.
- The user ends up looking like a different person.
- The app is now being used by airport security companies.
- Meitu* is different because it has access to all your personal information.

D REFLECT Think about the answers to these questions.

- How important is it to look good in selfies?
- Are you worried about phone apps accessing your personal information? Why/Why not?



FUNCTIONAL LANGUAGE

Asking for, offering and responding to help

A Complete the conversation with one or two words in each space.

Jess: Would you ¹_____ me a hand with something?

Matt: I'd be happy ²_____. What's the problem?

Jess: I'm trying to download *meitu* onto my phone. It's a Chinese photo-editing app.

Matt: First go to your settings and click on *clear cache*.

Jess: OK. I've done that.

Matt: Now you need to restart your phone. Do you want me ³_____ that?

Jess: That ⁴_____ great. If ⁵_____ mind.

Matt: No problem. There you ⁶_____.

Jess: Thank you so much.

B Circle the correct words to complete the conversation.

Milo: Do you want a ¹*hand / help* with your project?

Fiona: Hi, Milo. Yes, I could use your ²*hand / help*. I have to Photoshop this picture I drew in art.

Milo: Hmm. That isn't going to be ³*nice / easy* because your computer is slow. Why don't you use my laptop?

Fiona: Thanks, Milo. You're a ⁴*myth / legend*! I owe you one!

Milo: Actually, I need a ⁵*help / favour*, too. My drawing is terrible. Can you help me to do it again?

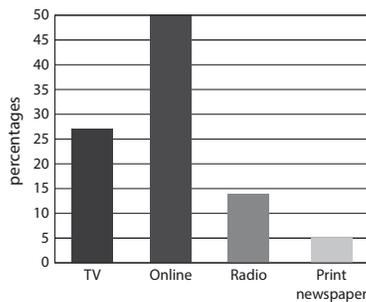
Fiona: Of course I can.



WRITING

A Look at the results of a college survey and answer the questions.

Where do you get your news?



- Are these results surprising? Why/Why not?
- Where do you and your friends usually get your news?

B ORGANISATION Match the sections (a–g) from a report about trends in news media with the paragraphs in which you think they will appear. Then read the report to check your ideas.

- Where you got your information.
- A summary of the situation.
- The purpose of your report.
- Information about TV news.
- Information about radio news.
- Information about print newspapers.
- Information about online news.

Introduction: _____
 Paragraph 1: _____
 Paragraph 2: _____
 Paragraph 3: _____
 Conclusion: _____

C Match the headings (a–f) to the paragraphs (1–3) in the report. There are three headings you do not need to use.

- Nobody watches TV these days.
- Digital is more popular than print.
- Where most students get the news.
- Newspapers are boring.
- Why television scores low.
- Online news tops the charts.

Report about trends in news media

Statistics suggest that young people today are not particularly interested in *hard news*. We ¹*conducted / did* a survey to see how true this is. While our results might seem to confirm the statistics, they do not give the whole picture.

1 _____
 Half of those surveyed got their news online. ²*Lots of them said / Many claimed* that they did not have time to keep up with all the news and preferred to read brief summaries. If there was a big news story, they followed it in greater detail.

2 _____
 The surprisingly low figure for television news is partly explained by the fact that few of them have televisions. This does not suggest ³*they don't like / a lack of interest in* the news.

3 _____
 The very low percentage of print newspaper readers is ⁴*due to the fact that / because* most newspapers have an online version. Those that got their news from the radio said that it was because they had the radio on most of the time anyway.

Conclusion

While it is true that few young people read print newspapers or watch television news, this is a sign of the times. ⁵*I know that / It seems that* they get the news they want online and are as well-informed as any previous generation.

D USING FORMAL LANGUAGE Circle the more formal phrases to complete the report.

WRITING PRACTICE

A PREPARE You are going to write a report about trends in the use of technology for education.

- Choose two or three points to include in your report. These will be your main paragraphs.

B WRITE Write your report in 150–200 words. Remember:

- to start with an introduction, stating the purpose of your report and where you got your information.
- to provide suitable headings for each paragraph.
- to use formal language.
- to end with a conclusion.

PRONUNCIATION

's and 've

A Listen to eight sentences. Complete the sentences with a missing word or contraction.

- 1 _____ planted a tree.
- 2 _____ finished my work.
- 3 _____ made a list.
- 4 _____ started an online course.
- 5 _____ saved a lot of money.
- 6 _____ climbed a mountain.
- 7 _____ started a new job.
- 8 _____ made our decision.

B Practise saying the sentences in Exercise A.

GRAMMAR

Present perfect simple and past simple

A Complete the conversation with the present perfect simple or past simple form of the verbs in brackets.

Alex: So, ¹ _____ you ever _____
(make) a bucket list?

Bex: Yes, I have. I ² _____ (write) one
about five years ago. But I ³ _____
(not do) many of the things yet!

Alex: How many ⁴ _____ you
_____ (do) so far?

Bex: Only one, actually! On my last birthday,
I ⁵ _____ (do) a parachute jump.
That ⁶ _____ (be) wonderful. So,
only 99 more things to do! How about you?

Alex: Oh, I ⁷ _____ never
(make) a bucket list. My brother
⁸ _____ (write) one, though. He's
always doing the things on his list.

Bex: Such as?

Alex: Well, for example, already this year, he
⁹ _____ (learn) how to fly. Last
December, he ¹⁰ _____ (go)
swimming with dolphins. He loves doing new and
unusual things if he's got the money.

B Underline the correct option to complete the sentences.

- 1 I still / yet haven't visited Australia, but I will one day.
- 2 My friend has gone / went swimming with dolphins last year.
- 3 Where is the most memorable place you have ever been / ever went?
- 4 I've still / just solved a difficult problem we had at work.
- 5 Philippe has been / was here for three months so far.
- 6 I've just / never wanted to do anything daring, like climbing a mountain.
- 7 Marta did / has done a parachute jump on her 30th birthday.
- 8 I've been so busy that I haven't answered that email already / yet.

C Complete the blog so that it is true for you.

Have you ever ...?

blog

When I was younger two of my dreams were _____ and _____.

Unfortunately I haven't _____ yet, but I have _____.

I achieved my dream _____ (when) in _____ (where). I was with _____ (who) at time. I felt so _____ (emotion).

VOCABULARY

Collocations: making big decisions

A Complete the collocations with the verbs in the box.

lose make make put set stay take turn work

- 1 _____ the next step
- 2 _____ a plan into action
- 3 _____ a dream into reality
- 4 _____ short-term and long-term goals
- 5 _____ heart
- 6 _____ the break
- 7 _____ towards a goal
- 8 _____ motivated
- 9 _____ a decision

B Complete the sentences with the collocations from Exercise A.

- 1 Don't _____ – we'll get to the top of the mountain in the end.
- 2 We have to find a way to stay _____; otherwise we'll never finish this project.
- 3 Making a list of your plans and ambitions is great in theory, but you won't achieve them unless you put those plans _____.
- 4 Leaving home is a difficult decision, Anya, but I really think you need to make _____ and learn to be independent.
- 5 You came first in the local talent contest, but are you ready to take _____ and audition for the national contest?
- 6 I have to make _____ – do I stay in this job or look for something better?
- 7 Giles is working towards _____ of becoming a successful businessman.
- 8 We all have a dream, but some of us manage to turn that dream _____.
- 9 I know what I want to achieve in the long term, but it's important to set _____ along the way.



VOCABULARY

Dependent prepositions (verb / adjective + *for* / *of*)

A Match the beginnings of the sentences (1–8) with the endings (a–h).

- | | |
|---|---|
| 1 This job would only be suitable | a of Joel to try to solve the problem on his own. |
| 2 The management don't seem to be aware | b for an animal charity as a volunteer. |
| 3 It was typical | c for someone who speaks Japanese. |
| 4 Niaz has asked for | d for your first job interview. |
| 5 Sally is very proud | e of herself for learning how to surf. |
| 6 In my first job I worked | f permission to take the day off. |
| 7 It can be difficult to prepare | g of how big the problem is. |
| 8 Are you looking | h for a new job now? |

B Complete the sentences with the collocations from Exercise A.

- Anyone who takes up mountaineering should be _____ the dangers involved.
- Sandra was going to take her kids to see a new fantasy film; luckily her sister warned her that it wasn't _____ children before she bought the tickets.
- The dishes in the restaurant were very _____ the region – all the food was delicious!
- Thomas spent all morning _____ his keys, but he still couldn't find them.
- Melissa is _____ a big tech company in California. She absolutely loves it there.
- Lara's parents were so _____ her when she graduated from university last year.
- The couple in the café _____ their bill.
- Clàire has been _____ her first marathon for the past six months.

Problems and solutions

C Complete the letter of advice with the correct form of the verbs in the box.

agree analyse cause come deal solve suggest

Dear Carlo,

In your letter you told me that you don't know how to ¹ _____ with a difficult situation at work. Well, first you need to think about what's ² _____ the problem. You say that whenever you ³ _____ solutions for problems at work, your boss is very negative and just rejects them all. Have you tried ⁴ _____ up with a variety of different solutions? Do you try to look at all the different ways you can ⁵ _____ a work problem? Maybe your boss thinks that your ideas aren't flexible enough. And finally, get together with your colleagues to ⁶ _____ each issue as it occurs. Maybe if you work together and ⁷ _____ on a plan of action, your boss will be less likely to reject it!

PRONUNCIATION

Word stress: verbs with two syllables

A Put the verbs in the box in the correct column.

achieve focus manage regret study suggest

Verbs with stress on first syllable	Verbs with stress on second syllable
_____	_____
_____	_____
_____	_____



B Listen to the verbs. Check your answers to Exercise A. Listen again.

GRAMMAR

Present and past ability

A Circle the correct option to complete the interview.

Interviewer: Today, my guest is 52-year-old Lydia Maleknia. Lydia, you have completed two full marathons now, but you told me earlier that two years ago you ¹*couldn't / can't* even run 200 metres without getting tired!

Lydia: That's right! I started running a couple of years ago to get fit and now I ²*am able to / could* run 26 miles in under four hours.

Interviewer: Amazing. You also said that you found the motivation to train when you read about the difficulties other women marathon runners had faced in the past.

Lydia: Yes, I did. Kathrine Switzer, for example, is an inspirational athlete. She only ³*could / managed to* get a place in the 1967 Boston Marathon because the organisers didn't realise she was a woman.

Interviewer: ⁴*Could she / Was she able to* finish the race?

Lydia: Yes, she finished the race – and she proved that both women and men ⁵*are able to / manage* run marathons.

Interviewer: You also ⁶*managed to / could* show your friends and family that it isn't only young people who ⁷*can / could* run marathons.

Lydia: Yes, that's right. My daughter was so happy when I got a medal for the fastest time in my age group that she ⁸*didn't manage to / couldn't* stop crying!

B Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Use between two and five words.

1 How is Kate able to work and look after her children?

MANAGE

How _____ work and look after her children?

2 Joe Bartley likes the fact that he can work part-time at the café.

ABLE

Joe Bartley enjoys _____ part-time at the café.

3 Callum didn't manage to do much preparation for the interview.

NOT

Callum was _____ for the interview very well.

4 Helga's low wage means that she can't spend much money on clothes.

SPEND

Helga's low wage means that she is not _____ much money on clothes.

5 Were you able to speak French before you went to France?

COULD

_____ French before you went to France?

6 We weren't able to solve the problem.

DIDN'T

We _____ a solution to the problem.

7 Just think what it would be like to swim with dolphins!

IMAGINE

Can you _____ to swim with dolphins!



Walk on the Wild Side

READING

A READ FOR GIST Read *Walk on the Wild Side* quickly and circle the correct option for each sentence.

- The article is about people who *don't want smartphones / want a simpler life*.
- Dan Usher is *a TV presenter / somebody who lives in a remote place*.
- According to Tessa, her lifestyle is suitable *for everyone / for some people*.

B Read the article again. Match the words and phrases in bold from the article (1–6) with their meanings (a–f). Underline the parts of the text which helped you understand the meanings.

- | | | |
|--------------------|-----|-----------------------------|
| 1 off the grid | ___ | a easy to find or get to |
| 2 the rat race | ___ | b things you need to live |
| 3 accessible | ___ | c with no modern technology |
| 4 supplies | ___ | d fixing |
| 5 maintaining | ___ | e change ideas or behaviour |
| 6 adapt themselves | ___ | f modern life |

C READ FOR DETAIL Read the article again. Are the sentences true (T) or false (F)?

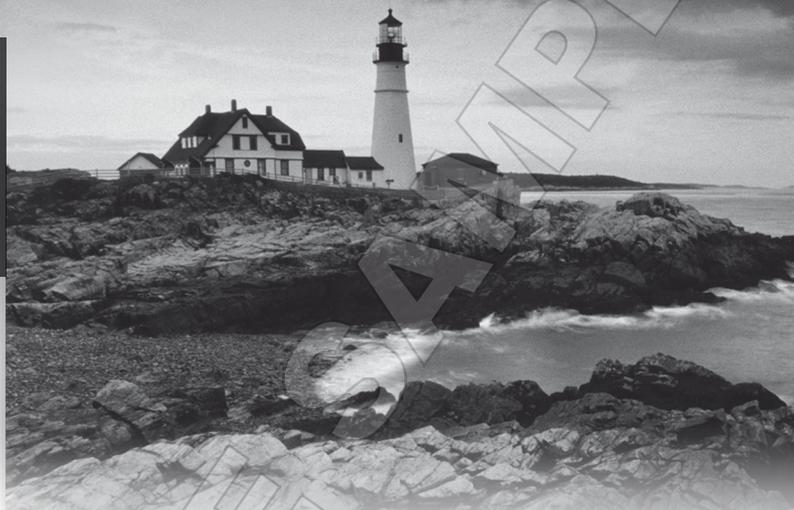
- The people on the TV show reject modern technology. ___
- They sometimes have to share their homes with rats. ___
- You cannot get to the island by helicopter. ___
- Tessa and Jack had to transport all the things they would need. ___
- They have to be good at fixing things. ___
- Dan thinks the couple are good at solving problems. ___

Glossary

- isolation (n)** the state of being alone
lighthouse (n) a tower built next to the sea with a flashing light to warn ships of danger
readings (n pl) measurements
remote (adj) far away from other people or places

D REFLECT Think about the answers to these questions.

- How would you feel about living off the grid?
- Would you like to live on Maatsuyker Island? Why/Why not?



For some people, the idea of being without their smartphone for an hour is enough to send shivers down their spine. But how about being without an internet connection, without electricity, without a car – completely **off the grid**? Who would willingly put themselves into such a situation? The answer is – a growing number of men and women who want to leave behind the security of a nine-to-five routine to explore the wild places of the Earth.

In the new series of *Walk on the Wild Side*, Dan Usher travels to the remotest corners of the Earth to meet some of the daring people who have left **the rat race** behind to find a way of life which is simpler and more satisfying.

In the first episode, Dan visited Maatsuyker Island, Australia's southernmost lighthouse station. Tasmania Parks and Wildlife Service advertised for a couple to live on the island for a period of six months.

Accessible only by helicopter, a six-month stay on the island means total isolation and very little communication with the outside world. However, this didn't daunt Tessa and Jack Littleton who made the decision to come and live here.

'Although we have a landline, it's often out of order and our only other means of communication is the emergency radio, explains Jack. 'Obviously there's no internet or email. At the beginning of our stay, we had to bring all the **supplies** we would need for six months – food, fuel, clothing and bedding.'

I asked Tessa what everyday life is like. 'Our jobs on the island include cutting the grass, taking weather readings, **maintaining** the buildings and the lighthouse – things are often broken or damaged by the wind and rain. It isn't for everyone, but we love the challenge.' Weather conditions on the island are extreme with strong winds and frequent storms which often cause problems.

At the end of his visit to the island, presenter Dan told viewers, 'What was most interesting about these people was that they are able to deal with change on a daily basis. They have an amazing ability to accept new situations and **adapt themselves** to new surroundings.'

LISTENING

A PREDICT Look at the picture and the caption. Tick (✓) the things you think a guidance counsellor does.

- 1 analyses situations
- 2 teaches students
- 3 solves problems
- 4 suggests solutions
- 5 deals with money

2.3 B LISTEN FOR THE MAIN IDEA Listen to an interview with a guidance counsellor and check your ideas from Exercise A. Complete the job description with the words in the box.

adults dealing decisions pressure solve support

Children and young ¹_____ need guidance and ²_____, especially when it comes to ³_____ with academic, personal, parental and social ⁴_____. A guidance counsellor assists young people by listening to their concerns and uses different techniques to help them to ⁵_____ problems and make the right ⁶_____.

2.3 C LISTEN FOR DETAIL Listen again and complete the sentences (1–7) with one word in each space. The first letters have been given to help you.

- 1 The main focus of the interview is how Gareth helps young people to make l_____ - ch_____ d_____.
- 2 Young people have to deal with f_____ t_____, exams, as well as worrying about their career prospects.
- 3 Gareth asks young people to write down a l_____ of advantages and disadvantages.
- 4 Sometimes parents d_____ a_____ with the choices their children are making.
- 5 Gareth believes that it's important to set l_____ - t_____ g_____ and not just to think about the near future.
- 6 It can be helpful to imagine that you are giving a_____ to a friend.
- 7 It's possible to spend too much t_____ and e_____ thinking about a difficult situation.

Glossary

fatigue (n) tiredness

imaginary (adj) not real, only existing in the mind

D REFLECT Think about the answers to these questions.

- 1 Have you ever spoken to a guidance counsellor? Would you like to?
- 2 Do you think that Gareth's suggestions for making decisions were helpful? Why/Why not?



Come and talk to our guidance counsellor

– any time between 9 am and 5 pm.

FUNCTIONAL LANGUAGE

Asking for, giving and refusing permission

Complete the conversation with the words and phrases in the box.

can call can we start if I ask I'd like
I'm afraid I'm sorry must be would it be

- Tania:** Hi. Is this the right place for the skydiving club?
- Jamal:** Yep! Let me see. You ¹_____ Tania. I saw your name on the list of new members.
- Tania:** Yes, that's me! But you ²_____ me 'Tan' – all my friends do.
- Jamal:** OK, Tan. Well, I'm going to need a few details from you. Is it alright ³_____ you a few questions?
- Tania:** No problem. What do you need to know?
- Jamal:** ⁴_____ with your height? How tall are you, Tan?
- Tania:** ⁵_____, but I don't understand why you need to know that.
- Jamal:** It's for the safety equipment. I need to have your measurements so I can provide you with the right kit.
- Tania:** Oh, OK. I'm one metre 70.
- Jamal:** Good – that's fine. And, how old are you?
- Tania:** I'm 17.
- Jamal:** Oh dear. You're too young; our rules say that you have to be 18 to join the club.
- Tania:** ⁶_____ OK to say I'm 18? It doesn't matter, does it? Just write down '18'.
- Jamal:** ⁷_____ that isn't possible. We take safety very seriously, Tania. ⁸_____ to help, but at the end of the day I'm responsible for you and the other club members. You'll just have to come back again next year.
- Tania:** What a disappointment!
- Jamal:** Sorry, Tania.

WRITING

A Which of these sentences are you most likely to see in an email from a friend or family member?

- 1 I look forward to hearing from you.
- 2 A mate of mine's just got married.
- 3 Yours faithfully
- 4 You'll never guess what happened!
- 5 Lots of love
- 6 I'm writing in reply to your email on 7th July.
- 7 Hi Mike
- 8 Know what I mean ☺?

B USING INFORMAL LANGUAGE Rewrite these sentences in informal language.

- 1 I apologise for not having written sooner.
- 2 I am most grateful for the advice you gave me.
- 3 I hope this email finds you in good health.
- 4 I didn't attend due to the fact that I was unwell.
- 5 I haven't found suitable accommodation yet.

C Read Heike's email to Adriana and circle the best answers.

- 1 Heike *rarely* / *regularly* writes to her friend, Adriana.
- 2 Heike has some *good* / *bad* news.
- 3 She is *sure* / *not sure* about her plans for the future.
- 4 She thinks Adriana *will not* / *will* be able to help her.

D USING INFORMAL LANGUAGE Find at least one example of each of these in Heike's email.

- 1 informal opening and closing expressions
- 2 sentences with incomplete grammar
- 3 informal punctuation
- 4 contractions
- 5 informal words and phrases
- 6 an emoji

WRITING PRACTICE

A PREPARE You are going to write an informal email to a friend telling him/her about some good news you've had and asking for advice. Think about the answers to these questions and make notes.

- 1 Who are you writing to?
- 2 What's your good news?
- 3 What advice do you need from your friend?

B WRITE Write your email in 150–200 words.

- Use your notes and ideas from Exercise A.
- Remember to use an informal writing style.

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To: Adriana

Subject: Hard choice

Hi Adriana,

What's up? It's been a couple of weeks since I last wrote, but a lot of stuff's been happening. Remember I told you I was applying for jobs on fashion mags? I thought I'd made a mess of the interviews, but obviously not. Guess what? I've been accepted by two!!! Woo-hoo!

Trouble is, though, I don't know which one to go for! They're both well-paid, but the one which pays best is in New York! The other one's here in London. So what to do? I'll be far away from my friends and family if I go to the States. Plus, I'll have to find somewhere to live, make new friends ... I know it's a great opportunity, but ... what do you think?

It would be so cool if we could chat about this in person. How about going for a coffee? It would really help me to talk it all through with you. Great new café has opened near me – it's called *Bean There* (like 'coffee bean' – get it? lol ☺). Let me know if you can make it.

Love to you & Dave & the baby,

Heike

