

1

Can't live without it

READING | Multiple choice

→ Student's Book, pages 4–5

1 Read the article opposite then write the correct letter (A–F) to complete the descriptions.

- 1 In paragraph ____ the writer wants us to think about technology use on vacation.
- 2 In paragraph ____ the writer describes ways of cutting down technology use at home.
- 3 In paragraph ____ the writer talks about the amount of time people spend using technology.
- 4 In paragraph ____ the writer gives examples of increasing opportunities to reduce technology use.
- 5 In paragraph ____ the writer describes the positive aspects of reducing technology use.
- 6 In paragraph ____ the writer outlines the negative consequences of using technology too much.

2 Read the article again. For questions 1–5, choose the answer (A, B, C or D) which you think fits best according to the text.

- 1 What is the writer's purpose in the first paragraph?
 - A To show that people use many different electronic gadgets.
 - B To explain that people rarely disconnect from technology.
 - C To criticise people who use more than one media device.
 - D To advise people how to safely unplug electronic devices.
- 2 What is the writer's purpose in the second paragraph?
 - A To help us understand the harmful effects of too much technology.
 - B To make us realise that technology doesn't affect everyone.
 - C To show that modern lifestyles are usually unhealthy.
 - D To make us realise that technology is good for us.
- 3 According to the writer,
 - A it is important to stop using technology altogether.
 - B you should go for a walk in nature every day.
 - C reducing your digital contact time a little can help a lot.
 - D the best thing is to turn off your phone for a while every day.
- 4 If you really want to digitally detox,
 - A you should always use the 'quiet carriage' on trains.
 - B the restaurant in Los Angeles is your best option.
 - C you should switch off your phone when you go shopping.
 - D you can go on a holiday without technology.
- 5 What is the writer's purpose in the final paragraph?
 - A To persuade us not to buy so many technological gadgets.
 - B To suggest that everyone will have fun if they don't use technology.
 - C To show that there are advantages to cutting down on technology use.
 - D To explain that you will have more friends if you use less technology.



3 Find these words or phrases in the article. Then match them to the definitions below.

attention span | bombardment | clarity of mind | eatery | life coach | retreat | tech dependence | unplug

- | | |
|---|---------------------|
| 1 separate a piece of equipment from a power supply | (paragraph A) _____ |
| 2 a situation where someone gets a lot of things to deal with | (paragraph A) _____ |
| 3 a situation where you need technology to live or succeed | (paragraph B) _____ |
| 4 the time you can spend concentrating | (paragraph B) _____ |
| 5 to avoid a dangerous or unpleasant situation by moving away from it | (paragraph D) _____ |
| 6 a place where you can have a meal | (paragraph D) _____ |
| 7 someone who gives advice to people who want to improve their lives | (paragraph E) _____ |
| 8 the ability to think clearly or understand things clearly | (paragraph F) _____ |



A How much time do you spend every day using technology? The shocking results of a study in the UK show that people living there now spend more time each day using media devices, such as laptops, mobile phones and tablets, than they do sleeping! Another study showed that 53% of young people never switch off completely from all personal technology and only 6% manage to totally unplug once a week. We live in a world where technology is everywhere 24/7 and we find it hard to disconnect from this digital bombardment.

B Increasingly, experts are recommending a digital detox – spending time without technology – to combat the negative effects of tech dependence. Spending hours using technology every day can have a serious physical and emotional impact. While some people may only feel a little anxious when they cannot access their devices, for others the risks are more significant. Technology overuse has been linked to obesity, a poor attention span, an increase in stress and anxiety, poor sleep and low energy levels.

C If the idea of disconnecting from media devices fills you with horror, you are not alone. However, it needn't mean totally cutting yourself off from technology. Small changes to your lifestyle can make a big difference – for example, create a technology-free zone at home, unplug for just one hour a day, ideally the hour before you go to sleep. Experiment

with going out without your phone, and spend a minimum of 30 minutes in nature, electronic-free, at least once a week.

D Outside the home, there is growing recognition of the need for breaks from technology. Many UK trains now have 'quiet carriages' where mobile phones cannot be used. In Amsterdam, people are being encouraged to use the city's 'No Wi-Fi' benches, which block wi-fi signals. A famous London department store recently opened a phone-free 'silence room' for shoppers to retreat to, and *Eva Restaurant* in Los Angeles has just become the first eatery to offer a discount if you leave your phone in reception.

E Those that want to go a step further can now book a digital detox holiday. There are an increasing number of travel companies which offer different 'de-tech' packages, ranging from places that are wi-fi free to hotels where you have to hand over all your electronic devices when you check in. Some packages even include sessions with a life coach to give advice on how to use your tech-free time productively!

F There are important benefits to digitally detoxing, which include better concentration, increased creativity and clarity of mind, improved social relationships and reduced stress and anxiety. So what are you waiting for? Switch off now – you never know, you might even enjoy it!

1 Choose the correct answers.

- Rosie's parents are buying a new 3D TV.
 - No, they don't.
 - No, they're not.
- Mum, do you know where George is?
 - I think he watches TV.
 - I think he's watching TV.
- Where does your brother work?
 - He's working at an internet café for now.
 - He works at an internet café for now.
- Are you on the internet much?
 - No, I don't go online a lot.
 - No, I'm not going online a lot.
- Lots of people are into Twitter these days.
 - Yes, it becomes more and more popular.
 - Yes, it's becoming more and more popular.
- How do smartphones work?
 - They use digital technology.
 - They're using digital technology.

2 Choose the correct words.

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ZACK SPEAKS THE TRUTH

Today's topic: Do you really need a new phone?

Whenever I (1) **tell / am telling** my friends how old my phone is, they (2) **think / are thinking** that I (3) **joke / am joking**. I'm not, though. I got this phone three years ago. I can still upload my photos and keep up to date with social media. All of the apps I have still (4) **work / are working**. In other words, there is nothing wrong with it.

My friend Max, on the other hand, only got a new mobile phone last year and already he (5) **thinks / is thinking** about upgrading. But it's not because it's broken. Max is like a lot of my friends – they (6) **see / are seeing** ads for the latest phones and they (7) **feel / are feeling** the pressure to buy them. After all, the people in the ads are usually cool and (8) **look / are looking** like they (9) **have / are having** a great time. The message is that 'new tech' means 'cool'. Well, I definitely (10) **don't think / am not thinking** so!

3 Complete the sentences with the correct form of the verbs in brackets. Use the present simple or continuous.

- Grandpa _____ to the radio; he's asleep in his chair. (**not listen**)
- Mark _____ quite a few hours a day on Facebook and Twitter. (**spend**)
- The boys aren't here. They _____ the football final on Jack's wide-screen TV. (**watch**)
- This satnav system is useless; it only _____ some of the time. (**work**)
- My brother _____ my laptop and it's really annoying! (**always / borrow**)
- _____ a Samsung or an iPhone? Have you decided yet? (**you / buy**)
- The tablet I bought on eBay isn't great; it _____ videos very well. (**not stream**)
- This video _____ ages to download. It's been 30 minutes already. (**take**)

1 Complete the sentences with the adjective form of the word in brackets.

- It's _____ (**admire**) that some businesses are providing local schools with computers for free.
- If you watch too much bad TV, you'll become stupid, and I don't think stupidity is _____ (**reverse**)!
- The technician couldn't fix our laptop because he couldn't find an _____ (**identify**) cause of the problem.
- It's a very popular online newspaper, but some of the stories aren't _____ (**believe**).
- When the _____ (**terror**) accident occurred, Twitter users were the first to report it.
- There should be controls on some online sites so that they are not _____ (**access**) to young children.
- I don't care about being _____ (**fashion**), so I'm not going to change my phone for the latest model.
- Is it _____ (**permit**) for people under the age of 18 to join social network sites?
- Don't watch videos! You should be studying – that's the _____ (**sense**) thing to do.
- A _____ (**horror**) thing happened to Darcy last night – she had no internet, so she couldn't go on Facebook!
- I spend an hour a day online, and I think that's _____ (**reason**), don't you?
- Video games are really fun, but it's _____ (**advice**) not to become addicted to them.

2 Complete the dialogues with the collocations in the box in the correct form.

come to an agreement | come to the decision
do me a favour | do my best | make progress
take my advice | take your point

- 1 **A:** Hmm ... the Samsung or the iPhone? What do you think?
B: _____ and save your money. There's nothing wrong with your old phone.
- 2 **A:** Can you _____? Can you show me how to use my new tablet?
B: Of course I can. It's really easy.
- 3 **A:** Are you _____ with your science project?
B: Yes, I am. Amy's helping me with it and it's going very well.
- 4 **A:** Last night I _____ that we need to spend more time together as a family.
B: Does that mean I can't watch DVDs in my room after school, Dad?
- 5 **A:** I think technology can be very harmful.
B: I _____, but I'd rather have it than not have it.
- 6 **A:** It's a difficult exam. Do you think you'll pass?
B: Well, I'll _____ and hopefully that will be enough.
- 7 **A:** So, have we _____? Are you OK to share your computer with your sister?
B: No, I'm not. I don't want to share it with anyone!

3 Choose the correct words to complete the text.

1	Use of mobile phones is limited / mended to break time and lunchtime.
2	All students must post / switch off their phones at the beginning of each lesson.
3	Students who want to go / turn online can use the computers in the library.
4	Please turn / mend off all computers at the end of the day.
5	You mustn't upload / fix photos taken at school to any social networking site on the line / internet .
6	If you have a problem with a school computer, call the school engineer. Do not try and fix / limit the problem yourself.
7	Do not use broken or damaged equipment. Wait until it has been switched / repaired .
8	Please do not bring expensive repairs / gadgets into school. You are responsible for them if they break.
9	You can post / limit positive comments about teachers and students on our school's online / upload forum.

1

GRAMMAR 2 | -ing and infinitives

→ Student's Book, page 9 → Grammar reference, Unit 1, Student's Book, page 148

1 Choose the correct words.

- 1 **A:** You've got a nice phone. I hope **buy** / **to buy** the same model as soon as I can afford it.
B: To be honest, I can't help **to think** / **thinking** I wasted my money. There are cheaper phones that are just as good.
- 2 **A:** You always seem **being** / **to be** at your computer. Don't you have any hobbies outside of the house?
B: Well, I'm interested in **to play** / **playing** football, though I'm not very good at it. But with a computer game, I can be a champion!
- 3 **A:** Joe, did you forget **to charge** / **charging** the tablet again? It's dead.
B: No, I remember **to do** / **doing** it yesterday. Maybe there's a problem with the battery.
- 4 **A:** I'd rather you **didn't use** / **not to use** my laptop without asking me first.
B: But I needed to find some information online and Mum said it was OK. She lets me **use** / **to use** it all the time.

- 5 **A:** My parents encouraged me **studying** / **to study** computer programming, and I did.
B: Do you regret **to do** / **doing** that now, or are you happy with your career?

2 Match to make sentences. Use the words in italics to help you.

- 1 I *prefer* _____
2 I *stopped* _____
3 I'm *beginning* _____
4 I *noticed* _____
5 I *don't mind* _____
6 I *refuse* _____
- a) *paying* a bit more for a top quality phone.
b) *to understand* how gaming can become addictive.
c) *to spend* a lot of money on a gadget.
d) *using* a laptop to surfing the net on a tablet.
e) *him taking* a photo on his mobile phone.
f) *playing* the game and watched TV instead.

1  **01 Listen to the comments and choose the sentence (a or b) that best summarises what the speaker says.**

- 1 a) I don't want to disagree with you.
b) You have to agree with me.
- 2 a) We can't agree, but that's OK.
b) It's good that we agree.
- 3 a) I strongly disagree with you.
b) I agree with you 100%.
- 4 a) There is no way that I can agree with you.
b) I know that you are not being serious.
- 5 a) That's exactly how I feel.
b) I'm not sure I agree with you.

2  **02 You will hear people talking in five different situations. For each question, choose the best answer (A, B or C).**

- 1 You hear a young man and a young woman talking. What do they disagree about?
A how expensive the latest phones are
B the importance of having an up-to-date phone
C what the young man spends his money on
- 2 You hear a man and a woman talking. What do they agree to do?
A accept each other's opinion
B buy a new television set
C discuss the problem again
- 3 You hear a man and a girl talking. What do they agree about?
A The technician was not right.
B He will give the girl back her money.
C It's wrong that the tablet is still broken.
- 4 You hear two women talking. What do they agree about?
A a parent's role in children's screen time
B how much a parent can trust a child
C how responsible children can be
- 5 You hear a father and son talking. What do they disagree about?
A that the boy bought another video game
B that the boy bought a specific video game
C that the boy bought the game to be cool

1 Complete the sentences with the words in the box.

a | ever | in | never | now | tend | time | typical | up | usual

- 1 A _____ Saturday for me is to go out for the afternoon with my friends. We usually go shopping or hang out at a café. Sunday is a lazy day. I _____ to see my friends if I can, but I rarely go out on Sunday night because I have to get up early the next day for school.
- 2 I love reading in bed, and I often spend _____ to an hour _____ day reading before I finally go to sleep. Recently I finished reading *The Fault in Our Stars* by John Green, which I thought was excellent.
- 3 My _____ routine is to relax for about half an hour. From time to _____ I cook dinner because I love cooking, but usually it's my mum who does it. After dinner, I play video games or surf the internet. I hardly _____ go out during the week because I've got homework to finish, and where I live there's really nothing to do _____ the evening.
- 4 Yes, I do, but I only do them at the weekend. I _____ have any free time on weeknights because I am too busy with school work. However, on Saturdays I play in a band with some friends; I'm the bass player.
- 5 During the week, yes. We have dinner and watch TV together almost every evening. But at the weekends, I like spending time with friends. Every _____ and again we do something as a family, though.



2 Match paragraphs 1–5 in Exercise 1 to questions a–e.

- | | |
|---|---|
| _____ a) What do you do after school? | _____ d) Do you spend a lot of time with your family? |
| _____ b) How much time do you spend reading? | _____ e) Do you have any hobbies? |
| _____ c) What do you like doing at the weekend? | |

3 Write your own answers to the questions in Exercise 2.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

1

USE OF ENGLISH | Sentence transformation

→ Student's Book, page 11

1 Complete the table with the words and phrases in the box. Some words and phrases can be used more than once.

agree | be good at | make | mind | remember (× 2) | see | tend | would like

1) verb + (object) + full infinitive	2) verb + (object) + -ing	3) verb + object + bare infinitive
<i>agree</i>		

2 Choose the correct sentence endings. Use the words in italics to help you. Sometimes more than one answer is correct.

- 1 You should be preparing for your final exams *instead of*
 - a) surf the internet.
 - b) to surf the internet.
 - c) surfing the internet.
- 2 I've got a new laptop and Carl *offered*
 - a) set it up for me.
 - b) to set it up for me.
 - c) setting it up for me.
- 3 Don't *risk*
 - a) your health.
 - b) to harm your health.
 - c) harming your health.
- 4 You could *pretend*
 - a) being unwell.
 - b) to be unwell.
 - c) be unwell.
- 5 He played the game all day, but he *stopped*
 - a) playing to have dinner.
 - b) to have dinner.
 - c) play for dinner.
- 6 It was late but David *carried on*
 - a) chat online.
 - b) to chat online.
 - c) chatting online.
- 7 Of all the computers here, I *would prefer*
 - a) buying this one.
 - b) this one.
 - c) to buy this one.
- 8 I *love*
 - a) taking selfies.
 - b) to take selfies.
 - c) take selfies.

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

- 1 Mia can work out technical problems; she has a talent for it. **GOOD**
Mia's _____ technical problems.
- 2 Tom and Zak came to an agreement about sharing the laptop. **AGREED**
Tom and Zak _____ the laptop.
- 3 Will you let me go to the digital seminar, Dad? **MIND**
Do you _____ to the digital seminar, Dad?
- 4 I don't recall if I turned off the TV last night. **REMEMBER**
I _____ the TV last night.
- 5 Jen's busy and she doesn't usually waste time online. **TENDS**
Jen's busy so she _____ time online.
- 6 It's my mum's fault that I dropped my phone. **MADE**
My mum _____ my phone.



1 Choose the correct words to complete the exam skill advice.

- When you are writing, you **might** / **never** need to agree or disagree with ideas.
- Try to use a range of **phrases** / **words** that refer to ideas, such as, *I am against the idea that ...* or *I disagree with the argument that ...*

2 Read the exam task below. Then write A–D in the paragraph plan to put the paragraphs in the correct order.

Paragraph 1	introduction to the subject	___
Paragraph 2	first point that agrees with the statement	___
Paragraph 3	second point that agrees with the statement	___
Paragraph 4	conclusion/summary of opinion	___

Teenagers should spend less time using technology to communicate and more time communicating face-to-face. Do you agree?

A *Teenagers who spend too much time communicating with other people through a screen rather than in person can struggle to connect emotionally. I completely support the idea that this can make it harder for them to develop close relationships with 'real' people and can make them feel isolated.*

B *Of course, technology can be useful to communicate sometimes. I am not in favour of teenagers never using it at all. However, I think teenagers would benefit from spending more time interacting face-to-face and less time communicating through screens.*

C *Today, it is very common for young people to use technology to communicate. Even when teenagers are with their friends, they are often on their phones rather than actually talking to each other. I totally agree with the idea that teenagers should spend more time communicating face-to-face.*

D *In addition, I do not accept the idea that it's important to be digitally 'connected' with your friends 24/7. Sending more text messages does not mean you are closer to someone. In my opinion, it is better to spend half an hour being with someone rather than texting them.*

3 Rearrange the letters to make words that complete these phrases for agreeing/disagreeing. Then find and underline the phrases in the text.

- I am not in _____ of ... **avufor** 3 I _____ agree with the idea that ... **lyatotl**
- I do not _____ the idea that ... **ceatcp** 4 I completely _____ the idea that ... **tropsup**

4 Complete these opinion phrases with your own ideas about teenagers using technology to communicate.

- It is my belief that *technology improves communication because it means students can communicate with other young people anywhere in the world.*
- I tend to think that _____.
- From my point of view, _____.
- As far as I'm concerned, _____.

PROGRESS CHECK

1 Choose the correct words.

- 1 **A:** That's a strange-looking gadget. What **do you think / are you thinking** it is?
B: I have no idea, but I'm trying **working / to work** it out.
- 2 **A:** Lina's on the phone now. She **calls / is calling** the computer technician.
B: I hope he is able **to fix / fixing** the problem.
- 3 **A:** Dev, please stop **to surf / surfing** the net and do your homework.
B: I'm online because I **do / am doing** some research, Mum.
- 4 **A:** I prefer sending text messages to **make / making** phone calls.
B: Me too. It **saves / is saving** time and money.
- 5 **A:** Do you fancy **to go / going** to the technology exhibition?
B: I'd like to, but I **study / am studying** for a test at the moment.
- 6 **A:** I heard Oliver **say / to say** that he lost his phone.
B: Yes, he lost it yesterday, and he **goes / is going** crazy looking for it.

2 Complete the sentences with the words in the box in the correct form.

accessible | cause | do (× 2) | fix | gadgets | make | online
 permissible | reasonable | reversible | switch | take (× 2)

- 1 I think there's a problem with my phone. I can't hear it when it rings. Could you _____ me a favour and call me now? I want to check it.
- 2 I'm getting worried. I haven't _____ any progress with my technology project for school.
- 3 Jess bought a cheap charger which _____ her phone to catch fire. So _____ my advice – only use approved products with your phone.
- 4 I _____ your point about the danger of internet addiction for children, but you can't stop them using digital technology; it wouldn't be _____ to do that.
- 5 Is it true that the microwaves from _____ like mobile phones and tablets can affect the brain and that the damage is not _____?
- 6 I regularly read an _____ newspaper, but some of the articles are only _____ if you have a subscription, and I haven't.
- 7 I'm so sorry! I dropped your tablet and the screen is broken. I'll _____ my best to get someone to _____ it as soon as possible.
- 8 It isn't _____ to use your mobile phone in the hospital, so please _____ it off before you go inside.

Cumulative progress 1

2 3 4 5 6 7 8 9 10 11 12

3 Choose the correct word or phrase for each gap.

I own quite a few (1) _____. They include a smartphone, a laptop, a camera and a tablet. It's hard to pick a favourite, but I suppose if I had to choose, it would be my mobile phone. It combines all of the things that I need (2) _____ daily in one device. Strangely enough though, I hardly (3) _____ make phone calls, but I do send lots of text messages and emails. The phone has an awesome camera, so I take rather a lot of photos with it, which I later

(4) _____ to Instagram or post on Facebook. I can't imagine (5) _____ without a mobile phone, but that's due to the fact that I've grown up with this technology. Everyone I know has one, and maybe that's what makes this gadget seem essential. I'm (6) _____ to contact my friends at any time, and we can share photos, music and videos. For me, that's the best thing about mobile phones – they keep you connected with other people.

- | | | | |
|-------------------------|------------------|---------------------|-----------------------|
| 1 A technologies | B gadgets | C technology | D electronics |
| 2 A use | B to use | C be using | D using |
| 3 A ever | B never | C much | D always |
| 4 A mend | B repair | C switch | D upload |
| 5 A living | B live | C to live | D to be living |
| 6 A ability | B able | C being able | D be able |

