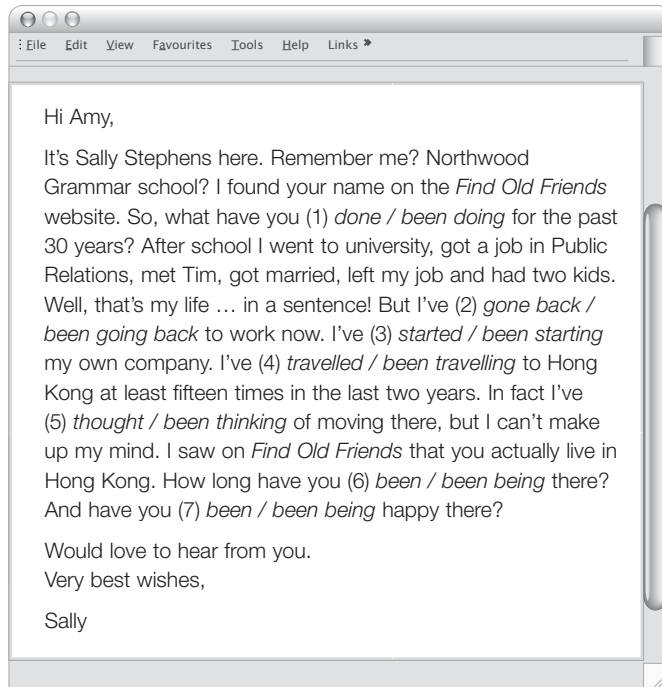


# 7A | Moving

## PRESENT PERFECT CONTINUOUS 1

1 Choose the correct verb forms to complete the email.

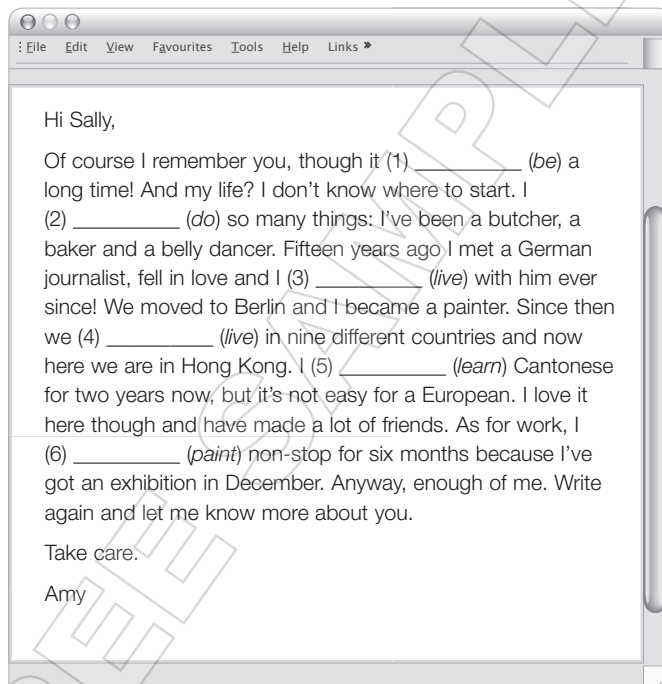


Hi Amy,

It's Sally Stephens here. Remember me? Northwood Grammar school? I found your name on the *Find Old Friends* website. So, what have you (1) *done / been doing* for the past 30 years? After school I went to university, got a job in Public Relations, met Tim, got married, left my job and had two kids. Well, that's my life ... in a sentence! But I've (2) *gone back / been going back* to work now. I've (3) *started / been starting* my own company. I've (4) *travelled / been travelling* to Hong Kong at least fifteen times in the last two years. In fact I've (5) *thought / been thinking* of moving there, but I can't make up my mind. I saw on *Find Old Friends* that you actually live in Hong Kong. How long have you (6) *been / been being* there? And have you (7) *been / been being* happy there?

Would love to hear from you.  
Very best wishes,  
Sally

2 Read Amy's reply to Sally. Complete her email by putting the verbs in brackets into the present perfect simple or present perfect continuous.



Hi Sally,

Of course I remember you, though it (1) \_\_\_\_\_ (be) a long time! And my life? I don't know where to start. I (2) \_\_\_\_\_ (do) so many things: I've been a butcher, a baker and a belly dancer. Fifteen years ago I met a German journalist, fell in love and I (3) \_\_\_\_\_ (live) with him ever since! We moved to Berlin and I became a painter. Since then we (4) \_\_\_\_\_ (live) in nine different countries and now here we are in Hong Kong. I (5) \_\_\_\_\_ (learn) Cantonese for two years now, but it's not easy for a European. I love it here though and have made a lot of friends. As for work, I (6) \_\_\_\_\_ (paint) non-stop for six months because I've got an exhibition in December. Anyway, enough of me. Write again and let me know more about you.

Take care.  
Amy

3 Complete the sentences with *for* or *since*.

- 1 She's been working for the bank \_\_\_\_\_ she left university.
- 2 I've been living out of a suitcase \_\_\_\_\_ almost a month and I'm sick of it!
- 3 Where have you been!? I've been waiting \_\_\_\_\_ ages!
- 4 She's been looking for a job \_\_\_\_\_ the company made her redundant.
- 5 They've lived there \_\_\_\_\_ as long as I can remember.
- 6 I've wanted to live in Brazil \_\_\_\_\_ I was a kid.

## PHRASAL VERBS WITH LIVE

4 Complete the sentences with words from the box.

through out of for on up to

- 1 When I was young, I lived \_\_\_\_\_ a suitcase. I never stayed anywhere for very long.
- 2 I live \_\_\_\_\_ my pension. It's enough to buy everything I need.
- 3 My grandparents lived \_\_\_\_\_ the war. It was a difficult time.
- 4 I don't think I'll ever live \_\_\_\_\_ my parents' expectations. They want me to be very successful.
- 5 I live \_\_\_\_\_ my job. It's really important to me.

## DICTATION

5 25 Write the dialogue that you hear.

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## READ & LISTEN

- 6 26 Read and listen to the reading text *Redundancy was the best thing that ever happened to me* on page 66 of the Student's Book.

# 7B | Life changes

## METAPHOR

1 Match the metaphors 1–7 to the definitions a–g.

- |                                 |   |
|---------------------------------|---|
| 1 take an unexpected turn       | a become divorced or separated                                    |
| 2 be at a crossroads            | b change surprisingly   |
| 3 go their separate ways        | c start a new phase in life                                       |
| 4 embark on a new stage in life | d change the development or progress of something                 |
| 5 be no turning back            | e reach a point when you have to make an important choice in life |
| 6 take a new direction          | f become successful or popular very quickly                       |
| 7 take off                      | g be impossible to return to a previous situation or condition    |



2 Match the questions 1–6 to the answers a–f.

- |   |  |
|---|--|
| 1 'And why did you become a painter?'   |  |
| 2 'So was your life at a crossroads?'   |  |
| 3 'How long have you been divorced?'  |  |
| 4 'Was making such a big change in your life frightening?'  |  |
| 5 'Did you ever think you'd become famous?'   |  |
| 6 'Why did you leave the job?'  |  |
| <input type="checkbox"/> a 'Yes, I had to make a decision. Stay or go.'   |  |
| <input type="checkbox"/> b 'Oh, we went our separate ways about five years ago.'                                |  |
| <input type="checkbox"/> c 'I've always loved art and my life just took an unexpected turn when I lost my job.' |  |
| <input type="checkbox"/> d 'I was bored with it and I had the chance to embark on something new and exciting.'  |  |
| <input type="checkbox"/> e 'Terrifying! But once I started I knew there was no turning back.'                   |  |
| <input type="checkbox"/> f 'Never, but when my second book came out, everybody bought it and my life took off.' |  |

## VOCABULARY FROM THE LESSON

3 Match the verbs 1–12 to the words they go with a–l.

- |           |                        |
|-----------|------------------------|
| 1 make    | a guilty               |
| 2 miss    | b out on his childhood |
| 3 break   | c a decision           |
| 4 feel    | d my heart             |
| 5 make    | e up a job             |
| 6 give    | f his mind             |
| 7 look    | g a change             |
| 8 change  | h after a child        |
| 9 make    | i a difficulty         |
| 10 face   | j married              |
| 11 follow | k sense                |
| 12 get    | l a path               |

## TRANSLATION

4 Translate the text into your language.

I've lived through a lot in my life and now I feel I'm at a crossroads. I've been thinking about what to do with the rest of my life. Become a doctor? No, I've never liked hospitals. Teacher? Maybe – I've always enjoyed the company of children. I've been talking to my mum about it and she says I've been worrying too much. She says because I'm only nine I don't need to make any big decisions yet.

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# 7c | Happy birthday

## PRESENT PERFECT CONTINUOUS 2

1 Choose the correct verb form to complete the sentences.

- 1 'Mum, Dad! Fantastic news – I've *passed* / *been passing*! Could I have the keys to the car to go out and celebrate tonight?'
- 2 'Oh, John! The flowers are so beautiful. You've *remembered* / *been remembering* it's my ...'
- 3 'They've *worked* / *been working* hard on her dress for a couple of months, and when it's ready she'll look beautiful in white on the big day.'
- 4 '40 years! You know darling, I've *loved* / *been loving* you ever since I first met you.'
- 5 'They've both *done* / *been doing* fine, thanks. We're not getting much sleep at the moment and Rachel's really tired, but we are very, very happy.'
- 6 'No one *has ever worked* / *has ever been working* as hard as you in this company, Louise. So, I'm delighted to offer you the position.'

2 Complete the article. Put the verbs in brackets into the present perfect simple or present perfect continuous.

## WINDSWEPT AND DEEP TO PART

Actress Kate Windswept and her actor husband, Johnny Deep (1) \_\_\_\_\_ (*decide*) to get divorced after seven years of marriage. Kate told our reporter, 'We

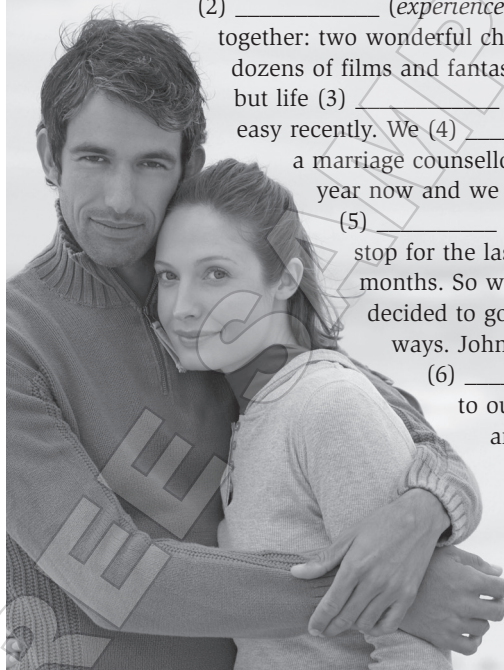
(2) \_\_\_\_\_ (*experience*) a lot together: two wonderful children, dozens of films and fantastic careers, but life (3) \_\_\_\_\_ (*not / be*)

easy recently. We (4) \_\_\_\_\_ (*see*) a marriage counsellor for over a year now and we

(5) \_\_\_\_\_ (*argue*) non-stop for the last couple of months. So we finally

decided to go our separate ways. Johnny and I

(6) \_\_\_\_\_ (*talk*) to our lawyers and we are both confident that we'll stay good friends.'



3 Match what the people in exercise 1 say 1–6 to the celebrations a–f.

- ☐ a getting married
- ☐ b passing a driving test
- ☐ c getting a promotion
- ☐ d celebrating a wedding anniversary
- ☐ e announcing a birth
- ☐ f celebrating a birthday

## LIFE STAGES

4 Which life stage are these people describing? Match the sentences to words from the box.

retired older teenager toddler  
thirty-something adolescent elderly

- 1 'Oh, Doris is OK. She finds it hard to walk though and she can't hear very well either.' \_\_\_\_\_
- 2 'It's not easy making the change from being a child into an adult.' \_\_\_\_\_
- 3 'It's normal for a person of her age to have so many responsibilities: being a mother, taking care of her mother, being a wife, a friend, a work colleague and managing a home.' \_\_\_\_\_
- 4 'He's studied hard for his exams and is really looking forward to university.' \_\_\_\_\_
- 5 'She's just learning to walk and tries to get hold of absolutely everything!' \_\_\_\_\_
- 6 'He stopped working two years ago, but he's always busy. I wonder where he gets all the energy from.' \_\_\_\_\_

## DICTATION

5 27 Write the text that you hear.

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## READ & LISTEN

6 28 Read and listen to the reading text *Florrie prepares to celebrate her 113<sup>th</sup> birthday* on page 70 of the Student's Book.

# 7D | Dilemmas

## EXCLAMATIONS WITH WHAT

- 1 Do the quiz. Read the questions and then choose the correct answer a–c. When you have finished, check your score at the end of the quiz.

### Do you ever put your foot in it?

*Saying the right thing at the right time is important if you want to make and keep friends. How good are you at doing that? Take this quiz and find out.*

- 1 **Your friend:** What a night! Someone took my wallet with all my credit cards and money. And then I couldn't find my car keys!  
**You:** a) Oh, what a day!  
b) What a nightmare!  
c) What an idiot!
- 2 **Friend:** My company has just made 20 people redundant. I thought I was going to lose my job, too, but luckily I'm OK.  
**You:** a) What a shame!  
b) What a nuisance!  
c) What a relief!
- 3 **Friend:** My brother was caught stealing a bike.  
**You:** a) What an idiot!  
b) What a good idea!  
c) What a relief!
- 4 **Friend:** I lost my house key in the supermarket, but fortunately somebody found it and gave it to the manager. She gave it to me when I went back to the supermarket to ask about it.  
**You:** a) What a good idea!  
b) What a relief!  
c) What a mess!
- 5 **Friend:** I was in a crowded market in Mexico City and I met my first boyfriend ... from primary school! He's so sweet.  
**You:** a) What a waste of time!  
b) What a surprise!  
c) What bad luck!
- 6 **Friend:** There was no time to buy a wedding cake, so we bought three cakes in different sizes and covered them in white icing. It looked great!  
**You:** a) What a surprise!  
b) What a waste of time!  
c) What a good idea!

#### Score results:

-6 to 0 = You need to listen more carefully if you want to make and keep any friends.

1 to 6 = Listen more carefully and you'll make more friends.

7 to 12 = You're a great listener and a good friend, too. Congratulations!

Scoring:  
1 a) 0 b) 2 c) -1  
2 a) -1 b) 0 c) 2  
3 a) 2 b) -1 c) 0  
4 a) -1 b) 2 c) 0  
5 a) -1 b) 2 c) 0  
6 a) 0 b) -1 c) 2

## GIVING ADVICE

- 2 Complete the two dialogues with phrases from the box.

You have to speak    If I were you,    Tell him you  
What you need to do    There's no harm in

### Dialogue 1

- Arec:** I promised to buy a car from my neighbour, but I've just seen the same car for a much better price.
- Gavin:** Well, you have no choice. (1) \_\_\_\_\_ to your neighbour about it.
- Arec:** That would be too embarrassing.
- Gavin:** Well, what are you going to do? Buy the other one and park it in front of your neighbour's!? (2) \_\_\_\_\_ I'd talk to him.
- Arec:** But that's putting pressure on him.
- Gavin:** (3) \_\_\_\_\_ explaining the situation to your neighbour and he can decide.

### Dialogue 2

- Sylvia:** I saw Tim stealing at work today.
- Denise:** Well, lots of people steal things from work.
- Sylvia:** Maybe a pencil or a biro, but not a chair!
- Denise:** A chair! (4) \_\_\_\_\_ saw him.
- Sylvia:** I couldn't tell him that!
- Denise:** Well, it's not right. (5) \_\_\_\_\_ is to warn him. Say that you heard someone talking about it, or something.
- Sylvia:** That's a good idea. Thanks!

## TRANSLATION

- 3 Translate the advert into your language.

Have you been waiting for your career to take off? Have others been promoted ahead of you? Maybe you are at a crossroads. But why wait? Call us now for professional career advice on 0800 007 7007.



# 7 | Reading



## Downshifting – a way of living

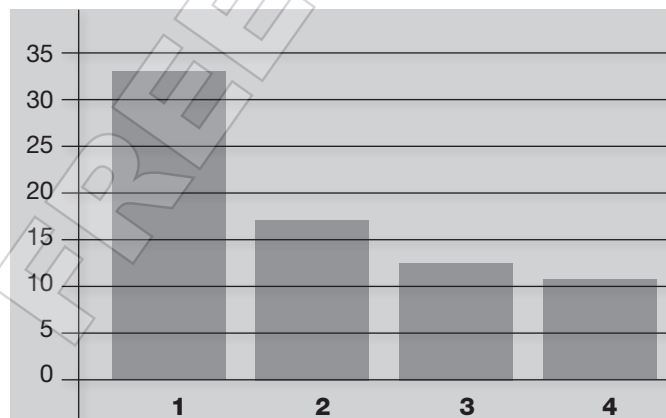
- 1 For the last twenty plus years, many Britons have been working harder and for longer hours than they have at any other time in Britain's history. The pressure is on to make more money and consume more. However, some have been choosing to live on a lower income and to have a simpler, less-materialistic lifestyle. This new trend is called 'downshifting' or 'voluntary simplicity'.
- 2 A recent survey in Britain showed that 25% of people aged between 30 and 59 have downshifted in the last ten years. That is one quarter of the working population. These people come from all walks of life, but share the feeling that something important is missing from their lives – something that money cannot provide.
- 3 All downshifters have been through a period when they question the purpose of their lives. They feel something is missing. When asked why they decided to make these changes, the most common answer, over 30%, was that they want to spend 'more time with the family'. Almost one in five people said they want more control over their lives and so lead fuller lives. About 13% want to have 'a healthier lifestyle' while 11% said the main reason was to achieve more balance in their lives.
- 4 People have downshifted in a number of different ways. Most have stopped work (30%), reduced working hours (22%) or changed careers (20%). 10% of people have taken jobs that pay less money. In fact, the average reduction in salary is a massive 40%. This salary cut normally means a dramatic change in lifestyle to a much simpler way of living.
- 5 Although downshifting is becoming more normal, it is still a radical decision to take and people need to plan the change carefully. If they don't, the dream they had could turn into a nightmare. The most common difficulties people have are financial ones, a lack of mental stimulation and a feeling that they are no longer valued in society. Fortunately, the majority of people are content with their decision. A massive 94% of downshifters are happy with their choice. 40% don't miss the money, 39% do and 15% say that although they are happy, the loss of money has been very difficult. Incredibly perhaps, only 6% say they are unhappy.

1 Read the article and match the paragraphs 1–5 to the headings a–e.

- ☐ a Who 'downshifts'?
- ☐ b How do people do it?
- ☐ c What are the pros and cons of doing it?
- ☐ d Why do people do it?
- ☐ e What is it?

2 Read the article again. Match the bars 1–4 in the bar chart to the reasons a–d.

Reasons people gave for 'downshifting'



- ☐ a to control their lives more
- ☐ b to lead a healthier life
- ☐ c to have a better balance in life
- ☐ d to have more time with family

3 Write short answers to the questions.

- 1 How have many people in Britain been working over the last 20 or so years?  
\_\_\_\_\_.
- 2 What is the main reason people give for downshifting?  
\_\_\_\_\_.
- 3 What are the three main problems downshifters have?  
\_\_\_\_\_.
- 4 What tells you that 'the majority of people are content' with their decision to downshift?  
\_\_\_\_\_.

### READ & LISTEN

- 4 29 Listen to Reading 7 *Downshifting – a way of living* on the CD and read the article again.