

ANSWER KEY

UNIT 1 DAILY LIFE

Lead-in

- 1 Possible answers: wake up, sleep, have dinner, chat online, play sport
2 Student's own answers.

Vocabulary and speaking

- 3 1 B 2 B 3 C 4 A 5 A

- 4 Student's own answers.

Reading: choose the correct answer

- 5 Student's own answers.

- 6 1 A 2 C 3 A 4 B 5 C 6 A 7 A

Grammar and speaking

- 7 1 B 2 C 3 A

- 8 Group 1 – exercise, work, play, live, come, get up, help, swim, stay, cook, listen, practise

Group 2 – catch, watch, relax, finish, switch, teach

Group 3 – try, study

- 9 Student's own answers.

Reading: sentence completion

- 10 1 gets up 2 has 3 eats 4 gets 5 goes 6 returns 7 makes
8 watches 9 meets 10 go 11 studies 12 goes 13 cooks
14 exercises 15 sees 16 falls

Writing: describing a daily routine

- 11 Student's own answers.

Reading: matching

- 12 1 C 2 D 3 F 4 B 5 A 6 E

Writing: a description

- 13 Student's own answers.

- 14 Student's own answers.

Listening: matching

- 15 1 F 2 F 3 T

- 16 Jack – Australia; Carlos – USA

- 17 1 F 2 D 3 C 4 E 5 A

- 18 Student's own answers.

Speaking: talking about your day

- 19 Student's own answers.

- 20 Student's own answers.

- 21 Student's own answers.

Grammar and Vocabulary Unit 1

- 1 1 H 2 D 3 E 4 J 5 B 6 C 7 I 8 A 9 F 10 G

- 2 1 have 2 brush 3 meet 4 catch 5 leave 6 go 7 watch
8 do 9 go to 10 fall

- 3 make – a noise, lunch, the beds, dinner, a mess,
do – some homework, the laundry, the shopping, the cleaning,
the housework

- 4 1 live 2 work 3 get up 4 leave 5 have 6 walk 7 catch
8 finish 9 meet 10 go out

- 5 1 washes 2 watches 3 cries 4 practises 5 goes 6 does
7 catches 8 relaxes 9 gives 10 switches off

- 6 1 works 2 play 3 studies 4 come 5 wear 6 like
7 gets up 8 have 9 makes 10 begins/ finishes

- 7 1 My friend tidies the room. 2 I play football at the weekend.
3 I take a sandwich to college for lunch. 4 I wake up at half past six.
5 My brother checks his phone every five minutes. 6 I have a
shower in the evening. 7 I try to stop studying before 9pm.
8 I go to the dentist every six months. 9 My mother does most
of the housework. 10 I visit my family at the weekends.

- 8 1 work 2 start 3 opens 4 fill 5 tidy 6 clean 7 work
8 tells 9 shouts 10 take 11 finish 12 gets 13 enjoy

UNIT 2 HOUSE AND HOME

Lead-in

- 1 1 bedroom 2 bathroom 3 kitchen 4 living room

- 2 1 basement 2 hall 3 hallway 4 study 5 attic 6 garage
7 garden

Speaking: items in a home

- 3 Student A – 1 curtains 2 (table) lamp 3 TV 4 desk 5 shower
6 drawers

- Student B – 1 window 2 picture(s) / poster(s) 3 blind 4 sink
5 pillows 6 oven / cooker

- 4 1 curtains 2 (table) lamp 3 television/TV 4 desk 5 shower
6 drawers

- 1 window 2 poster(s) 3 blind 4 sink 5 pillows
6 oven / cooker

- 5 Student's own answers.

Speaking and vocabulary

- 6 Student's own answers.

Listening 1: picture description

- 7 (Picture) 2

- 8 1 very comfortable 2 the garden 3 to relax 4 down the hall
5 brushes his teeth 6 a blind

Reading: note taking

- 9 1 Andrew Taylor 2 Prime Location Agency 3 London
4 andrewtaylor@uniaccom.co.uk 5 by email

- 10 2 Andrew Taylor 1 Giorgio 5 Andrew Taylor 3 Giorgio
4 Andrew Taylor 6 Giorgio

Grammar: simple present positive, negative and questions

- 11 1 am not 2 live 3 doesn't live 4 Does 5 can 6 Can/speak
7 you want 8 does

- 12 1 isn't 2 Is the car 3 is 4 I don't play 5 Do you play
6 do you play 7 I play

Listening 2: short answers

- 13 1 NO 2 YES 3 YES 4 YES 5 NO 6 YES 7 NO 8 NO

Reading: dialogue building and matching

- 14 1 A 2 A 3 C 4 B 5 A 6 A 7 C 8 B
16 1 D 2 G 3 A 4 B 5 E 6 F

Reading and grammar

- 17 Student's own answers.
18 1 C 2 A 3 A 4 B 5 C 6 B 7 B 8 C 9 A 10 C
19 often, sometimes, always, sometimes, sometimes, usually, always, never
20 am, go, talk, tidy, help, spend, are, forget
21 1 after 2 before
22 1 I am never late for school. 2 I never forget to do my homework.
23 Student's own answers.

Speaking: choosing accommodation

- 24 1 Student's own answers.
25 1 Student's own answers.

Writing: an email to a friend about accommodation

- 26 C
27 Hi Gavin,
I live in private accommodation. I'm very happy with my room. My bed is very comfortable. I have a big desk for studying and I have posters on the wall. The Wi-Fi here is very fast. I am happy about that because when I'm in my bedroom, I can speak to my parents online. I can also play online games. Do you have Wi-Fi in your room? Is the food nice where you live?
Write soon,
Giorgio
28 Student's own answers.

Grammar and Vocabulary Unit 2

- 1 1 bedroom 2 bathroom 3 livingroom 4 garage 5 hallway 6 garden
2 1 fridge 2 a semi-detached house 3 some drawers 4 a livingroom 5 an attic 6 a cupboard 7 a chair 8 a university campus
3 1 C 2 E 3 G 4 A 5 H 6 B 7 D 8 F
4 attic, garden, study, basement, kitchen, television/TV, desk, shower, window, sink, blind
5 1 curtains 2 table lamp 3 posters 4 pillows 5 oven 6 wardrobe
6 1 Is it okay to come to your house this evening? 2 Can you check that the windows are all closed before we go out? 3 Are you in the living room next to the kitchen? 4 Do you want to sit in the garden? 5 Are the apartments in the UK very different from the apartments in your country?
7 1 usually live 2 always keeps his car 3 (Correct) 4 I don't see him very often/I don't very often see him 5 (Correct) 6 (Correct)
8 1 He never does the washing up. 2 Can you give me some advice? 3 I always leave my house at eight o'clock in the morning. 4 What time does your alarm usually go off? 5 My cousin often comes to my house for dinner. 6 Where do you want to live in the future? 7 How many people do you live with? 8 Do you live on the university campus?

UNIT 3 HOBBIES, LEISURE AND ENTERTAINMENT

Lead-in

- 1 1 hiking 2 canoeing 3 cycling 4 sailing 5 climbing 6 white water rafting
2 Student's own answers.
3 Student's own answers.

Listening: multiple choice questions

- 4 cycling, hiking, cooking, climbing, white water rafting, sailing
5 1 C 2 B 3 A 4 A 5 C

Grammar: present simple / present continuous

- 6 Present simple affirmative - We get up, I usually sleep, He looks after us, He always makes
Present simple negative - I don't miss, My friend doesn't like
Present continuous affirmative - I'm having, I'm staying, I'm resting, We're having, The chef is cooking
Present continuous negative - I'm not staying
7 1 continuous 2 continuous 3 simple 4 continuous
8 1 lives, living 2 gets, getting 3 carries, carrying 4 hopes, hoping 5 washes, washing 6 runs, running 7 plays, playing 8 ride, riding 9 lies, lying 10 passes, passing 11 cries, crying 12 makes, making 13 sees, seeing 14 begins, beginning
9 1 C 2 D 3 A 4 B 5 simple 6 continuous
10 1 are you doing, you want, am/'m watching, plays, are losing 2 am/'m waiting, arrives 3 isn't answering, is/'s studying 4 do you / get, walk, doesn't take, drives, is working
11 1 Why are you learning English? 2 What time do you usually get up? 3 What are you learning about in geography at the moment? 4 Do you play tennis? 5 What is the teacher doing now?

Reading: use of distraction

- 12 Student's own answers.
13 1 C 2 B 3 B 4 B 5 C 6 A 7 A
14 1 professional 2 train 3 successful 4 fit 5 advice

Speaking and vocabulary

- 15 1 basketball 2 basketball 3 football 4 badminton, table tennis 5 football 6 badminton, basketball, table tennis, football, chess 7 badminton, basketball, table tennis, football, tai chi 8 badminton, table tennis 9 chess 10 kite flying, tai chi 11 basketball, football 12 badminton, table tennis, kite flying, tai chi, chess 13 badminton, basketball, football, table tennis, tai chi
16 Student's own answers.
17 Student's own answers.
18 Student's own answers.
19 a person running, people doing yoga, a father walking along with his son (holding hands), a couple (a man and a woman) walking together, a person doing push-ups
20 Student's own answers.

Writing: responding to a message from a friend

- 21 1 (Saturday) 23rd June 2 £15 3 1:00pm 4 Child in Time 5 (an) umbrella
22 He wants to meet up.
23 Student's own answers.
24 Student's own answers.

Grammar and Vocabulary Unit 3

- 1 tennis 2 volleyball 3 basketball 4 football 5 badminton 6 swimming 7 skiing 8 cycling 9 sailing 10 hiking
- 2 play – tennis, chess, volleyball, football, badminton, hockey, table tennis, basketball
do – karate, judo, boxing, gymnastics, taekwondo, athletics
go – horse-riding, swimming, skiing, cycling, sailing, hiking, canoeing, fishing, bowling
- 3 1 win 2 beats 3 play 4 hit 5 lose 6 throwing 7 kicking 8 catch 9 scores
- 4 1 popular 2 team 3 hitting 4 match 5 wear
- 5 1 tennis, water sports 2 athletics, team sports
3 racket, actions used in sports 4 judo, mountain sports
5 boxing, sports equipment 6 winner, types of competition
- 6 third person present simple – snows, fixes, gets, stops, invites, marries, washes, makes, offers, buys, crosses, copies, dances, swims, happens, travels
-ing form – snowing, fixing, getting, stopping, inviting, marrying, washing, making, offering, buying, crossing, copying, dancing, swimming, happening, travelling
- 7 1 B 2 F 3 D 4 A 5 G 6 C 7 E
- 8 1 I don't know 2 I can't remember 3 I don't understand
4 is having 5 It belongs, is reading 6 I don't want to
7 has, is taking 8 can't hear, is having
- 9 1 am/m having 2 has 3 am/m enjoying 4 like
5 am/m staying 6 have/ve got 7 work 8 am/m looking
9 want 10 finishes
- 10 1 D 2 B 3 F 4 A 5 H 6 E 7 C 8 G

UNIT 4 TRAVEL AND HOLIDAYS

Lead-in

- 1 D 2 C 3 A 4 B

Vocabulary: holiday activities

- 2 1 try traditional food 2 go horse riding 3 visit water parks
4 go mountain climbing 5 go on cycling tours
6 visit beach resorts 7 go shopping 8 see famous buildings
9 see local attractions 10 go on day trips 11 go on cultural visits
12 stay with host families
- 3 Student's own answers.

Reading: reading for specific information and detailed meaning

- 4 Student's own answers.
- 5 1 F 2 A 3 E 4 B
- 6 Student's own answers.

Listening: interview task

- 7 (Example answer C)
- 8 Student's own answers.
- 9 1 B 2 A 3 B 4 B 5 B

Speaking: adding more detail and giving reasons

- 10 1 C 2 A 3 D 4 B
- 11 1 as 2 so, because
- 12 Student's own answers.

Grammar: past simple and present simple

- 13 1 4 2 1, 3 3 2, 5, 6
- 14 1 Present simple – 1, 3 2 Past simple – 2
- 15 1 studies 2 went 3 correct 4 thinks 5 correct 6 isn't

Writing: emails

- 16 1 Madrid
2 It was a city break and the weather was cold. Normally he goes on beach holidays in warm weather.
- 17 1 went 2 was 3 visited 4 go 5 went 6 bought 7 was
8 ate 9 don't try 10 did 11 tried 12 was 13 was 14 took
15 did 16 did
- 18 1 ✓ 2 ✓ 5 ✓ 6 ✓ 7 ✓ 9 ✓
- 19 Student's own answers.
- 20 1 ✓ 2 ✓ 3 ✓

Speaking: experiences

- 21 Student's own answers.
- 22 Student's own answers.
- 23 Student's own answers.

Grammar and Vocabulary Unit 4

- 1 1 an adventure holiday 2 a beach holiday 3 a city break
4 a language exchange 5 a family holiday
- 2 city break – go on day trips, see local attractions, go shopping, try traditional food, see famous buildings, go on cultural visits
adventure holiday – go mountain climbing, go horse riding, go on cycling tours, visit water parks
beach holiday – visit beach resorts
language exchange – stay with host families
- 3 1 go shopping 2 go horse-riding 3 visit local attractions
4 visit water parks 5 go on day trips 6 stay with a host family
7 go on a cycling tour 8 go mountain climbing 9 go on a cultural visit 10 visit a beach resort
- 4 1 popular 2 fun 3 natural 4 local 5 boring 6 cultural
7 interesting 8 delicious 9 famous 10 traditional
- 5 1 Do you like 2 I do 3 do you usually go 4 went
5 What did you do 6 enjoy 7 We all went 8 Was it
9 don't really like 10 wasn't
- 6 1 went 2 don't like 3 decided 4 enjoy 5 didn't have
6 saw 7 are 8 learnt 9 felt 10 was 11 do you like
12 Do you prefer
- 7 1 D 2 E 3 A 4 B 5 C
- 8 1 because 2 As 3 so 4 because 5 As

UNIT 5 FOOD

Lead-in

- 1 1 China 2 Saudi Arabia 3 Italy 4 United Kingdom 5 Brazil

Vocabulary and speaking

- 2 1 D 2 E 3 A 4 C 5 B
- 3 Student's own answers.

Vocabulary and reading

- 4 Possible answers: food stalls, famous chefs, traditional activities
arts and crafts
- 5 food stalls, famous chefs, traditional activities, arts and crafts
- 6 1 C 2 B 3 A 4 A 5 B 6 C

Listening: matching

- 7 C
- 8 1 B 2 F 3 A 4 E 5 G 6 H

Vocabulary and listening

- 10 1 flour 2 spring onions 3 garlic 4 rice 5 pasta 6 lamb
7 salmon 8 carrot 9 onion
- 11 Meat – lamb
Vegetables – carrot, onion, spring onion, garlic
Fish/Seafood – salmon
Carbohydrates – rice, pasta
Other ingredients – flour

- 12 Student's own answers.
 13 1 chop 2 mix 3 cut 4 roll 5 fold 6 boil 7 fry
 14 C
 15 1 mix 2 chop 3 mix 4 chop 5 cut 6 roll 7 fold 8 boil

Grammar and speaking

- 16 a cabbage, some meat, onions, some salt, shrimps, some water
Countable singular – a cabbage
Countable plural – (some) shrimps, (some) oranges, (some) onions
Uncountable – (some) meat, (some) salt, (some) rice, (some) milk, (some) water
 17 1 a, some 2 some, some 3 some, some
 18 1 Countable 2 Uncountable

Speaking: eating habits

- 19 Possible answers: 1 How much meat do you eat each week?
 2 Are there any recipes you like to cook?
 3 Are there many famous chefs on TV in your country?
 20 Student's own answers.

Reading: sentence completion 1

- 21 2 C 3 F 4 A 5 E 6 D
 22 1 a 2 some 3 chop/cut 4 some 5 a 6 mix 7 cut
 8 fry/cook

Writing: describing a process

- 23 Student's own answer.

Reading: sentence completion 2

- 24 1 A 2 C 3 B 4 B 5 C 6 C 7 D 8 A

Speaking: a meal you enjoy

- 25 Student's own answer.

Writing: food in your country

- 26 Student's own answer.

Grammar and Vocabulary Unit 5

- 1 1 duck 2 lettuce 3 lobster 4 garlic 5 salmon 6 spaghetti
 7 beef 8 cauliflower
 2 Meat – beef, duck
 Vegetables – lettuce, carrot, garlic, cauliflower
 Seafood/Fish – lobster, salmon
 Carbohydrates – spaghetti
 3 1 C 2 A 3 B 4 E 5 D
 4 1 a 2 an 3 a 4 an 5 some 6 some 7 some 8 any
 9 any 10 any 11 some 12 some 13 some
 5 1 a lot of 2 a lot of 3 a lot of 4 many 5 many 6 many
 7 much 8 much 9 much
 6 1 C 2 A 3 C 4 A 5 B 6 A 7 B 8 B 9 C 10 C
 7 1 C 2 A 3 C 4 C 5 B 6 A 7 C 8 B 9 A 10 C
 8 1 D 2 F 3 A 4 C 5 E 6 B 7 G

UNIT 6 TRANSPORT AND PLACES IN TOWN

Lead-in

- 1 1 bridge 2 stadium 3 statue 4 castle 5 tower
 2 1 Sydney Harbour Bridge, Australia
 2 Bird's nest stadium, China
 3 Statue of Liberty, USA
 4 Neuschwanstein Castle, Germany
 5 Leaning tower of Pisa, Italy
 3 Student's own answers.

Reading and vocabulary

- 4 Places in a city – square, car park, post office, police station, library, sports centre, restaurant, cafe, shopping centre, department store
 Travel and transport – car park, motorbike, coach, platform, motorway, ticket the underground
 5 Places in a city – supermarket, park, town centre, station, museum, castle, theatre
 Travel and transport – parking, bus, trains, flight, boat trip, bicycles, walk, by car
 6 1 C 2 B 3 B 4 A 5 A 6 C 7 A

Listening: gap fill

- 7 10 am, 6 pm, Thursday, 8 pm, Wednesday, 635, 729, £3.50, £2.00
 8 1 Gadzen 2 WT3 5BX 3 Thursday 4 2/two
 5 15/fifteen minutes
 9 1 on the left of 2 on the right of 3 opposite 4 next to
 5 between
 10 1 F 2 C 3 A 4 E 5 B 6 D
 11 Student's own answers.
 12 Student's own answers.

Grammar: comparatives and superlatives

- 13 1 taller, tallest 2 more famous, the most famous
 3 hotter, hottest 4 busier, busiest
 5 more interesting, the most interesting 6 friendlier, friendliest
 7 older, oldest 8 thinner, thinnest
 14 1 largest 2 more 3 oldest 4 More 5 first 6 best 7 larger
 8 most 9 busiest 10 More
 15 Student's own answers.
 16 Student's own answers.
 17 Student's own answers.

Speaking: talking about transport and towns

- 18 Student's own answers.
 19 Student's own answers.

Writing: a longer piece of continuous writing

- 20 Student's own answers.
 21 Student's own answers.
 22 Model answer.
 Hi Sandy,
 I'm really pleased you're coming to visit my country. The first place you should visit is London. It's one of the most famous cities in the world. It has fantastic museums and parks and is perfect if you like shopping. The buses and the underground are the best ways to travel. After that you should go to the Lake District. I think this is the most beautiful part of England. It has the highest mountains in the country and the largest and deepest lakes. You can get there by train and then use the buses to get around.
 Best wishes,
 Martin
 23 Student's own answers.

Grammar and Vocabulary Unit 6

- 1 1 F 2 G 3 B 4 E 5 J 6 A 7 D 8 H 9 C 10 I
 2 1 train 2 department store 3 motorway 4 cafe 5 street
 6 castle 7 airport
 3 1 opposite 2 across 3 between 4 next to 5 behind
 6 on your right 7 in front of 8 on your left
 4 1 bored 2 new 3 favourite 4 full 5 careful 6 tired
 7 healthy
 5 1 comfortable 2 modern 3 friendly 4 interesting 5 old
 6 high 7 famous

- 6 +er/est – clean, low, high, cheap, old, new, fast, strong
more/the most ... – expensive, modern, comfortable, difficult, important, careful, interesting, crowded
- 7 1 safer / faster 2 worse 3 cheaper 4 older 5 bigger
6 earlier 7 prettier 8 thinner 9 better 10 further
- 8 1 more expensive 2 more interesting 3 hotter 4 prettier
5 better 6 more excited 7 noisier 8 worse
- 9 1 the cheapest 2 the most 3 the largest 4 the most
5 the most expensive 6 the smallest 7 the oldest
- 10 1 the best 2 cheaper 3 bigger 4 the largest
5 the most interesting 6 the finest

UNIT 7 JOBS, WORK AND STUDY

Lead-in

- 1 1 C 2 D 3 A 4 B

Vocabulary: skills and abilities

- 2 1 A 2 I 3 F 4 D 5 G 6 B 7 J 8 H 9 E 10 C

Listening: note completion extension

- 4 Student's own answers.
- 5 1 chef 2 Wednesday 3 three/3 4 8:00/8.00/8 o'clock
5 sixteen/16 6 maths 7 English 8 Italian 9 London
10 Dinner with Jack 11 2004 12 2002 13 2005 14 two/2

Grammar: can / can't / could / couldn't

- 6 Possible answers:
- 1 At school, I was a really bad student. I couldn't understand maths easily and I couldn't write very well.
2 When I was 16, I could only cook soup from a tin and I couldn't write a sentence without making lots of mistakes.
3 Now, I can cook over 100 dishes and write books. I can't work for really long hours any more like I could at The Lemon Grove.
- 7 1 Jack can write books. 2 Jack can cook many types of food.
3 Jack could only cook one type of food. 4 Jack can't work long hours.
5 Jack couldn't understand maths easily. 6 Jack couldn't write well.
7 Jack couldn't do well in exams.
- 8 1 can 2 can't 3 could 4 couldn't 5 couldn't 6 can

Speaking: describing skills and abilities

- 9 Student's own answers.
10 Student's own answers.
11 Student's own answers.

Vocabulary: work experience

- 12 1 video games designer 2 helping elderly people
3 sports coach 4 lifeguard 5 sales assistant

Reading 1: true, false, not given

- 13 1 Gives people advice about jobs and careers.
2 Explain how young people can use their summer holiday to get useful work experience.
- 14 1 It gives you the opportunity to earn money and gain useful work experience / learn new skills. It helps to find a job. 2 Five/5
- 16 1 A 2 C 3 B 4 A 5 B 6 B 7 C 8 B
- 17 Student's own answers.

Writing: an email for a summer job

18 hotel receptionist

19

Feature	✓?
She says which job she is interested in	✓
She says what skills she has.	✓
She says what skills she didn't have in the past but does now.	
She uses a good structure – greeting to start the email and ends with her name	✓
She uses correct and appropriate grammar.	
She only talks about the information in the instructions	
She uses the correct number of words	✓

22 Student's own answers.

Grammar and Vocabulary Unit 7

- 1 1 F 2 B 3 G 4 J 5 E 6 A 7 D 8 C 9 H 10 I
- 2 1 passed 2 studying/finishes 3 get 4 taught
5 learn/take 6 failed/take 7 started/learn 8 starting
- 3 1 receptionist 2 doctor 3 waiter 4 teacher 5 lifeguard
6 shop assistant 7 cleaner 8 chef
- 4 1 experience 2 hard-working 3 long hours
4 speak another language 5 friendly and helpful
6 sports, art or music 7 energy 8 weekend
- 5 1 at 2 at 3 in 4 on 5 in/at 6 at 7 at
- 6 Restaurant – waiter tables chef meal
Hotel – receptionist rooms guests lift cleaner
Shop – cash desk clothes changing rooms shop assistant
- 7 1 Can you 2 I can 3 I can't 4 can you 5 I can
- 8 1 can 2 can't 3 couldn't 4 couldn't
- 9 1 X, can 2 ✓ 3 ✓ 4 X, could they 5 ✓

UNIT 8 HEALTH AND MEDICINE

Lead-in

1 Student's own answers.

Listening 1: matching

- 2 1 to the sports centre 2 joining the gym
- 3 1 Samantha 2 Tom 3 Sarah 4 Samantha 5 Samantha and Sarah 6 Sarah

Vocabulary and speaking

- 4 1 eat fruit and vegetables 2 play basketball
3 enjoy art and music 4 go cycling 5 play tennis
6 drink water 7 watch TV 8 get enough sleep
- 5 Student's own answers.

Reading: an opinion based essay

- 6 watching TV go cycling play tennis get enough sleep
- 7 1 disagree
2 The writer says that sports lessons make students healthier and help students feel less stressed.
- 9 1 C 2 B 3 B 4 A

Grammar 1: should / shouldn't / should not

- 10 1 bad 2 wants 3 not to go
12 1 should 2 should 3 shouldn't 4 should 5 shouldn't

Speaking: describing a picture

- 13 C B A

Vocabulary: how to relax

- 15 1 do exercise 2 drink tea 3 read a book 4 do yoga
5 go for a walk

Listening 2: multiple-choice questions

- 16 1 read a book 2 do yoga 3 do exercise 4 go for a walk
5 drink tea
17 1 C 2 B 3 A 4 B 5 A

Grammar 2: have to / don't have to

- 18 1 have to 2 don't have to 3 Do you have to 4 has to
5 don't have to

Writing: an email to a friend giving advice

- 19 tennis and basketball
20 Student's own answer.
21 Student's own answer.

Grammar and Vocabulary Unit 8

- 1 1 go cycling 2 do yoga 3 play tennis 4 play basketball
5 go for a walk 6 do exercise
2 1 join 2 drink/do 3 eat/do 4 go/get 5 have/get
6 play/go 7 get 8 drink 9 play
3 1 Incorrect - What should you eat to be healthy? 2 Correct
3 Incorrect - No, you shouldn't play on your computer for so long.
4 Correct 5 Incorrect - I think you should try it.
4 1 should drink 2 should get 3 shouldn't watch 4 should play
5 should ride 6 shouldn't eat
5 1 have to 2 have to 3 don't have to 4 don't have to 5 have to
6 don't have to 7 have to 8 don't have to
6 1 have to / don't have to 2 don't have to / have to
7 1 should 2 should 3 should 4 should 5 shouldn't
6 should
8 1 C 2 E 3 D 4 B 5 F 6 A

UNIT 9 LANGUAGE

Lead-in

- 1 1 use a dictionary 2 talk to people whose first language is English
3 listen to songs in English 4 write an email to a friend 5 keep a
vocabulary notebook 6 study with a teacher in a classroom
7 watch videos online 8 read newspapers and magazines
2 Student's own answers.

Vocabulary and speaking

- 3 1 to 2 by 3 about 4 with 5 with
4 1 C 2 E 3 D 4 B 5 A
5 Student's own answers.

Grammar: going to for future plans

- 6 1 meet 2 video call 3 learn 4 study 5 send
7 1 The writer uses *going to*.
2 tonight, this afternoon, next week, today, this morning, at the
weekend
9 1 X, am going to 2 ✓ 3 ✓ 4 X, is going to buy
5 X, Are you going to tell 6 ✓
10 Student's own answers.

Listening: discussing a language project

- 11 1 False 2 True 3 True
12 1 Student services 2 College office
3 Student administration office 4 A

Speaking: a longer talk about a topic

- 13 Student's own answers.
14 Student's own answers.

Vocabulary and reading

- 15 1 C 2 B 3 C 4 A 5 B 6 C 7 C 8 B 9 A 10 B
16 1 He is an American teenager.
2 He can hold a conversation in over twenty languages.
17 1 more / most 2 lots of 3 regularly
18 Student's own answers.

Reading: sentence completion

- 20 2 to another country 3 some work 4 their cultures
5 West Africa 6 have fun

Writing: a short essay on a topic

- 21 Student's own answers.
22 Student's own answers.
23 Possible answer: C D A B / C A D B
25 1 C 2 B 3 C 4 C 5 A 6 A 7 A 8 B
26 1 Firstly 2 Furthermore 3 Additionally 4 On the other hand
5 However 6 To sum up
27 Student's own answers.

Grammar and Vocabulary Unit 9

- 1 1 by 2 to / with 3 with 4 - 5 about 6 to / with 7 -
2 1 B 2 D 3 H 4 A 5 F 6 G 7 C 8 E
3 1 I'm not going to worry 2 Are you going to learn
3 I'm going to try 4 Are you going to meet
5 She isn't going to live
4 1 Who are you going to do the language project with?
2 Where are you going to buy a dictionary from?
3 How are you going to improve your language skills?
4 When are you going to tell the teacher you want to move up to a
higher level class?
5 Why are you not going to go to university next year?
5 1 effort 2 work 3 advice 4 fun 5 time 6 skills
7 progress 8 advantage
6 1 his English exam 2 advice 3 have fun 4 long time
5 make any progress 6 English
7 make - a mistake dinner somebody laugh a noise
a difference a guess
take - a test an exam a picture a walk
8 1 am going to take 2 made 3 makes 4 take
5 makes / making
9 1 Firstly 2 additionally / furthermore 3 Furthermore / Additionally
4 However 5 To sum up
10 1 are going to have 2 are trying 3 discussed / were discussing
4 communicates 5 to hold 6 had / am having / will have /
am going to have

UNIT 10 SCIENCE AND TECHNOLOGY

Lead-in

- 1 smartphone 2 letter 3 laptop 4 tablet
5 landline telephone 6 smart TV 7 smart watch
8 desktop computer
- 2 Student's own answers.

Vocabulary and reading

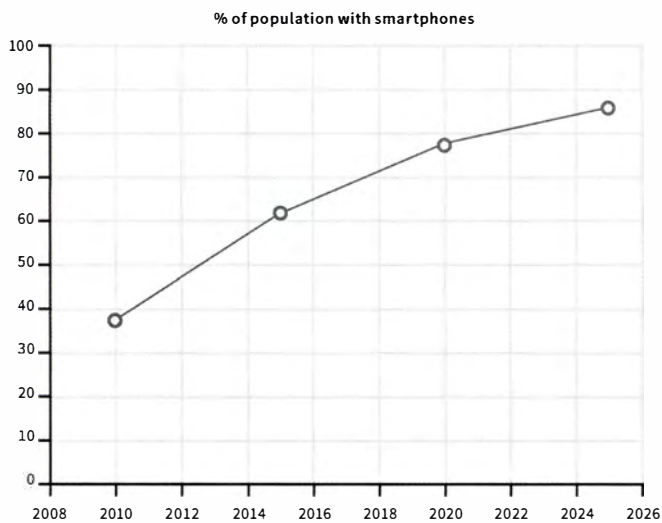
- 1 crashed 2 shutdown 3 websites 4 devices 5 network
- 1 attachments 2 download 3 stream 4 backup 5 store
- 5 B
- 6 1 different things 2 using a mail 3 sends information
4 to go online 5 searching for information

Listening: a lecture

- 1 display 2 power button 3 input 4 microphone
5 power bar 6 case
- 8 1 use an app 2 on or off 3 charge your phone, upload
(some / your) files 4 speak into 5 check the battery
6 protect the phone
- 9 1 38 2 62 3 78 4 86

Grammar and vocabulary

- 10 1 People 2 will 3 be 4 They 5 won't 6 look 7 Will
8 they 9 look 10 What 11 will 12 smartphones 13 look
- 11 Student's own answer.
- 12 1 to rise 2 rose 3 to increase 4 an increase 5 to go up
6 to fall 7 a fall 8 to decrease 9 decreased 10 went down
- 13 Answers in chart.



- 14 1 B 2 A 3 C 4 B 5 A

Writing: describing a graph

- 15 Student's own answers.
- 16 Student's own answers.

Listening 2 and grammar

- 18 1 features 2 latest model 3 swipe 4 out of date 5 memory
- 19 1 D 2 C 3 E 4 A

Speaking: describing a gadget

- 20 Student's own answers.
- 21 Student's own answers.
- 22 Student's own answers.

Grammar and Vocabulary Unit 10

- 1 stores 2 network 3 laptop 4 Shut down
5 apps / download
- 1 website 2 backup 3 device 4 attachment 5 crash
6 stream
- 3 1 will communicate 2 won't be 3 Will the cars be able
4 will people eat 5 will definitely need 6 will be
7 will the animals breathe
- 4 1 y - from 2005 to 2010 2 (extra sentence)
3 y - between 2010 and 2015 4 (extra sentence) 5 y - in 2030
6 x 7 (extra sentence) 8 y - between 2020 and 2025
9 y - between 2015 and 2020 10 (extra sentence)
- 5 1 increased 2 2005 3 55% 4 went 5 fall / decrease 6 down
7 2020 8 rise 9 decrease / fall
- 6 A This is not the best summary. Firstly, it is not enough just to say that the lines 'went up and down a lot'. Second, it is not true to say that Line A 'changed much more than Line B', as both of them changed a great deal.
B This is the best summary. The student has seen the difference in the main trends of Lines A and B, and has summarised this information well.
C This is not the best summary. Too much detail, too many years and too many percentages are included. It is therefore not a summary.
- 7 1 I'm going to 2 latest model 3 out of date 4 features
5 swiping 6 screen 7 memory 8 store 9 case

LISTENING SCRIPTS

UNIT 1 DAILY LIFE

Listening

16 and 17 02

- Carlos:** Hi Jack! I'm really excited about coming to stay with you at your house on the student exchange trip to Australia next term.
- Jack:** Me too, Carlos! I know you're going to have a great time at my school and with my family.
- Carlos:** Tell me a bit about your family. What do you all like doing?
- Jack:** Well, I love playing volleyball and basketball. I do volleyball once a week and basketball twice a week.
- Carlos:** I remember you have a brother. What does he do? Is he interested in sport, too?
- Jack:** No, not really. He prefers staying at home and reading. He's a member of our local gym but he never goes.
- Carlos:** Oh, that sounds like me! You've got a sister too, haven't you?
- Jack:** Yes, she's really good at painting and drawing. Some of her work is hanging up on the walls at home, so you'll be able to see it when you come.
- Carlos:** That would be great. I'd love to see it. What about your parents?
- Jack:** Well, my mum loves growing things. She spends a lot of time outdoors, planting flowers and cutting the grass.
- Carlos:** That sounds interesting. And your dad? What does he like doing?
- Jack:** Well, he's really good at building and fixing things. If anything gets broken around the house, he fixes it. He makes new things, too, like furniture.
- Carlos:** Great! And I know your grandma lives with you. What does she like doing?
- Jack:** Well, we're lucky – she's an amazing cook and makes us all wonderful meals every day. She already wants to know what you like eating.
- Carlos:** [Laughs] Really? Well, that gives me an idea for a present for her – a recipe book from where I'm from in the USA.
- Jack:** Perfect!

UNIT 2 HOUSE AND HOME

Listening 1

7 and 8 03

- Giorgio:** I'm excited about going to university, but I feel nervous about leaving my home, especially my bedroom. I like it a lot. My bed is very comfortable – I've got four big pillows. When I sit on my bed, if I look out of the window I can see the garden. I often do my homework at my desk and, to help me study, I sometimes turn on the lamp so I can see my notes and my course books better. When I want to relax, I usually play games on my phone, which I keep in the drawers next to my bed. I haven't got my own bathroom. I need to go down the hall if I want a shower or bath. However, I have got a sink where I brush my teeth every morning before I go to college. I have two posters: one is above my bed and the other one is next to the TV. What else? I don't like curtains very much, so I don't have them. At the window, I have a blind instead. I think it will be strange at first sleeping somewhere new but I'm sure I'll get used to it and I'll make it feel like home.

Listening 2

13 and 15 04

- Andrew:** Good afternoon, Prime Location Agency, Andrew Taylor speaking. Can I first check your student status?
- Giorgio:** Hello, yes, of course. My name's Giorgio Rossi and I will soon be a student at Brickbat University. I'm calling today to discuss where to live when I come to the UK to study at the university.
- Andrew:** Oh, hello, Giorgio. Thank you for your call, I have some questions for you. I hope that you don't mind. Can you speak English?
- Giorgio:** Yes, but I apologise if I make any mistakes.
- Andrew:** Don't worry. So, what do you want to study?
- Giorgio:** I'm not sure exactly, but something with engineering.
- Andrew:** First of all, where do you want to live – in a room on campus or in private accommodation?
- Giorgio:** I'm not sure. Can you give me some advice?
- Andrew:** Of course! Well, tell me a little about your personality and your preferences. Are you a sociable person?
- Giorgio:** Oh, yes, I am definitely sociable. I live with my parents at the moment. We have a big family and there are always lots of visitors.
- Andrew:** OK, that's great. Do you also like to sometimes have a quiet room to study in private?
- Giorgio:** Well, it depends on how I feel. I sometimes like to be sociable and other times, I prefer to study alone. Can I ask, where exactly the accommodation is?
- Andrew:** Well, if you live in a room on campus, it is very convenient for your studies, as you actually live in a building in the university. However, it's also noisy. There are hundreds of other students who also live there, and they often make lots of noise, but if you live in private accommodation you have a quiet life in a different part of the city with maybe one or two other students who are your housemates. Although, it often takes a long time to travel to university. What do you think?
- Giorgio:** It's a difficult decision. I want to make lots of new friends, but I also know that I need to work hard and study.
- Andrew:** OK, one final question. Meals. Would you prefer to live somewhere which is catered?
- Giorgio:** I'm not sure. What does *catered* mean?
- Andrew:** *Catered* means that all your food is included in the price of the accommodation. For example, if you decide to live on campus you can usually choose catered accommodation. That means that, for example, every day, you can go to the canteen for your breakfast, lunch or dinner, and it's always free. The other option is self-catered accommodation, where you can either cook at home or you can go out for all of your meals. However, you always have to pay for your food.

UNIT 3 HOBBIES, LEISURE AND ENTERTAINMENT

Listening

4 and 5 05

Deon: Hey, Mark! Are you still interested in coming on a week's adventure holiday with me this summer?

Mark: Of course, but can we go in August? I can't do June or July because of college.

Deon: Yeah, sure! I guess we need to book soon. There's a company called *World Trek* that my friend told me about. He went on one of their cycling holidays last year, and loved it. There's lots of information on their website.

Mark: Really?

Deon: Yes – they do different kinds of adventure holidays. There's one by the sea with lots of water sports, and another in the forest where you can do hiking and cooking, and you learn how to cook outdoors. The one I like best is in the mountains. We can do things like climbing and white water rafting. What do you think?

Mark: That sounds amazing! Is it expensive?

Deon: So so – there's a special offer on at the moment. Normally the price is six hundred and fifty pounds, but if you book before Friday, it's five hundred pounds. The sailing holidays are eight hundred pounds, so it's not bad!

Mark: What does that include?

Deon: Transport, accommodation and our guide. We only have to pay for meals and drinks.

Mark: That's really good, isn't it? Let's book tonight! Shall I come to your place this evening around seven?

Deon: Can you come at eight? I've got a tennis lesson until seven thirty.

Mark: Yes, sure. See you then.

UNIT 4 TRAVEL AND HOLIDAYS

Listening

7 06

Part 1

Presenter: Good afternoon everybody and welcome to the travel show. Today, I'm talking to Anna Cox from Cambridge, who has recently taken part in the Summer Cultural Exchange Programme. Good afternoon, Anna!

Anna: Good afternoon!

Presenter: Anna, where can students go on the Summer Cultural Exchange Programme?

Anna: Well, students can travel to France or Spain on a language exchange, or to the USA on a sports or music exchange. I didn't go to the USA because I'm not very good at sports. However, I study French and Spanish at school, so I had two options. I've been to France before, so I decided to go to Spain instead.

9 07

Part 2

Presenter: Where did you stay on your summer cultural exchange programme?

Anna: I stayed with a host family in a small village just outside the city of Seville. Most people in the city live in apartments, but my host family lived in a big house. The family had a daughter who was my age called Carmen, so we had lots of fun together. We also visited Carmen's grandparents who live on a farm in the countryside. As I love animals, it was a really good experience for me.

Presenter: How wonderful! How long are exchange programmes usually?

Anna: Well, most of the language exchange programmes last for two weeks but the sports and music exchange programmes last for four weeks. If you go on a language exchange programme in August, you can go for three weeks because it's the school holidays. I went on a language exchange to Spain in July, so I could only stay for two weeks, unfortunately.

Presenter: Who can take part in the programme?

Anna: Well, there are some age requirements for the programme. You must be over the age of fourteen to take part in the language exchange programme and sixteen for the sports and music exchange programme. If you want to take part in the sports and music exchange programme, you have to be on a school sports team or play in the school orchestra. You can only take part in the language exchange programme if you study French or Spanish.

Presenter: I see – so would you recommend this programme to other students?

Anna: Yes, definitely. I had a great time staying with Carmen and her family. I felt a bit homesick when I first arrived, but they were so friendly and welcoming. Carmen spoke really good English, so I was worried that I wouldn't improve my Spanish, but I always tried to speak Spanish with her parents. My language skills have improved a little bit, but I think that it's better to stay for three weeks because you have more time to practise the language.

Presenter: The whole programme sounds really interesting, Anna – thank you for telling us about it.

UNIT 5 FOOD

Listening

7, 8 and 9 08

Mark: Hi, Jane.

Jane: Oh, hi Mark.

Mark: I'm really looking forward to the food festival. I love Chinese food and I hope our friends can come.

Jane: Well, I'm afraid most of them are busy.

Mark: What even Marco? He always says he has nothing to do and that he's interested in trying new food.

Jane: Mohammed says Marco has no money. Mohammed can't go because he is helping his flatmate decorate his room.

Mark: But the festival is free!

Jane: Yes, but we have to go there on the underground and I'm sure he'll want to buy some food when he's there.

Mark: Well, I don't have much money either, perhaps Pierre could lend him some. He's got a job and he is Marco's best friend.

Jane: Oh, Pierre can't come either.

Mark: Really? Is he at work? All he thinks about is work!

Jane: No, his parents are coming from France and he's going to show them around London ... you know, Big Ben, Tower Bridge ...

Mark: OK, what about Hang Yie, her mother owns a Chinese restaurant, she *must* be interested.

Jane: She is, but she's going to help with the cooking for her family's party on the day we're going. I don't know about Lucy and Larissa though.

Mark: Well, I phoned Lucy, but her flatmate said she was on holiday in Italy and won't be back until the week after the festival.

Jane: I didn't even know she was on holiday. And Larissa?

Mark: She's got a really important exam, so she needs to prepare for it!

Jane: Well, it looks like it's just going to be you and me then. Not to worry. We'll take lots of photos to show everyone!

Vocabulary and listening

14  09

Chef: Today, I'm going to show you how to make one of my favourite recipes. It's a type of food that's been popular for thousands of years. The Jiaozi or dumplings are beautiful and have the shape of a half-moon. You start by making them in a similar way to noodles. You need to make some dough first, but this is quite easy.

15  10

Chef: OK, so what do you need to make the dumplings? First of all, you need to make the cases. These are the cases which you'll put the other ingredients in. To make the cases, you need to make the dough. Of course, you need flour for this. To make 20 cases, you'll need four cups of flour. Then, mix the flour with two cups of water. Don't forget to add some salt, but only a little to add some taste. When you've mixed the ingredients, leave the dough for ten minutes in the bowl to make sure it's ready. You can make the filling to go inside the dough while you wait. There are two main ingredients in the filling. Firstly, you have the cabbage. You need to chop this up finely and add it to another important ingredient, the meat. You can use any meat, but today I'm using lamb. Put the meat and cabbage together and mix it by hand. When it's mixed well, you can add some other ingredients. In China, people like to add spring onions to their dumplings and I do too! I'd like some seafood today, too, so I'm going to add some shrimps. Chop the spring onions and shrimps into small pieces and mix them together with the rest of the filling. To make sure that everything sticks together, add some vegetable oil. Now that the mixture is ready, you need to finish the cases. First, cut the dough into twenty pieces, making sure they're all the same size, and roll them into flat little circular shapes. Put the mixture into the centre of the cases. Make sure you don't put too much filling in at this stage otherwise you won't be able to close the cases and all the filling will come out when it's cooking. Then, fold them into half-moon shapes. Finally, boil the dumplings three times, and there you have it. Delicious half-moon dumplings ready to eat.

UNIT 6 TRANSPORT AND PLACES IN TOWN

Listening

7 and 8  11

Part 1

Presenter: Hello everyone and welcome to this talk about Northfields' Shopping Centre. It opens next weekend and I'm very excited to be able to tell you about it tonight. It's a beautiful building, full of light and colour and a wonderful place to spend time in. It was designed by a prize-winning architect – John Gadzen. That's G-A-D-Z-E-N. Have a look at his website – he's done some fantastic work. Northfields is just outside town, on Forest Drive. If you're coming by car and want to use your sat nav, then the postcode is WT3 5BX. That's the easiest way to do it; it works better than using the address. We are open seven days a week, and our opening hours are ten am until six pm every day except Thursday. That's when we have late-night shopping until 8:00 pm. We're planning to open late on Wednesdays too, but that won't happen until we see how popular the centre is. There are lots of ways to get to us. We have a large car park, which at the moment is free to use. You can also come by bus from the town centre. Bus 635 brings you to the entrance. There's also bus 729, but that stops further away and it's a five-minute walk to the shopping centre. And of course, you can use the underground. A ticket from town is only £3.50. The bus costs £2.00, so the underground is a bit more expensive but much faster. From the town centre, it only takes fifteen minutes!

10 and 11  12

Part 2

Presenter: Ok, now let me show you a map of the shopping centre. As you can see, there are two floors. On the first floor there's a cinema, where you can see some great movies. And opposite that, in a smaller area, there are lots of places to eat and drink. There are fast-food restaurants as well, if you don't have time to sit and eat. All the shops are on the ground floor. The biggest shop is the supermarket. If you use the car park entrance, it's the last shop on your right. Then, all the way over on the other side of the building, is the second biggest shop – Green's department store. You can get almost anything in there, including gifts, things for the kitchen, and furniture. Also on the ground floor is a pharmacy selling medicine, and health and beauty products. You'll find it between the men's and women's clothes shop and the café. Male and female toilets are also on this floor, which is on the same side as the cafe. There's also a great book store selling everything you might need for school. If you're coming from the car park entrance, that's the second shop on your right, next to the sports shop. Oh, and if you need a mobile phone, that's the smallest shop in the shopping centre – between the bank and the shoe shop. You can get all the latest mobile phones there. So I hope you'll all visit Northfields' soon and that you'll have a great time here!

UNIT 7 JOBS, WORK AND STUDY

Listening

5  13

Jack: Good evening! Hello, my name's Jack Riley. I worked in a restaurant when I was younger, but now I'm a famous chef. You can listen to my cooking show on Mondays at half past seven. This Wednesday, you can see me on the TV show *Before They Were Famous*. I'm going to tell you about my life before I became a TV chef. You can see the programme on channel three and they will show it at eight o' clock.

People often ask me how I became so successful, and I tell them that it wasn't always that way. Most of my friends left school when they were eighteen and went to university, but I left school when I was sixteen. At school, I was a really bad student. I only passed my exams in History and French. I couldn't understand maths easily and I couldn't write very well, so I failed my exams in both maths and English.

I always enjoyed trying different foods, especially on holidays in Spain with my family, but I first discovered my love of cooking when I got a summer job working in the kitchen in an Italian restaurant near my home. The chefs there could make these amazing dishes out of really simple ingredients. I wanted to be like them, but I lived in a small village near Cambridge and it wasn't possible to train to be a chef there. I applied for jobs in Rome, but I couldn't speak Italian so in the end, I decided to move to London and train to be a chef.

Today, my career is more successful than I could have ever imagined. I first appeared on TV in *The Food Show* in 2005, and I started presenting my radio show, *Dinner with Jack* in 2006. I wrote my first bestselling cookbook, *Jack's Best Dishes* in 2004. And I worked as head chef at two top London restaurants: *The Olive Tree* in 2001, and *The Lemon Grove* between 2002 and 2005. I'm married with two beautiful children – and my third child will be born in December!

When I was 16, I could only cook soup from a tin and I couldn't write a sentence without making lots of mistakes. Now, I can cook over 100 dishes and write books. I can't work for really long hours any more like I did at *The Lemon Grove*. That was the hardest I have ever worked in my life! And I still can't do maths!

UNIT 8 HEALTH AND MEDICINE

Listening 1

Part 1

2 14

Samantha: Hello, Tom.

Sarah: Hi, Tom. Where are you going?

Tom: Hi, Sarah. Hi, Samantha. I'm going to the sports centre.

Sarah: Oh, great. I'm thinking of joining the gym there.

Tom: Really? Why don't you come with me and get some information about it?

Part 2

3 15

Sarah: Ok, thanks. Did you join the gym?

Tom: Yes, I did. It's got really great equipment – all very modern and new. However, it is a little bit expensive – almost forty pounds a month, and that's with a student discount... But I've been every day since I joined.

Sarah: £40 a month! That *is* expensive. However, if you think it's a good gym, maybe I'll try it.

Samantha: Well, I think £40 a month is way too much. I don't know why people spend so much money on a gym membership, when they can exercise in the park for free.

Tom: I've tried running in the park, but it was really boring! I prefer to exercise with friends because it encourages me to work harder.

Sarah: I prefer to do exercise with friends as well – it's much more fun than exercising alone.

Samantha: But it's not just running. They have group exercise classes there in the park in the morning. Exercising outside is better because you get lots of fresh air. And you can exercise with a personal trainer, too.

Sarah: That sounds good. I think I'd like to have a personal trainer. How much does one cost?

Samantha: I pay £20 an hour.

Tom: £20 an hour! Doesn't that work out to be more expensive than joining the gym?

Samantha: It *is* expensive, but I think that it's worth the money. You can find out which type of exercise is best for you, and you can get some really useful advice on diet, too.

Sarah: That does sound useful. I need some advice on my diet – it's not great at the moment. And I know that a healthy diet helps you get fit.

Samantha: I can give you the email address of my personal trainer if you want.

Sarah: That's great! Thanks Samantha.

Tom: What about the gym? Do you think you'll join it?

Sarah: Yes – I think I'm going to try both.

Listening 2

16 and 17 16

Jim: When I need to relax, I usually read a book. I believe that reading can also change your mood. For example, a good novel can make you forget about all of your worries and a funny story can make you feel happy. If you're feeling sad, you shouldn't read a sad story though, as this will make you feel worse.

Elena: For me, doing yoga is the best way to relax. You don't even have to spend a long time doing it to feel the benefits – even five minutes of breathing exercises can make a difference. Doing yoga will help you breathe deeply, which is the fastest way to feel more relaxed. You can do yoga classes in many different places. It isn't expensive either! Many sports centres offer yoga classes at a low price. You have to find a good teacher though – that's really important.

Kate: I think that doing regular exercise is the best way to relax. It's good for the body and also for the mind. After a short run or work out we feel more relaxed and happier. Often a person's reason for not doing regular exercise is they don't have enough time. However, you can always find ways to do more exercise, like walking instead of getting the bus or driving.

Mike: When I am feeling stressed at work, I go straight outdoors for a walk in the park. Breathing fresh air and looking at nature helps me to deal with my problems. Being active for just twenty minutes outside is enough to make you feel healthier, but the longer you spend, the better. I try to spend half an hour every day exercising during my lunch break. I can't spend the whole hour outside because I don't always have time. Everyone should give it a try.

Mark: When I want to relax, the first thing I do is make myself a cup of tea. I think green tea makes me feel calmer than black tea, but all types of tea can make you feel less stressed. A recent study found that people who drink tea during stressful times are much more relaxed than those who don't. You shouldn't drink tea at night though or you may find it difficult to sleep.

UNIT 9 LANGUAGE

Listening

11 and 12 17

Sofia: Oliver, we need to discuss about how to start our project. Remember that our teacher wants us to write the report on two things. One, how many students in college already speak more than one language...

Oliver: ... yes, and two, what level their English is. It's a big project so I think we're going to have to speak to a lot of people.

Sofia: Yes, I know! Do you really think it'll be possible to speak to everyone? I'm not sure. There are over two hundred students in total.

Oliver: I know, but I guess only half of them speak just a single language.

Sofia: That's still a lot. I don't think we have enough time to go around and have a chat with the whole college. How are we going to show the results?

Oliver: I think it'll be a problem if we only include numbers. We need more than that.

Sofia: Yes, I agree. Maybe including some graphs or tables is a good idea. Let me think... First, we need to find out how many students we have here in the college in total. Then we can work out how many of them speak two or more languages.

Oliver: Can I make a suggestion? I think we can ask for that information from the college office first. I remember that, on my first day here, I put information about my second language on the registration form. So, I think it's the same for everyone.

Sofia: That's a good idea. That'll save us some time. I'll make an appointment to go and speak to somebody there after class. Who do I need to see? Is it Miss Wainwright?

Oliver: No, she works in the student services room. You need to see Miss Smith. She's in the college office.

Sofia: Can you remind me where that is? Is it next door to the IT services offices where Mr Black works?

Oliver: No, Mr Black is in the student administration office so you need to go to the floor above.

Sofia: Oh, OK. I know where that is now.

Oliver: Great. OK, I'm going to have lunch. Do you want to join me?

Sofia: No, sorry, I can't. I need to study for my maths test. Enjoy your lunch. I'm going to study in the library. Bye!

UNIT 10 SCIENCE AND TECHNOLOGY

Listening 1

Part 1

8 18

Good morning, I'm here today to talk about the design and the success of smartphones. They are convenient, and they allow us to keep control of our lives. One important reason why I think smartphones are so successful is because of their simple, clean design. Of course, there are many different brands, but let's look at a common example on this picture.

First of all, on the front of the phone, we have the glass touch screen, also known as the display. It's very easy, you only need to press your finger on this when you want to use an app. Next, on the top right side of the smartphone, is the power button. You use this to turn the phone on or off again.

At the bottom, there is a USB input. This is where you plug in and charge your phone.

You can also connect to a laptop and upload your files and photos from your phone. You will see just above this is the microphone. Whenever you make a call, you speak into this. At the opposite end of the touch screen, you can see the power bar, which you can look at to check the battery. If the bar is low, you will need to plug it in and charge it again soon.

Around the phone on the outside, keeping all of this in place is the case – sometimes made from plastic, but now more often made of metal. Many people think that the reason for the case is so that they can have a different design and colour and make it more personal. Actually, every phone needs a good, strong case to protect the phone from breaking.

Part 2

9 19

Smartphones are becoming more popular every day, all around the world. In 2010, 38 percent of the world's population owned a smartphone. Most of these people were from developed areas of the world, like North America and Europe. Five years later, that figure was a lot higher. In 2015, 62 percent of all people had one. And, in the future, these amazing little devices will probably be even more popular. So popular that, by 2020, 78 percent of the population will own one, and by 2025 many scientists believe that this number will be even higher still. Not as high as 100%, but close. This is mostly because, in the less developed parts of the world, people will be richer than they are now. So, in that year, when 86 percent will own one, what will smartphones look like? Will they look the same as they do now? I'm afraid I can't say for sure, but I do know that they won't look the same as the one in the picture that we're looking at today.

Listening 2

17 and 19 20

- 1 It has a silver case, and the screen is bigger than most other smartphones.
The display is also really clear. It's really light, and thin, it's got a lot of memory, and the battery lasts for a very long time.
- 2 It's very expensive, so before I buy it, I'm going to visit a mobile phone shop first, so I can try all the new features. But I'm definitely going to get it online in the end. I'm sure it will be cheaper.
- 3 The phone I have now, the Plus 5, is the latest model – it came out last year. But I think it will start to be really slow and seem out of date soon. The Plus 6 is even faster, and it's better for playing games and streaming things online, so that's why I'm going to get it as soon as I can.
- 4 I'm not sure if it will help me with everything. It won't do my homework for me if I swipe the screen, for example. But I think it will be helpful for some things. There's an app for writing a study plan, so I'm going to download that, anyway.

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Key: B = Below, BL = Below Left, BR = Below Right, BC = Below Centre, C = Centre, CL = Centre Left, CR = Centre Right, L = Left, R = Right, T = Top, TR = Top Right, TL = Top Left.

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Ana Djordjevic (Astound us) pp. 10, 15, 20, 36, 39, 40, 48, 58, 60, 62, 64, 69, 81, 90, 91, 96, 97, 100; Andrew Gibbs (Eye Candy Illustration) pp. 22, 73, 77, 79.

Photos

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