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“  
Always be  
yourself.”



Look at the photo and read the quote. Then discuss the questions.

- 1 What does the quote mean? In what situations can it be difficult to be yourself?
- 2 How are you similar to other people your age? How are you different?

1

## The true you

### READING

topic: early-morning activities  
skill: making inferences  
task: multiple matching

### GRAMMAR

present simple and continuous  
present perfect simple and continuous

### VOCABULARY

follow your dreams;  
adjectives ending in  
*-able* or *-ible*  
compound nouns

### LISTENING

topic: achievements  
skill: avoiding the obvious choice  
task: multiple choice

### USE OF ENGLISH

key word transformation  
multiple-choice cloze

### SPEAKING

topic: getting to know each other  
skill: giving interesting answers  
task: interview

### WRITING

topic: city vs. countryside  
skill: giving a reason, explaining a result  
task: opinion essay

### SWITCH ON ▶

video: circus squad  
project: design a promotional poster

## READING

### Power up

1 Work in pairs and discuss the questions.

- 1 What time do you go to bed and wake up? Is that typical for people your age?
- 2 Do you think you function better in the morning or the evening?
- 3 What's your favourite time of day for doing these things? What about your least favourite?

chatting to people going out with friends homework sport watching TV

### Read on

2 Read the title of the article. What do you think the phrase 'early birds' means? Read the article quickly and check your answer.

3 Read the exam tip and complete the task.

#### exam tip: multiple matching

Sometimes the information you need isn't stated directly in the text. You have to infer the information from the evidence in the text by using logic.

Read paragraph B again. Which country does Antonio live in? Does he like Li Wei? Underline the evidence in the text that helps you to infer the answers.

4 e Read the article again more carefully. Match the questions (1–10) with the people (A–D). The people may be chosen more than once.

Which person:

- 1 is doing the activity so that they can go abroad?
- 2 was inspired to do the activity by another person who does it?
- 3 can't always think quickly in the morning?
- 4 does their activity early in the morning because it's safer for others then?
- 5 is getting better at their activity?
- 6 does an activity that more and more people are choosing to do?
- 7 says they haven't had enough sleep at the moment?
- 8 isn't often pleased with the results when they get up early?
- 9 thinks the activity will help their education in the future?
- 10 likes how things look in the early morning?

5 Find words in the article that mean the following.

- 1 a small, long, thin animal without legs that lives in the ground (text A): w.....
- 2 a seat used for riding a horse (text A): s.....
- 3 further in the future than (text B): a.....
- 4 photos (text C): s.....
- 5 interrupt someone while they are doing something (text C): d.....
- 6 meet someone or see something by chance (text C): c.....
- 7 wake up later than usual in the morning (text D): s.....
- 8 quite (text D): p.....

### Sum up

6 Find similarities and differences between the four people in the article. Use 'both', 'neither', 'only', 'all' or 'none of them'.

Think about:

- 1 whether they do something that involves animals.
- 2 whether they say they like getting up early.
- 3 whether they make money from the activity.
- 4 whether they are outside in the early morning.
- 5 something else.

### Speak up

7 Work in pairs and discuss the questions. Give reasons for your answers.

- 1 What are the advantages of getting up early or going to bed late?
- 2 Are there any activities you do early or late in the day?
- 3 Which of the activities in the article would you like to do? Would your answer be different if you could do it later in the day?

# Early birds

Recent research suggests that teenagers find it biologically harder than others to get up in the morning and should start school later in the day. We decided to ask some people what they think about this idea and they prove it's certainly not true of all teenagers! Find out what inspires them to get out of bed early and get moving!

## A Camille

People say 'The early bird catches the worm,' but we're at the beach early because we're after waves, not worms! It's 6.30 a.m. and we're horse surfing. If you haven't heard of this sport, check it out. It's getting more popular every year.

It's basically a mix between surfing and waterskiing, but with a horse instead of a boat. My friend Manon rides her horse, with a rope attached to its saddle, and I surf behind them holding the rope. We got into it after seeing a video clip online. The guy in the video does incredible jumps, and although mine are much smaller, they're still amazing fun! It's only possible to go horse surfing on an empty beach – we don't want to crash into anyone. That means early mornings, unfortunately, but they're definitely worth it.

## B Antonio

Well, you'll probably think I'm mad, but I get up at 6.15 a.m. every day for a video chat with my friend Li Wei in China. The time is a bit crazy, I know, but we're both busy with school and other stuff, and China is fifteen hours ahead of this part of Mexico. So, 6.15 is the only time we can get together.

We've been doing this since I saw Li Wei's advert on a language exchange website about six months ago. I practise my Chinese (which is really useful because it's my ambition to study it at university) and Li Wei practises his Spanish. He laughs at me because I'm always making silly mistakes – my brain is a bit slow at that time in the morning. But we're both improving fast, and it's awesome getting to know someone from a completely different culture.

## C Petra

The 'golden hours' – that's what photographers call the hour after sunrise and the hour before sunset. When the sun is low in the sky, the light can be spectacular.

If you're into wildlife photography like my brother and I are, sunrise is the time to get the best shots. Lots of animals are out and about then, and there are rarely any humans to disturb them. Even in my local park, we come across a huge number of different species at that time.

I don't always feel like getting out of my nice warm bed when it's still dark and cold outside, and when I do, nine times out of ten I don't get a good photo. But that doesn't put me off, because the tenth time, wow! Capturing nature in all its beauty – what could be better than that?

## D Josh

It's 5.45 on Saturday morning, and I'm baking bread. The first five loaves are already in the oven and they smell great. I've been selling bread to neighbours for the last three months. I'm aiming to make enough money to pay for a school trip to Kenya that I'm desperate to go on. It takes me about an hour every Friday evening to prepare the dough, and another three hours in the morning to do the baking. Most of my customers want their loaves for breakfast, so I can never sleep in on a Saturday like my friends. But it's enjoyable work, and I've already made £400, so I don't mind. I often feel pretty exhausted later in the day, though. I could definitely do with an early night tonight!



# GRAMMAR

1 Read the grammar box. Complete the examples (A–G) with these words.

are does don't feel get 'm making smell takes

## explore grammar

↪ p144

### present tenses

#### present simple

**A** for present habits, facts and repeated actions

I ..... up at 6.15 a.m. every day.

**B** to describe what happens in a film, book, etc.

The guy in the video ..... incredible jumps.

**C** with stative verbs (*like, love, think, understand, realise, hear*)

The loaves **are** in the oven, and they ..... great.

#### present continuous

**D** for actions happening now and changing situations

It's 5.45 on Saturday morning, and I ..... **baking** bread.

**E** with *always* for something that happens often

I'm **always** ..... silly mistakes.

#### adverbs and adverbial phrases of frequency

**F** used before most verbs, but after the verb *to be*

I **often** ..... pretty exhausted.

There ..... **rarely** any humans.

**G** used at the end of a sentence, sometimes at the beginning

It ..... me about an hour **every** Friday evening.

**Nine times out of ten** I ..... get a good photo.

2  1.1 Listen to two friends talking about Dan's dream. What is it?

3  1.2 Listen and complete the sentences from the recording. Match the sentences with uses A–E in the grammar box.

- 1 What ..... at the moment?
- 2 I ..... on it for a few hours every Sunday.
- 3 The hero, Connor, ..... from the prison.
- 4 That ..... really interesting.
- 5 I ..... my mind about the story.

4 Put the words and phrases in brackets in these sentences. Sometimes there is more than one correct place.

- 1 My sister spends all her free time kayaking. (in summer)
- 2 She gets to the river. (usually, at about 9 a.m.)
- 3 I work on my idea for a new game. (most weekends)
- 4 My brother is borrowing my boots – it's so annoying! (always)
- 5 I didn't read the last chapter. Does Annie follow her dream? (in the end)

5 Complete the post and comments with the present simple or present continuous form of the verbs in brackets.



**Bex Kix**

142 posts



**How can I persuade my mum I should follow my dream?**

Hi guys. I really <sup>1</sup> ..... (need) your help!

So, everyone's got a dream, right? Well, mine is to become a professional footballer. It's been my ambition since I first saw *Bend It Like Beckham*. <sup>2</sup> ..... (you / know) that movie? It's about a girl who <sup>3</sup> ..... (join) a football team, and I've watched it about a hundred times. Most of my friends <sup>4</sup> ..... (not understand) why I'd want to kick a ball all day, but I <sup>5</sup> ..... (train / four times a week), and I'm pretty good now, even if I say so myself! My current team is OK, but the junior section of a professional club 50km away <sup>6</sup> ..... (look) for new players at the moment. They've just seen me play, and they've asked me to join them! I'm desperate to say yes, but the problem is my mother. She <sup>7</sup> ..... (complain / always) about driving me to football (sigh!) and the new team would mean even more driving. She <sup>8</sup> ..... (not like) the idea, but she hasn't said a definite 'no' yet either. How can I persuade her?

**Ed the Ted:** Explain that you understand it's a lot to ask... but it's your dream and you are really good!

**Olz66:** Buy her chocolate. That <sup>9</sup> ..... (work / always) with my mum.

## Speak up

6 Work in pairs and discuss the questions.

- 1 What do you think the phrase 'dreams don't work unless you do' means?
- 2 What dreams do you have? What are you doing to make them come true?
- 3 What do you think stops some people from following their dreams?



# VOCABULARY

## follow your dreams

1 Read the suggestions for how to follow your dreams. Complete them with the correct form of these words and phrases.

be worth it encourage get into give up on  
put off take pride in

### How to follow your dreams

#### Do

- 1 ..... several things that interest you, so that you can discover your passion.
- 2 ..... you.
- 3 ..... .
- 4 ..... the things that you achieve.

#### Don't

- 5 ..... you .....
- 6 ..... a dream just because it's difficult.

2 Choose the correct words to complete the article.

## Change the world in your slippers!

You can help make the world a better place – without even leaving your bedroom! Choose from the hundreds of ideas on our website!

- A Play online games to **'help out / raise** money for a **²survey / charity** with every point that you score.
- B Identify animals in photos from national parks, to help park rangers **³care for / contribute** the species that live there.
- C Respond to a **⁴survey / poverty** that helps doctors learn more about the brain.
- D Email a politician as part of a **⁵campaign / survey** to get more help for families living in **⁶poverty / charity**.
- E Explore the universe on your computer screen and **⁷contribute / help out** to NASA's maps of space.

All these opportunities and more are just a click away. If you'd like to **⁸care for / help out**, then become a **⁹volunteer / campaign** today!

3 Listen to three people talking about being a volunteer. Which three of these activities do they mention?

- A playing games online
- B doing photo research
- C making cards for kids
- D answering surveys
- E emailing politicians
- F adding to NASA's maps

4 Listen again. Which adjective(s) do the speakers use to describe their volunteering? There are two you do not need.

enjoyable incredible relaxing scary stressful tiring

5 Read the vocabulary box. Choose the correct adjectives to complete the sentences. Which adjectives come from nouns and which ones from verbs?

- 1 I want to have an important job and be **suitable / responsible** for a big business.
- 2 It's **understandable / comfortable** that the accident put her off gymnastics.
- 3 The day I went to see the Olympics was one of the most **memorable / responsible** of my life.
- 4 It's my dream to design backpacks that are really **understandable / comfortable** to wear.
- 5 It's **suitable / sensible** to make an early start if you prefer the beach when it's empty.
- 6 I want to write a blog about how to be **enjoyable / fashionable** and look cool.

## explore vocabulary

### adjectives ending in *-able* or *-ible*

We can make some adjectives by adding the endings *-able* or *-ible* to the verb or noun.

Noun	Adjective
comfort	→ comfortable
fashion	→ fashionable
sense	→ sensible
memory	→ memorable
Verb	Adjective
enjoy	→ enjoyable
respond	→ responsible
suit	→ suitable
understand	→ understandable

## Speak up

6 Have you heard the saying 'Reach for the stars!?' What do you think it means? When might you use it?

## LISTENING

### Power up

1 Which of these things would you like to do? Why?

- get a Saturday job
- play in an important sports match
- climb a mountain
- make a successful movie

### Listen up

2  1.5 Read the exam tip. Listen to two friends talking and complete the task.

#### exam tip: multiple choice

Sometimes a word or phrase from the recording may appear in an answer option but that doesn't mean it's the correct answer.

Read question 1 in Ex 3 and listen to the first speakers. Which words from the options do you hear? What is the correct answer?

3  1.6 Listen to the other speakers (2-8) and choose the correct answer, A, B or C.

- 1 You hear a boy talking about an outdoor activity holiday. How did he feel about it?  
A He was annoyed about the weather.  
B He was sorry he didn't achieve everything he'd wanted.  
C He felt silly that he didn't bring warmer clothing.
- 2 You hear a girl talking to a friend about a performance. Why is she unhappy about it?  
A She fell during the performance.  
B She failed her exam because of it.  
C Her bad leg stopped her from dancing well.
- 3 You hear a boy telling a friend about an unusual trip he is going on. What is he worried about?  
A the cost of the trip  
B feeling ill on the trip  
C missing the trip
- 4 You hear a news story about a boy who likes fast food. What has happened to him?  
A What he wrote online has been shared 18 million times.  
B A business has agreed to give him food for twelve months.  
C He's become worried that he might get fat very quickly.
- 5 You hear a girl describing her part-time job. What complaint does she have?  
A The work can sometimes be a bit boring.  
B She doesn't like the uniform she has to wear.  
C Her clothes often get dirty.

- 6 You hear a boy talking about someone he knows. In his opinion, why are they no longer friends?  
A Their interests became too different.  
B A hobby caused a problem between them.  
C They stopped having lessons together.
- 7 You hear two friends talking about a young film-maker. What do they agree about him?  
A He's made his films with lots of support from adults.  
B He chose the best way to start in the business.  
C He's done something that isn't easy to achieve.
- 8 You hear a mother talking to her daughter about her sports kit. Which sentence best summarises the mother's attitude?  
A She's annoyed her daughter hasn't been looking after it.  
B She's upset that her daughter won't be able to wear it.  
C She's sorry that she forgot to clean it.

4 Work in pairs and read the sentences. What do the words in bold mean? Can you think of any other sentences using these words? Use them to describe a situation you have experienced.

- 1 It was a bit **disappointing**.
- 2 It was so **embarrassing**!
- 3 Let's hope he **breaks a record** in making movies!
- 4 I'm always **spilling** coffee on my shirt.
- 5 We **hardly** talk to each other now.
- 6 I **bet** he gets a lot of help.
- 7 We've got through to the **final**.

### Speak up

5 When you are too busy to do everything that you want to do, what do you prioritise? Make a list of things that you have to or want to do this weekend. Which ones are the most important? Number the items on your list, with 1 being the most important. Work in pairs and explain your answers.



# USE OF ENGLISH 1

## 1 Complete the jokes (1–6) with the sentences (A–F).

- 1 I've been singing since I was two years old. ....
- 2 **Student:** Do you tell students off for something they haven't done?  
**Teacher:** No, of course not.  
**Student:** .....
- 3 Your dog's been chasing a man on a bike. ....
- 4 A crazy-looking guy asked me the time earlier. 'Ten past two,' I said. 'That's funny,' he replied. '.....'
- 5 **Dentist:** What's wrong? I haven't even touched your tooth yet.  
**Patient:** .....
- 6 Why are carrots good for the eyes? .....
- A Don't be silly. My dog's never ridden a bike in its life!  
B Well, have you ever seen a rabbit wearing glasses?  
C It's not surprising you've lost your voice then.  
D I know, but you're standing on my foot!  
E Good, because I haven't done my homework.  
F I've been asking people all day and I've had different answers each time!

## 2 Read the grammar box. Then read the jokes in Ex 1 again and find the present perfect tense in each one.

### explore grammar

→ p144

#### present perfect simple

- A for unspecified time in the past  
*I've learnt some new skills.*
- B with superlatives and *it's the first time*  
*It was the worst show I've ever been in.*
- C for recently finished actions  
*I've just received an email.*
- D for states that started in the past and continue now  
*I've wanted to learn how to sail since I was eight.*
- E for actions in the past that have a present result  
*We've got through to the final.*
- F to introduce a topic, followed by details in the past simple  
*Have you ever been there? Yes, I went there last year.*

#### present perfect continuous

- G for actions that started in the past and are still continuing  
*I've been working there for two weeks.*
- H to emphasise that an activity has been going on for a long time  
*How long have they been lying there?*

## 3 Read the article and complete it with these words.

already ever for just never since still yet



Have you <sup>1</sup>..... given up on your shopping trip because you can't find what you're after? That was always happening to Mo Bridges until he learnt how to make his own clothes. <sup>2</sup>..... then he has turned his hobby into a successful business producing his favourite fashion accessory: bow ties. He's sold thousands of ties and appeared several times on TV, and he's <sup>3</sup>..... found out his country's best basketball teams have selected him as their official tie designer. So what's next for a fifteen-year-old who's <sup>4</sup>..... achieved so much? He's planning to study fashion design at college, because although he's been designing clothes <sup>5</sup>..... years, he <sup>6</sup>..... hasn't learnt everything! And his business hasn't started selling suits and jackets <sup>7</sup>..... . That's his main ambition. Most people today have <sup>8</sup>..... heard of Mo Bridges, but that might soon change!

### exam tip: key word transformation

You can't use more than five words in a gap. Contractions (e.g. *didn't*) count as two words, so it is helpful to use full forms to check how many words you have used (e.g. *did not*).

Look at question 1 in Ex 4. What full form is needed here?

## 4 e Read the exam tip and complete the task. Then rewrite the sentences using the word given. Use between two and five words, including the word given.

- 1 I have never worn a bow tie before.  
**TIME**  
This is the first ..... a bow tie.
- 2 He started to study fashion a year ago.  
**STUDYING**  
He ..... a year.
- 3 He's a regular customer at our shop.  
**COMES**  
He ..... our shop.
- 4 It has been two years since I last saw you.  
**SEEN**  
I ..... two years.
- 5 She gave an interview on TV a short time ago.  
**JUST**  
She ..... an interview on TV.
- 6 It annoys me when she forgets my name.  
**ALWAYS**  
She ..... my name.

# USE OF ENGLISH 2

1 How important is being fashionable to you? Do you follow fashion or create your own style?

2 Look at the photos of two young people. Match the items (1–10) with the people (A–B). Three items match both photos.

- |             |       |           |       |
|-------------|-------|-----------|-------|
| 1 bow       | ..... | 6 sleeve  | ..... |
| 2 hair clip | ..... | 7 sticker | ..... |
| 3 handbag   | ..... | 8 strap   | ..... |
| 4 hood      | ..... | 9 wig     | ..... |
| 5 necklace  | ..... | 10 zip    | ..... |

3 1.7 Listen and check your answers.

4 Read the vocabulary box. How many other compound nouns can you think of? Work in pairs and see who can write down the most.

## explore vocabulary

### compound nouns

We can put two nouns together to make a compound noun.

Some compound nouns are open, with a word space in the middle. Others are closed.

bow tie, earring, hair clip, raincoat, swimsuit, wedding ring



5 Complete the sentences with these words. Which statements do you agree with? There is one word you do not need.

accessories bold casual cute feminine outfit pale smart

- ..... clothes are nicer than dark ones.
- Schools should let students wear any ..... they want.
- Even boring clothes look great with the right .....
- Wear clothing in ..... colours if you want to be seen.
- Clothes with ..... cartoon characters on them are fun.
- Everyone looks better in something ..... like a suit than in ..... clothes like jeans and T-shirts.

6 Read the exam tip and complete the task.

### exam tip: multiple-choice cloze

Start by crossing out the answers that are definitely wrong and don't fit the gap. Then read the sentence around the gap again. The words before and after the gap can give you lots of clues.

Look at gap 1 in the article. Which options are definitely wrong? Why?

7 e Read the text and choose the best answer A, B, C or D.

## AMERICAN DENIM

There is one item of 1..... that you can see in every corner of the planet: denim jeans. The two men 2..... for the design of this fashion classic were Jacob Davis and Levi Strauss, back in the 1870s. Their 3..... were miners and cowboys who wanted trousers 4..... for hard work in the American West, and denim was perfect because it was so strong. In the 1950s, teenagers who were 5..... the movies saw their favourite actors wearing jeans with leather jackets and copied their 6..... . Jeans had buttons at the front until the 1960s, but at that point 7..... became common. Today, the average person in the USA 8..... seven pairs at any one time.

- |                 |               |             |             |
|-----------------|---------------|-------------|-------------|
| 1 A clothes     | B clothing    | C fashion   | D style     |
| 2 A responsible | B reliable    | C sensible  | D memorable |
| 3 A salesmen    | B customers   | C workers   | D designers |
| 4 A comfortable | B fashionable | C enjoyable | D suitable  |
| 5 A onto        | B over        | C into      | D toward    |
| 6 A outfits     | B dress       | C set       | D accessory |
| 7 A hoods       | B sleeves     | C zips      | D straps    |
| 8 A owns        | B uses        | C belongs   | D wears     |

## Speak up

8 Work in pairs. What do you like/dislike about the fashion in the photos? Give reasons.

# SPEAKING

## Power up

1 Which of these comments (A–F) are suitable to say to someone the first time you have a conversation with them?

A Hi, I'm (name). How's it going?

D Can I borrow some money?

B Great outfit! How much did it cost?

E What kind of music are you into?

C What sort of things do you do outside school?

F I love your taste in clothes. Where do you usually go shopping?

2 Work in pairs. Practise introducing yourselves to each other, using the suitable phrases in Ex 1 and any others you know.

3 Read the useful language. Add any other ideas you have to the list. Share your ideas.

### useful language:

#### expressing likes and dislikes

be interested in    be keen on    be good at    can't stand    be into  
a (big) fan of    love    like/don't like    hate

#### giving extra information

Actually, ...    In fact, ...    To be honest, ...    ..., especially ...

4  1.8 Listen to two young people talking about their interests and complete the texts. Which words or phrases from the useful language do Adam and Belle use?

Adam

I'm <sup>1</sup>..... rock music, <sup>2</sup>..... bands from the 1970s. I'm <sup>3</sup>..... more modern bands as well. I don't go to concerts very often, <sup>4</sup>..... – tickets are so expensive. But I'm hoping to see my favourite Australian band perform live soon, when they come here on tour. <sup>5</sup>....., I should probably try to buy the tickets today.

Belle

<sup>6</sup>....., I buy a lot of my clothes and accessories second hand on the internet. I <sup>7</sup>..... spending a lot of money on fashion, and <sup>8</sup>....., it's amazing what people buy and never wear. Online auctions are great, <sup>9</sup>..... for things like coats. I really <sup>10</sup>..... going to charity shops too, although it takes a lot longer to find something nice!

5 Read questions 1–6 and match them with the follow-up questions (A–F).

- 1 What do you usually do after school?
- 2 What sort of things are you interested in?
- 3 Do you enjoy spending time at the beach?
- 4 Do you ever go to the cinema?
- 5 What kind of clothes do you like to wear?
- 6 Who do you spend time with in the holidays?

- A What's the best film you've seen recently? What happens in it?
- B What do you like doing there?
- C What do you do together?
- D What's your favourite evening of the week? Why?
- E What's your coolest outfit?
- F How long have you been into that?

## Speak up

6 Work in pairs. Read the exam tip and complete the task.

### exam tip: interview p164

Give plenty of information in your answers to make them as interesting as possible. You could include examples, reasons, opinions or extra details.

Read this mini-dialogue. How could you make the answer more interesting?

- A: What do you usually do after school?  
B: I go home.

7  e Work in pairs. Ask and answer the questions in Ex 5. Try to:

- use the expressions in the useful language.
- give as much information as you can.
- use a follow-up question if your partner pauses.

## Speaking extra

8 Work in pairs or small groups. Throw a dice to choose one of the subjects below, and have a conversation about it. After one minute, throw the dice again and start a different conversation.

-  ambitions     family     food     school  
 sport     your home town

# 1 The true you

## WRITING

### Power up

- 1 Do you prefer to be active outdoors or do indoor activities? Do you like spending time with others or spending time alone?
- 2 Which of these opinions do you agree with? Why? Discuss your ideas in pairs.

- 1 There's nothing in the countryside except boring plants and smelly animals.
- 2 It's impossible to relax in a big city.
- 3 I couldn't live more than a kilometre from a shopping mall.
- 4 Every time I go to a city centre, I remember why I can't stand humans.
- 5 The countryside – it's a big adventure playground.
- 6 No one can get bored in a city.

### Plan on

- 3 Read the essay task. Work in pairs and discuss whether you agree with the quote, and why. What idea could you add for the third point?

**'City life is better than life in the countryside.'** Do you agree?

Write an essay using **all** the notes and giving reasons for your point of view.

#### Notes

Write about:

- transport
- things to do
- ..... (your own idea)

- 4 Read a student's essay written for the task in Ex 3. Are any of his arguments the same as yours?

- A Many people enjoy living in a city **because** they think life is more exciting there. However, I've always lived in a small village in the countryside and, in my view, there are lots of benefits.
- B **Since** there is less traffic in the countryside than in the city, the air is much cleaner. **As a result**, people are healthier. Some of my friends find it difficult to get around **owing to** the lack of public transport, but I am into mountain biking, **so** I just ride my bike.
- C The countryside is also great if you like being active, **as** there are so many sports that you can do. For a mountain biker like me, a city would be a very inconvenient place to live!
- D In addition, I believe country people are friendlier than city people. My cousins live in a city and, **due to** their busy lifestyle, they do not even know their neighbours, whereas everyone in my village knows each other.
- E To sum up, people in the countryside are healthier and have more fun than city people. **Therefore**, I disagree that city life is better.

Alessandro Rossi

- 5 Read the essay again and match the headings (1–5) with the paragraphs in the essay (A–E).

- |                      |                      |
|----------------------|----------------------|
| 1 conclusion .....   | 4 things to do ..... |
| 2 introduction ..... | 5 another idea ..... |
| 3 transport .....    |                      |

- 6 Complete the language box with the words and phrases in bold in the essay. Then answer the questions.

### explore language

#### giving a reason

**because** .....

#### explaining a result

**as a result** .....

- 1 Which of the words and phrases are followed by a subject + verb?
- 2 Which of them are followed by a noun?
- 3 Which join two clauses?
- 4 Which introduce a new sentence?



## Write on

- 8** Work in pairs. Read this task and discuss your opinions. What could you write for the three points?

**Some people say city life is bad for young people. What's your opinion?**

Write an essay using **all** the notes and giving reasons for your point of view.

### Notes

Write about:

- pollution
- ..... your own idea
- entertainment

- 9** Read the exam tip and answer the question.

### exam tip: opinion essays

→ p167

Remember that you must include in your essay the two points mentioned in the exam task, and also your own idea. It is often helpful to have a separate paragraph for each of the three points.

If you have a paragraph for each point, how many paragraphs will your essay have in total?

- 10** Plan your essay using your ideas from Ex 8. Use this checklist to make sure you include everything.

- 👍 Organise your ideas into paragraphs.
- 👍 Choose linking phrases that you would like to use.
- 👍 Think of any useful phrases and vocabulary that you could use.
- 👍 First paragraph: Introduce the topic and give an idea of your main opinion.
- 👍 Next paragraph(s): Give reasons for your opinions, mentioning the subjects from the task and your own idea. Explain and support your reasons.
- 👍 Last paragraph: Give your overall conclusion.

- 11 e** Write your essay for the task in Ex 8 in 140–190 words, using your plan from Ex 10 and the exam tip to help you.

## Improve it

- 12** Read your essay carefully. Then think about these questions.

- 1 Does your essay have a clear structure, with an introduction, three points and a conclusion?
- 2 Have you written in a formal style?
- 3 Have you used suitable linking words?

- 13** Swap your essay with a partner. Ask them to check your work for any mistakes (e.g. grammar, spelling, word order).

- 7** Choose the correct words to complete the sentences. Which sentences support the opinion that city life is better than life in the countryside?
- 1 I like city life **because** / **so** there's always something to do.
  - 2 **Since** / **Due to** the lack of green spaces in my neighbourhood, we can't have a dog.
  - 3 There are always lots of concerts in the city **so** / **as** it would be a great place to live.
  - 4 My city is quite dangerous. **As a result** / **Because**, I have to be careful when I go out with friends.
  - 5 **Since** / **Therefore** the streets are always full of traffic, they're noisy and polluted.
  - 6 For me, the countryside is boring **due to** / **as** I don't enjoy peace and quiet.
  - 7 My neighbourhood attracts a lot of visitors **as a result** / **owing to** its cool clothes shops.
  - 8 I've always lived in a city. **Owing to** / **Therefore**, I would find living in a village very strange.



# INDEPENDENT LEARNING

## Self-assessment

- 1** Which of these activities are types of self-assessment?
  - 1 Identifying things you are already doing well.
  - 2 Identifying areas you need to improve.
  - 3 Deciding on achievable goals to work on.
  - 4 Getting feedback on your work from your teacher.
  - 5 Reflecting on the progress you have made.
  - 6 Identifying the learning techniques which have worked well for you, and those that have been less successful.
  - 7 Doing a test that your teacher will mark.
  - 8 Deciding on the best strategies to use in order to achieve your learning goals.

- 2** Complete the statements about self-assessment with these words and phrases.

---

choose   improve   independent  
positive   responsible   understand

---

Self-assessment helps students to:

- 1 be ..... for their own learning.
- 2 become ..... and able to learn without help from others.
- 3 feel ..... about the progress that they are making.
- 4 ..... what is required of them.
- 5 ..... the learning strategies that work best for them.
- 6 ..... more quickly.

- 3** Work in pairs. Which of the self-assessment activities in Ex 1 do you already do? Discuss how useful you find them. Which do you think will be most useful in the future?

- 4** Now look at one of the lessons from this unit and identify two things you did well and two things you need to focus on more.

Things I did well are:

- 1 .....
- 2 .....

Things I can focus on are:

- 1 .....
- 2 .....

## SWITCH ON

### Circus squad

- 1** Work in pairs. Can you think of any famous groups that do acrobatics or circus skills? What kinds of things might these groups do? Make a list.
- 2** Watch the clip. What does each of the people like most about being in the circus squad?
 

Speaker 1 .....

Speaker 2 .....

Speaker 3 .....
- 3** Watch again. Work in pairs and answer the questions.
  - 1 One member says the circus is a way to 'escape our bubble that we live in'. What do you think she means? Can you think of any examples of 'bubbles' from your own life?
  - 2 What activities do the members do? Are they similar or different to your answers to Ex 1?
  - 3 The circus is described as a 'supportive network' that helps to build trust. Can you think of any other activities or places where young people might have a similar experience?
  - 4 How long are members in the squad before they perform in front of an audience?
- 4** Would you like to try any of the activities you saw in the video? Why/Why not?

### Project

- 5** Work in groups to design a poster advertising an activity centre for young people.
  - 1 Research different groups for young people in your area. Decide on the type of centre you would like to advertise.
  - 2 Make a list of the activities at the centre and the benefits for young people. What new skills might they learn?
  - 3 Create your poster. Divide the group into pairs to write and design the advert.
  - 4 Present your poster to the class.

# UNIT CHECK



## Wordlist

### Follow your dream

be worth it (*phr*)  
 chat to sb (*phr*)  
 encourage (*v*)  
 get into (*phr v*)  
 give up on (*phr v*)  
 incredible (*adj*)  
 put off (*phr v*)  
 relaxing (*adj*)  
 scary (*adj*)  
 stressful (*adj*)  
 take pride in (*phr*)  
 tiring (*adj*)

### Helping others

campaign (*n*)  
 care for (*phr v*)  
 charity (*n*)  
 contribute (*v*)  
 help out (*phr v*)  
 poverty (*n*)

raise money (*phr*)  
 survey (*n*)  
 volunteer (*n*)

### Adjectives with -able and -ible

comfortable  
 enjoyable  
 fashionable  
 memorable  
 responsible  
 sensible  
 suitable  
 understandable

### Clothes and accessories

accessories (*n*)  
 bold (*adj*)  
 bow (*n*)  
 casual (*adj*)  
 cute (*adj*)  
 feminine (*adj*)  
 hair clip (*n*)

handbag (*n*)  
 hood (*n*)  
 necklace (*n*)  
 outfit (*n*)  
 pale (*adj*)  
 sleeve (*n*)  
 smart (*adj*)  
 sticker (*n*)  
 strap (*n*)  
 wig (*n*)  
 zip (*n*)

### Compound nouns

bow tie  
 earring  
 raincoat  
 swimsuit  
 wedding ring

### Other

bet (*v*)  
 break a record (*phr*)  
 come across (*phr v*)

desperate (*adj*)  
 disappointing (*adj*)  
 disturb (*v*)  
 embarrassing (*adj*)  
 final (*n*)  
 hardly (*adv*)  
 pretty (*adv*)  
 put on (*phr v*)  
 saddle (*n*)  
 shot (*n*)  
 sleep in (*phr v*)  
 spill (*v*)  
 worm (*n*)

### Extra

ahead of (*phr*)  
 aim (*v*)  
 ambition (*n*)  
 be after (*phr*)  
 could do with (*phr*)  
 feel like (*phr*)

## Practice

**1** Complete the sentences with the correct form of the words in brackets.

- I love looking after kids. It's really ..... (enjoy).
- Anneka is extremely ..... (sense), so I'm sure she'll be OK.
- Running that far was very ..... (tired), but I'm glad I did it.
- They're looking for someone ..... (rely) to help at the football club.
- Appearing on TV was OK – it wasn't too ..... (stress).
- I find painting quite ..... (relax).

**2** Find words from the wordlist to match these definitions.

- This is smart and is worn around the neck: .....
- This can replace hair: .....
- On a shirt, these go over your arms: .....
- You pull this to bring two pieces of fabric together: .....
- This is the part of a coat that goes over your head: .....
- This goes on your finger to show that you are married: .....

**3** Read the article and complete it with words from the wordlist.

## Gandys flip flops

People start businesses for many different reasons. For brothers Rob and Paul Forkan, it was to <sup>1</sup> ..... money for children who had lost their families and homes in a tsunami and were living in terrible <sup>2</sup> ..... . The boys decided to sell flip flops. Soon they had their own designs in bright, <sup>3</sup> ..... colours for these summer shoes, and with a simple <sup>4</sup> ..... across the top of the foot which felt really <sup>5</sup> ..... . People loved them, and they became very <sup>6</sup> ..... – everyone wanted a pair. Due to the shoes' amazing success, the brothers have been able to build a new school for kids in Sri Lanka. They now sell bags and other <sup>7</sup> ..... , and some casual summer clothing. Has all the hard work been <sup>8</sup> ..... it? You bet!

# UNIT CHECK

## Review

### 1 Choose the correct answer, A or B.

- My sister is ..... chatting to her boyfriend on the phone. It's so annoying!  
A often                                      B always
- He usually ..... the bus, but today his mum is giving him a lift to school.  
A is catching                                B catches
- Our boots ..... dirtier and dirtier in this muddy field.  
A are getting                                B get
- I think I ..... this grammar question now.  
A am understanding                        B understand
- As a rule, students ..... to get high marks in the exam.  
A are aiming                                B aim
- ..... works as a volunteer at a kids' club.  
A Rachel on Saturdays                  B On Saturdays, Rachel

### 2 Read the conversation between a mum and her daughter. Choose the correct answers to complete it.

- A: Jessie, hurry up – dinner's on the table! <sup>1</sup>I've called / I've been calling you for the last five minutes!
- B: Sorry!
- A: So, what <sup>2</sup>have you done / have you been doing?
- B: <sup>3</sup>I've read / I've been reading a book – *The Lord of the Rings*. I'm on the fifth chapter now. It's brilliant! <sup>4</sup>Have you ever read / Have you ever been reading it?
- A: No, but dad and I saw the films when they came out. <sup>5</sup>We've never seen / We've never been seeing the last one though. We must watch it some time. But come on! We're all hungry. Your brother <sup>6</sup>has sat / has been sitting here for ages!

### 3 1.9 Listen to Liz and Ben talking about their family's animal sanctuary. Tick the things that are a problem for them.

- A ill animals
- B annoying visitors
- C volunteers
- D early mornings
- E money
- F dirty clothes

### 4 1.10 Complete the sentences with the correct form of the verbs in brackets. Then listen again and check your answers.

- Liz and Ben's family ..... (enjoy) helping animals for years.
- Liz and Ben ..... (like) helping at the sanctuary.
- Liz ..... (not wear) her favourite outfits at home.
- Her clothes ..... (not stay / usually) clean for long.
- For the last few weeks, Ben ..... (care) for a baby deer.
- Their father ..... (tell / always) them to be careful with money, which can be annoying.
- In general, things ..... (get) better now.

### 5 Complete the article with one word in each gap.

## COLD ADVENTURES

Have you <sup>1</sup>..... dreamt of seeing polar bears in the Arctic or penguins in the Antarctic? Most of us <sup>2</sup>..... never wanted to go places like that because they're too cold. But fifteen-year-old Jade Hameister <sup>3</sup>..... not have the same ambitions as the rest of us. She's been interested in these extreme environments <sup>4</sup>..... she was very young. For years, she's <sup>5</sup>..... aiming to become the youngest person to reach both the North and South Poles and to cross Greenland. She's <sup>6</sup>..... completed the first part of the challenge: skiing 150km to the North Pole. That <sup>7</sup>..... last year, and amazingly, the minus-forty-degree temperatures didn't put her off. She's just started her second journey, and <sup>8</sup>..... currently skiing across Greenland, a distance of 540km. Good luck, Jade!

### 6 Write a short blog post about clothes or fashion. You could include these subjects or your own ideas:

- what you wear in different seasons
- how long you've had your favourite items of clothing
- clothing that has become fashionable recently
- fashions that annoy you

