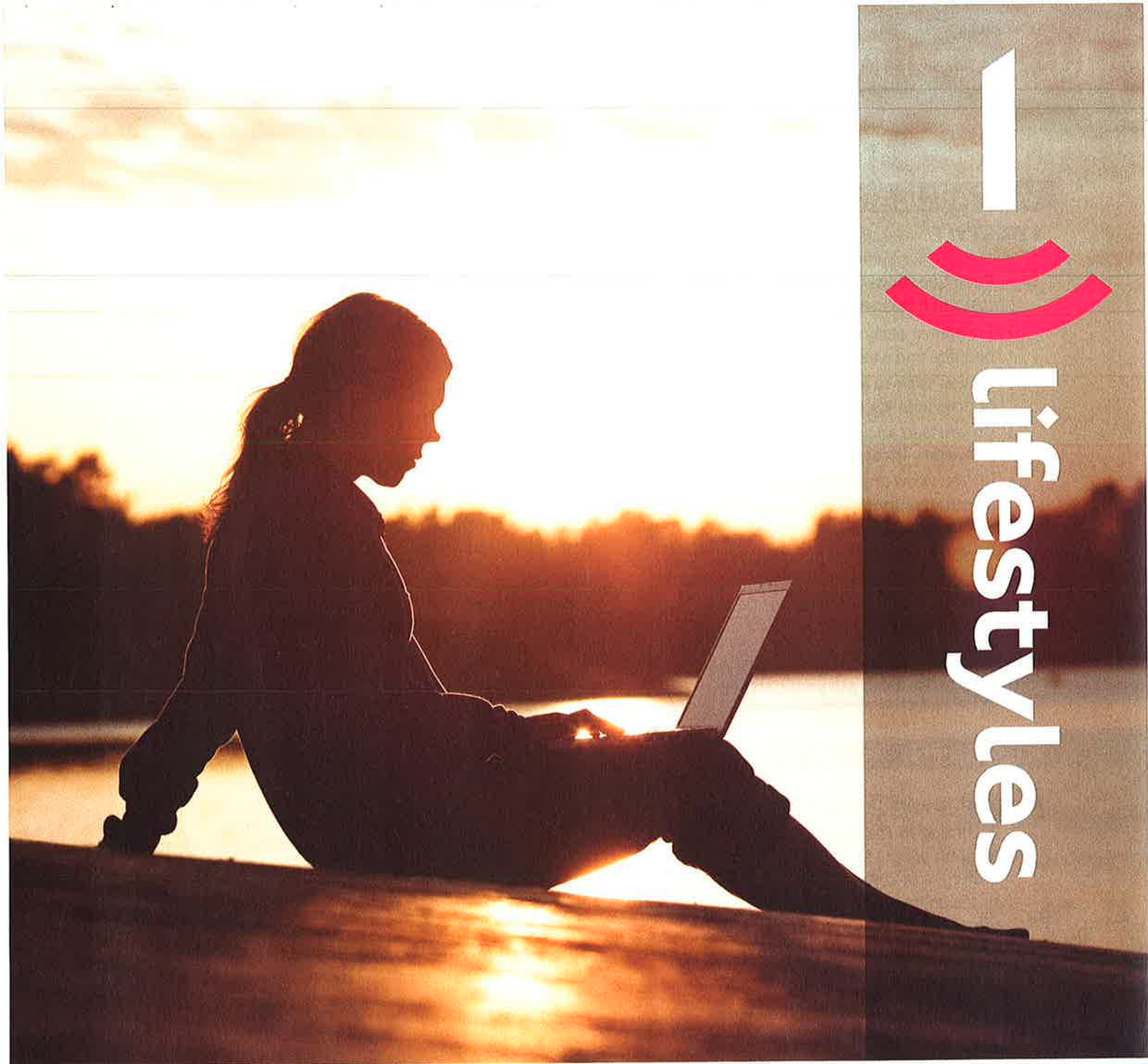




# Lifestyles



**COFFEE DRINKER?** p8



**LIFE IS BUSY** p11



**WHAT WOULD YOU TAKE?** p14



**FAIR ISLE** p16

**SPEAKING** 1.1 Talk about your lifestyle 1.2 Do a quiz 1.3 Describe everyday objects  
1.4 Explain the lifestyle you prefer

**LISTENING** 1.2 Listen to a BBC radio programme about busy-ness 1.3 Listen to a conversation  
about special objects 1.4 Watch a BBC documentary about Britain's most remote  
inhabited island

**READING** 1.1 Read an article about coffee 1.3 Read a blog post called *What would  
you save in a fire?*

**WRITING** 1.2 Write an article 1.4 Write a pros and cons essay



## VOCABULARY

### LIFESTYLE

- 1 A** Read questions 1–6. What do the phrases in bold mean?
- 1 Are you an **early bird** or do you go to bed late and wake up late?
  - 2 Do you **stick to a routine** every day or does your routine change?
  - 3 Do you lead an **active lifestyle** or a **sedentary lifestyle**?
  - 4 Do you know anyone who has an **alternative lifestyle**? What type of things do they do?
  - 5 Do you enjoy travelling? Would you like to live a **nomadic lifestyle**?
  - 6 What kind of work do you do? Do you **work long hours**?
- B** Work in pairs. Choose four questions from Exercise 1A to ask your partner.

## READING

- 2 A** Work in pairs. Discuss the questions.
- 1 According to *The Economist*, up to a billion people start their day with either tea or coffee. Are coffee and/or tea an important part of your lifestyle?
  - 2 Have you drunk any today? Will you drink any (more) today?
- B** Read the article about coffee. What information is new to you?
- C** Read the article again and answer the questions.
- 1 Who were Khalid and Baba Budan and what part did they play in the history of coffee?
  - 2 What 'firsts' and 'seconds' did you learn about?
  - 3 What are the benefits of coffee?
- D** Work in groups. Discuss the questions.
- 1 Which facts in the article did you find surprising? Why?
  - 2 Do you think coffee is a type of medicine? Why/Why not?
  - 3 Which is more popular in your country: coffee or tea?

## THE WORLD'S FAVOURITE DRUG: ten things you didn't know about coffee

*For millions of us, coffee is a big part of our lifestyle. Early birds crave it. People who work long hours need it. And those with active lifestyles drink it to give them energy. But how much do we know about it?*

- 1 Coffee was discovered in Ethiopia in the ninth century AD. The story goes like this: a goat-herder named Khalid noticed that his goats became energetic when they ate the mysterious beans on the mountains. He took some of the beans to the village and had them turned into a drink.
- 2 It wasn't until coffee arrived in Mocha, Yemen, that the drink's popularity began to spread. From Mocha (the drink was named after the place), coffee beans were exported to India, Java, and eventually to Europe.
- 3 An alternative story says that coffee was prohibited from leaving Yemen, but a seventeenth-century traveller named Baba Budan smuggled seven coffee beans to India, where he had them planted and harvested by local people. It's said now that all of the world's coffee originates from those seven beans.
- 4 The word coffee comes from the Arabic qahwat al-bun (wine of the bean). It was shortened to qahwa, which became the Turkish kahve, which became coffee.
- 5 The world's first coffee house opened in Constantinople, now called Istanbul, in 1475.
- 6 There are two types of coffee: arabica and robusta. Arabica is smoother, more popular and is used in more speciality coffees. Robusta is cheaper and contains more caffeine. It also grows in tougher conditions.
- 7 The world's two oldest recorded cats drank coffee every day. The oldest cat ever, Creme Puff, lived to thirty-eight. Her owner, Jake Perry, fed her coffee, bacon, eggs and broccoli every day. Perry was also the owner of the previous record holder, Grandpa Rex Allen, who had the same diet and lived to thirty-four.
- 8 Coffee is the world's second most popular drink, after tea. 500 billion cups are drunk every year. It's also the second most commonly traded commodity, after oil. The biggest coffee drinkers are Scandinavians. On average, people from Finland, Norway and Sweden drink two cups per person per day.
- 9 In the seventeenth century, a French doctor suggested that his patients mix milk into their coffee. Coffee had never before been drunk with milk, and this is the origin of café au lait. In recent times, coffee has been shown to have various health benefits: it can act as an anti-depressant, help burn fat and may protect people from Alzheimer's, Parkinson's and dementia.
- 10 Brazil, which is responsible for a third of the world's coffee, is the leading coffee producer, followed by Vietnam, Colombia and Indonesia.



## GRAMMAR

### THE PASSIVE; CAUSATIVE HAVE

- 3 A** Read sentences 1–4 and answer questions a)–b).
- Coffee was discovered in Ethiopia.
  - Coffee has been shown to have health benefits.
  - Coffee had never before been drunk with milk.
  - Budan had the beans planted and harvested by local people.
- a) Three of these sentences don't say who did the action because it's not the main focus. Which sentence is the exception?
- b) Underline the verb forms in each sentence.
- B** Underline the correct alternatives to complete the rules.

**RULES**

- Use the passive to emphasise *the actions of/ what happens to* people or things.
- The person who does the action is unimportant, obvious or *known/unknown*.
- Form the passive with subject + *to be* + *present/past* participle.

- C** Read sentences 1–4. Are statements a)–c) below true (T) or false (F)?
- We had our coffee-maker repaired.
  - I had my hair done.
  - He had his wallet stolen.
  - She had her windows broken.

**RULES**

- The causative *have* uses *have* + object + past participle.
- Use the causative *have* to say when we arrange for somebody to do something for us.
- We can also use it to talk about a bad experience or an action done by someone unknown or unnamed.

**D** Work in pairs. Find more examples of the passive and the causative *have* in the article.

▷ page 104 **LANGUAGEBANK**

**4 A** **1.1 SENTENCE STRESS: causative have**  
Which word is stressed in this sentence? Listen and check.  
She had her nails done.

**B 1.2** Which words are stressed in sentences 1–4? Listen and check. Then listen and repeat.

- I had my watch stolen.
- He has his house cleaned.
- We're having our roof fixed.
- She's had her car broken into.

**5** Complete the second sentence so that it means the same as the first, using the word in bold. Use between three and five words, including the word in bold.

- Someone fixed our washing machine yesterday. **had**  
We \_\_\_\_\_ yesterday.
- They gave me a prize for the best essay. **given**  
I \_\_\_\_\_ for the best essay.
- Someone will tell them to stick to their routine. **be**  
They \_\_\_\_\_ to stick to their routine.
- They have shown that working long hours causes stress. **been**  
Working long hours \_\_\_\_\_ to cause stress.
- The doctor checked my hearing yesterday. **had**  
I \_\_\_\_\_ yesterday.
- People know Mongolians for their nomadic lifestyle. **are**  
Mongolians \_\_\_\_\_ their nomadic lifestyle.
- No one had told Lucy about the party. **been**  
Lucy \_\_\_\_\_ about the party.
- Someone broke into their house while they were away. **had**  
They \_\_\_\_\_ into while they were away.

## SPEAKING

**6** Work in pairs. Choose four of these questions to ask your partner. Ask follow-up questions to find out more information.

- When was the last time you:
- were given a gift?
  - had something repaired?
  - were taken somewhere beautiful?
  - had your hair done?
  - were taught how to do something?
  - were photographed?
  - had your opinions questioned?
  - had a special meal cooked for you?





'I take after my parents in that I like working outside. We live on a farm that has been handed down from generation to generation in my family, so there are always things to do. When I was twenty, I started running the farm. Nowadays I work at least ten hours a day. I'm looking forward to retiring one day but that won't be for another few years!'

(Jake)

'I took over the family's law business ten years ago. When my mother handed over responsibility to me, I didn't realise how much work it was. I spend most of my days in the office trying to keep up with our cases. I probably sit at my desk for twelve hours a day and drink about six cups of coffee! I'm looking into employing another lawyer to ease some of the pressure.'

(Suki)

'I used to work in the city but I couldn't put up with the noise and the people. I was always dreaming about escaping. Eventually, I couldn't put it off any longer. I saved some money, left my job, and bought a camper van. I now travel all the time and make a living by doing odd jobs. I believe nothing should keep you from chasing your dreams, and I'm living my dream.'

(Meredith)

## VOCABULARY PLUS

### MULTI-WORD VERBS

**7 A** Read the texts above. Match them with the lifestyles: sedentary, active, nomadic. Which lifestyle would you prefer?

**B** Find ten multi-word verbs in the texts in Exercise 7A. Match them with definitions 1–10.

- |      |  |
|------|--|
| take | 1 _____ start being responsible for a job that someone else was doing before you                     |
|      | 2 _____ be similar to your father, mother, etc., because you have a similar character or appearance  |
| hand | 3 _____ give control or responsibility of something, e.g. a company, to someone                      |
|      | 4 _____ give something to someone, especially to a younger person, so that they continue a tradition |
| put  | 5 _____ delay doing something until later  |
|      | 6 _____ accept an unpleasant situation without complaining   |
| look | 7 _____ find out about something so that you can take action   |
|      | 8 _____ be excited about something that is going to happen   |
| keep | 9 _____ prevent someone from doing something   |
|      | 10 _____ understand all the most recent facts about something  |

**C** Read sentences 1–2 about multi-word verbs and complete examples a) and b).

- 1 Multi-word verbs are idiomatic. You cannot usually guess the meaning from the words.
- 2 A multi-word verb has two or three words. The first word is a verb. The second (and third) word is a preposition.
  - a) verb + preposition; example: *take* \_\_\_\_\_
  - b) Multi-word verb with three words; example: *look* \_\_\_\_\_

▷ page 120 **VOCABULARY BANK**

## SPEAKING

**8 A** Complete the sentences so they are true for you.

- 1 In my family, I take after/don't take after ...
- 2 Something I always/never put off doing is ...
- 3 For my work/studies, I have to/don't have to keep up with ...
- 4 One thing that has been/hasn't been handed down in my family is ...
- 5 Something I will/won't keep on doing for the rest of my life is ...
- 6 I always look forward to ...
- 7 I can't put up with ...

### speakout TIP

When you learn new words and phrases, always write example sentences. It's a good idea to write personalised sentences; this means the sentences are about you. You have a better chance of remembering the new language if you personalise it.

**B** Work in pairs. Discuss your sentences from Exercise 8A. Explain your answers.

## WRITING

**9** Write a paragraph about your lifestyle, similar to the texts in Exercise 7A. Use at least three of the multi-word verbs from Exercise 7B or other multi-word verbs you know.

## VOCABULARY

### VERB + PREPOSITION

**1 A** Work in pairs and discuss. Is your life very busy? Can you give examples?

**B** Read what three people say about their workload. Do any of the comments describe how you feel?

**Jodi:**

I **feel** completely **overwhelmed by** the amount of work I'm expected to do. I spend my life **racing around** trying to **keep up with** everything. There just aren't enough hours in the day.

**Victor:**

My problem is I **have no control over** my workload. My boss forces me to **take on** too much and then I **struggle with** finding time to do it all.

**Alejandra:**

I try not to **let** my work **pile up** too much. I prioritise my tasks and make sure that I **take time out** from work and **make time for** other things that are also important to me.

**C** Match the phrases in bold in the comments with definitions 1–9.

- 1 take responsibility for \_\_\_\_\_
- 2 find time to do something or be with someone even when you're busy \_\_\_\_\_
- 3 do something at the necessary speed \_\_\_\_\_
- 4 allow something to increase \_\_\_\_\_
- 5 how you feel when something is too much or too difficult so you are unable to do it \_\_\_\_\_
- 6 have trouble managing or achieving something \_\_\_\_\_
- 7 go fast/do lots of different tasks quickly \_\_\_\_\_
- 8 not have the power to direct or manage something \_\_\_\_\_
- 9 stop what you are doing in order to do something else for a while \_\_\_\_\_

**D** Complete the sentences so they are true for you. Then work in pairs and compare your ideas.

- 1 I sometimes feel overwhelmed by ...
- 2 I have a tendency to take on ...
- 3 During the week I often race around ...
- 4 I try to make time for ...
- 5 One thing I have no control over is ...

## LISTENING

**2 A** Read about a BBC radio programme. What problem does it focus on?

### Busy-ness is NOT a competition

Oliver Burkeman

In the modern workplace, when a workmate asks you how you are, the response is almost always, 'Busy! I'm so busy!' It sounds like a complaint, but are we actually proud of the fact that we have so much to do?

Despite all the new time-saving technology we have, we seem to be busier than ever. Perhaps we are just addicted to being busy.

Oliver Burkeman has been exploring why we all feel so busy nowadays.



**B** **▶ 1.3** Listen to the radio programme and answer the questions.

- 1 How has 'the post-holiday ritual' changed in recent years? What happened before? What happens now?
- 2 According to the programme, why do we all proclaim to be so busy?

**C** Listen again. Are the statements true (T) or false (F), according to the programme? Correct the false statements.

- 1 We are now more likely to say we're busy than in the past.
- 2 Busy has become a brand. It makes us feel important and essential to the world.
- 3 If you're not busy, you are seen as someone who is not delivering or potentially someone that's incompetent.
- 4 Status comes from our reputation – the stuff that we can share on Facebook to show people what we're doing.
- 5 People began comparing their sixty-hour weeks, and 'busy' was equated with progress and success.

**D** Work in groups. Discuss the questions.

- 1 Do you think how busy someone is really defines their social status? Why/Why not?
- 2 Is busy-ness a problem nowadays? Why/Why not? If it is, how can society deal with it?

## GRAMMAR

### PRESENT TENSES: SIMPLE VS CONTINUOUS, STATIVE VERBS

**3 A** Read the sentences. Why is the simple/continuous form used in each case?

- 1 She's studying really hard for her exams at the moment.
- 2 I often work late at night just to try and keep up with everything.
- 3 I want people to think I'm busy.
- 4 I'm always racing around trying to keep up with everything.
- 5 We're rushing around more crazily than ever.
- 6 New technology saves us time, but we're still busier than before.
- 7 Are you taking any work with you on your holiday?

**B** Match sentences 1–7 in Exercise 3A with uses a)–g).

#### RULES

##### present simple

a) for habits/everyday actions

*I get up at 5.00 a.m. every morning.*

b) for facts/things that are always true

*Coffee is addictive.*

c) for states or feelings (with stative verbs, e.g. *like, love, think, want, be, know*)

*He doesn't like his job.*

##### present continuous

d) for actions happening now or around now **1**

*They're both working too hard.*

e) to describe a situation that is in the process of changing

*The economic situation is improving.*

f) after words like *always, forever, and constantly*, to describe repeated actions (that may be annoying)

*She's always complaining.*

g) to describe a planned future action

*He's starting a new job next week.*

**C** Look at the stative verbs in the box and choose the correct alternative to complete the rule.

agree understand remember  
depend consist realise suppose  
need matter prefer forget believe

Stative verbs *are/are not* usually used in the continuous form.

▷ page 104 **LANGUAGEBANK**

**4 A** Find and correct one or two mistakes in the sentences. When are both the simple and continuous forms possible?

- 1 I'm really being busy at the moment, so I'm try to get up at 5a.m. to give me more time to get things done.
- 2 I try not to work in the evenings or at weekends. I'm preferring to get most of my work done during normal office hours.
- 3 My brother is always look at his phone while I try to have a conversation with him.
- 4 Sometimes I'm not realising how long I spend on the computer. I'm going on there to check some information and before I know it, two hours has disappeared.
- 5 I'm not really agreeing with blaming social media for making us busy. I'm thinking the problem is related to work.
- 6 When I go out to dinner with my husband, he's always check his phone for emails. I'm finding it really rude.

**B** ▶ 1.4 Listen and check your answers.

**C** Change three of the sentences in Exercise 4A so they are true for you. Then work in pairs and compare your ideas.

*I'm not busy at the moment because my boss is away. I'm really enjoying it because I don't have to get to work so early.*

**5 A** ▶ 1.5 **CONNECTED SPEECH: linking** Listen and notice how the words are linked together in fast speech.

- 1 final consonant + initial vowel: get\_up – I'm trying to get\_up.
- 2 two of the same consonants: not\_to work – I try not\_to work in the evenings.

**B** ▶ 1.6 Listen and write the sentences. Then mark the linking.

**C** Listen and check. Then listen again and repeat.

## SPEAKING

**6 A** Work in pairs. Make questions with the prompts.

### Are you too busy?

- 1 you / work / something important to you / at the moment?
- 2 on average / hours / you / sleep / night?
- 3 you / find / difficult / say 'no' / work / even / you / be / busy?
- 4 how often / you / see / friends?
- 5 how many emails / be / your inbox / moment?
- 6 you / feel / stressed / lot / time?
- 7 you / plan / holiday / for the near future?
- 8 you / have / hobby / pursue / regularly?
- 9 you / ever / take / day off / do nothing?
- 10 how often / you / come home late / from school or work?

**B** Add two more questions to the quiz in Exercise 6A.

**C** Work in groups. Ask and answer the questions in the quiz. Who do you think is too busy?



# Seven reasons why being bored is good for you

As society gets busier and busier, we find that even when we're alone, we are constantly stimulated by smartphones and trying to keep up with social media. Have we forgotten the importance of being bored? We think of boredom as something negative, to be avoided, but boredom might actually be good for us. Here are some reasons why.

- 1 Creativity:** Boredom leads to creativity. You get ideas from being bored. It's only when you're bored that your mind has the time and the space to develop its own creative stimulation.
- 2 Problem-solving:** Our subconscious mind is usually better at solving problems than our conscious mind. This is because it is less regulated by rules and protocol. But you tend to only listen to your subconscious mind once your conscious mind has a moment to settle.
- 3 Self-reflection:** Being bored encourages you to think about your current state, in a way that racing around being occupied and engaged does not. Self-reflection can be a catalyst for making changes to our jobs and lifestyle.
- 4 Selflessness:** According to a study, boredom can inspire people to be altruistic, empathetic and engage in selfless tasks such as giving to charity, volunteering or donating blood.
- 5 Slow down:** When we're feeling bored, it's easy to turn on your mobile phone or tablet for entertainment. Yet favouring this virtual world means we stop noticing the real world that surrounds us. Looking at the natural environment helps our minds to slow down and enjoy life.
- 6 Breaking the cycle:** Research shows we get a dopamine hit each time we experience something new. In our fast-paced and constantly changing world, we have become accustomed to experiencing this hit all the time. By embracing boredom we can break this cycle and start to enjoy the simple pleasures in life again.
- 7 Taking time out:** We live in a world of 24/7 connectivity. This keeps our minds constantly active. There is no downtime. Being bored allows us to take time out from the constant buzz of activity. It allows us to enter a more relaxed state and stop the roller coaster feeling that many of us struggle with. Is that really such a bad thing?



## WRITING

### AN ARTICLE; LEARN TO USE PERSUASIVE LANGUAGE

**7 A** Can you think of any reasons why being bored might be good for you?

**B** Read the article. Does it mention any of your ideas from Exercise 7A?

**C** Tick the points in the article that you agree with. Put a question mark next to any you disagree with. Then work in pairs and discuss your ideas.

**D** Do you think these statements about listicles are true (T) or false (F)?

- 1 A listicle is an article that is written as a list.
- 2 Listicles are a popular style for blogs and other online articles.
- 3 Listicles are often used in magazines.
- 4 Listicles tend to use very formal language.
- 5 Listicles are a good way to grab a reader's attention.

**E** Find another example for each of these persuasive devices in the article.

persuasive device	examples
using the personal pronouns <i>I, you</i> and <i>we</i>	We find ... we are constantly stimulated by smartphones ...
referring to research/statistics/figures	According to a study, ...
using declarative sentences	Boredom leads to creativity.
using rhetorical questions	Have we forgotten the importance of being bored?

**8 A** Work in groups. Plan your own listicle. Follow steps 1–5.

- 1 Decide on a suitable topic. Think of it in terms of numbers (e.g. seven ways to leave your job). Apparently, odd numbers are more popular.
- 2 Gather ideas about the topic. It doesn't matter if you have too many ideas – you can cut down later.
- 3 Choose a title.
- 4 Choose a style. Do you want it to be funny, informative, chatty or serious? Are you giving advice? Is it formal or informal?
- 5 Make some notes for each point in your listicle.

**B** Write your listicle (250–300 words). Add some pictures to help illustrate your ideas.

# 1.3 ) WHAT WOULD YOU TAKE?

- F** describing everyday objects
- P** stress patterns: responses
- V** everyday objects

## What would you save in a fire?

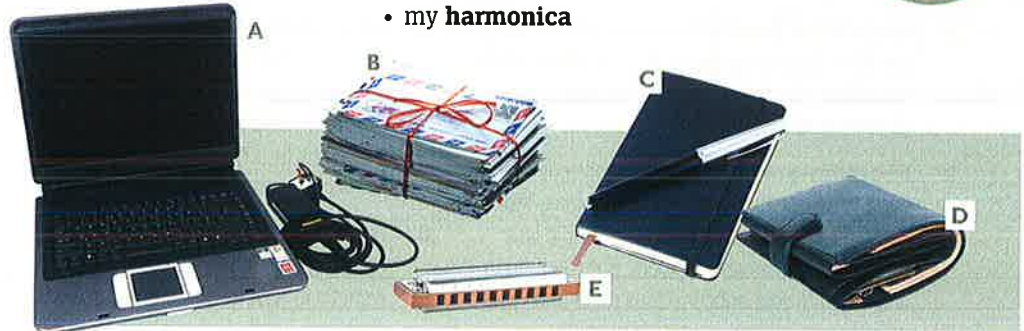
If your house was burning, what would you take with you? Apart from the obvious, loved ones and pets, what five possessions would you choose? Our choices reflect who we are as people – our interests, background and priorities. And they are often a conflict between what is practical, what is valuable and what is sentimental. It's a way of asking, 'What are the most important things in life?'

So what five things would you take?

1

**Name:** Enzo Andrade  
**Age:** 21  
**Location:** Recife, Brazil  
**Occupation:** journalist

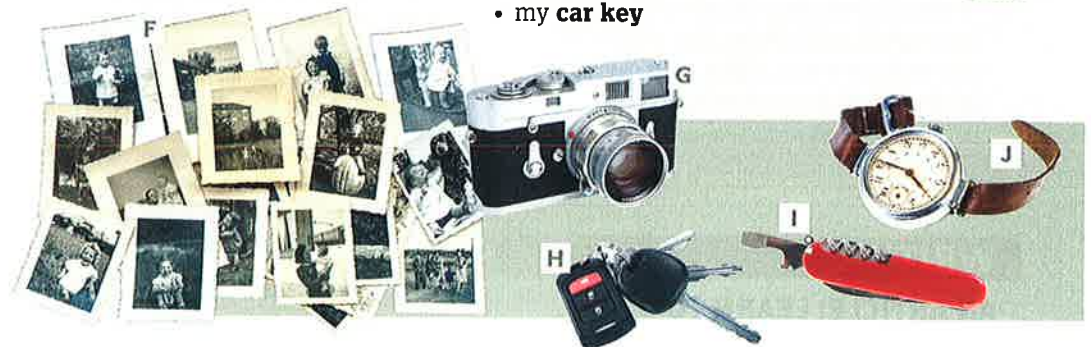
- **laptop** and **charger**
- **letters** from my parents and girlfriend
- **notebook** and **pen** – this has all my latest ideas
- my **wallet**
- my **harmonica**



2

**Name:** Marie Peeters  
**Age:** 72  
**Location:** Antwerp, Belgium  
**Occupation:** retired

- **old family photos**
- a **penknife** with a **bottle opener** which my father gave me
- **watch** – my late husband's
- my **camera**
- my **car key**



## VOCABULARY

### EVERYDAY OBJECTS

- 1 A** Work in pairs. Read the texts. Can you find all the items from the lists in the photos?
- B** What do the lists tell you about the people? Are there any items you definitely would/wouldn't take from these lists?

▷ page 120 **VOCABULARY BANK**

## FUNCTION

### DESCRIBING EVERYDAY OBJECTS

- 2 A** 1.7 Listen to two people discussing the question, 'What would you take with you if your house was burning?' Tick the items they mention.

coffee pot	penknife	blanket	guitar	passport
phone	watch	torch	charger	laptop
hard drive	necklace	silver ring	cooking pot	

- B** Listen again. Do the speakers agree or disagree about the items they discuss?

- 3 A** Match 1–7 with a)–g) to make sentences for describing objects.

- 1 That's/That's definitely not
- 2 You can
- 3 It's a bit
- 4 You need it
- 5 (It's) made of
- 6 It's (no) good for
- 7 It

- a) use it to get online/wear it ...
- b) to prove who you are.
- c) telling the time.
- d) essential/vital/indispensable.
- e) 's really special/has sentimental value.
- f) wool/metal/plastic/leather.
- g) impractical/heavy/pointless.

- B** Listen again and check your answers.

▷ page 104 **LANGUAGE BANK**



3

**Name:** Patti Harrison  
**Age:** 19  
**Location:** Nice, France  
**Occupation:** student



- my **phone**
- my **skateboard**
- **baseball cap**, a gift from a friend
- **silver rings** bought on my travels
- **sunglasses**



following 563



#### 4 A Complete the sentences with the words in the box.

sentimental use play indispensable no  
heavy can that's made need

- 1 A phone is \_\_\_\_\_. You \_\_\_\_\_ it to keep in touch with people.
- 2 The necklace my grandmother gave me is \_\_\_\_\_ of gold. It's not worth very much money but it has \_\_\_\_\_ value.
- 3 This suitcase is enormous. It's a bit \_\_\_\_\_ but you can \_\_\_\_\_ it to carry all your things.
- 4 This coffee pot has a hole in it. It's \_\_\_\_\_ good for serving coffee, but you \_\_\_\_\_ use it to put flowers in.
- 5 Bring your guitar. \_\_\_\_\_ essential. You can \_\_\_\_\_ music and we'll sing.

**B** Choose three items from the photos and write sentences about them using the phrases in Exercise 4A. Do not say what the item is. Then work in pairs and read your sentences to your partner. Can he/she guess the items?

**A:** *It's made of leather and paper. You can use it to write in.*

**B:** *A notebook?*

**A:** *Yes.*

## LEARN TO

### RESPOND TO SUGGESTIONS

**5 A** 1.8 Listen again and complete the phrases for responding to suggestions.

#### Agreeing

- 1 Yeah, absolutely. I've got that, \_\_\_\_\_.
- 2 Definitely. I \_\_\_\_\_.
- 3 I was thinking the same \_\_\_\_\_.

#### Disagreeing/Questioning

- 4 Why have you chosen \_\_\_\_\_?
- 5 I don't think that would be my first \_\_\_\_\_.
- 6 Oh I'm not \_\_\_\_\_ about that.
- 7 That's \_\_\_\_\_ essential though, is it?
- 8 Are you joking?/You're \_\_\_\_\_!

#### Giving your opinion

- 9 That's quite practical./That sounds \_\_\_\_\_.
- 10 I'd \_\_\_\_\_ a penknife is pretty important.

**B STRESS PATTERNS: responses** Listen to the phrases from Exercise 5A. Underline the stressed words/syllables.

**C** Listen again and repeat. Copy the stress patterns.

**6 A** Underline the correct alternatives to complete the conversations.

- 1 **A:** I would take this plastic necklace. It's a bit *impractical/essential*, but I like the colours.  
**B:** Really? I don't *think/sure* that would be my first choice.
- 2 **A:** I would take this old wooden box. You *can/need* use it to put things in.  
**B:** I'm not *know/sure* about that.
- 3 **A:** Chocolate! It's good *for/to* use energy.  
**B:** I was thinking the same *choice/thing*.
- 4 **A:** How about the television? You need it to *watch/watching* the football.  
**B:** Are you joking? That's definitely not *heavy/essential*.

**B** Work in pairs. Practise the conversations in Exercise 6A.

## SPEAKING

**7 A** Make a list of ten things you would take with you if you had to flee your home.

**B** Work in pairs and compare your lists. Tell your partner about the items you have chosen. Try to agree on a new list of only ten items.

**C** Try to agree on a final list of ten items as a class. Describe your items to the class and make a case for including them on the final agreed list.

## DVD PREVIEW

- 1 A** Look at the fact file about a place called Fair Isle. Work in pairs and discuss. How is this place different to where you live?

### FACT FILE: FAIR ISLE

**LOCATION TYPE:** island

**COUNTRY:** Scotland

**AREA:** 2.97 square miles

**ECONOMY:** fishing, agriculture, wool clothes production

**OTHER FEATURES:** bird observatory

**INFRASTRUCTURE:** one primary school (older children go to boarding school off the island), one shop, one bar/restaurant at bird observatory, road connecting inhabited areas, one nurse (no doctor)

**CLIMATE:** cool summers, mild winters

**THINGS TO DO:** walking, birdwatching, Fair Isle Museum

- B** Read about the programme. What might be good/bad about the lifestyle on Fair Isle?

### Fair Isle



*Fair Isle* is a BBC documentary that looks at life on Britain's most remote inhabited island. To live on Fair Isle, you have to apply and be selected. It's a very tough lifestyle, with lots of outdoor work, but as the inhabitants mention, the island has its beauty and living there can be rewarding. The programme follows a couple, Shaun and Rachel, who are new arrivals on the island. Will they be able to adapt their lifestyle to the challenges of Fair Isle?



## DVD VIEW

- 2** Watch the programme. According to the people interviewed, what factors make it hard to live on Fair Isle?

- 3 A** What do we learn about the following?

- 1 electricity on the island
- 2 'every able-bodied adult'
- 3 Shaun and Rachel's lives before they moved (jobs and relationship)
- 4 the history of Fair Isle
- 5 the population of the island
- 6 the location of Fair Isle

- B** Work in pairs and compare your answers.

- 4 A** Work in pairs. What do you think the phrases in bold mean? What are the phrases used to talk about in the programme?


- 1 You can be **cut off** for days.
- 2 Every ... adult **holds down several jobs**.
- 3 The population is **at a critical point**.
- 4 It **cost them their life savings**.
- 5 The island needs people like them to **put down roots**.
- 6 There are no **half-measures**. If you decide to leave, you can't just come back.
- 7 We've had our **ups and downs**.

- B** Watch again to check.

- 5** What type of person do you think chooses to live on Fair Isle? What personal qualities do they need?



## speakout explain the lifestyle you prefer

**6 A**  1.9 Listen to a woman talking about two different lifestyles she's experienced. What did she like about these lifestyles?

**B** Listen again. Tick the key phrases you hear.

### KEYPHRASES

I loved the fast pace of life.  
 I got burned out.  
 I started living the quiet life.  
 It's important to slow down.  
 It's hard to say which kind of lifestyle I prefer.  
 I missed the buzz of my work.  
 I also felt a bit isolated.  
 In an ideal world, you'd do both.  
 I much prefer city life.

**7 A** Work in pairs. Discuss the questions.

nightlife nature noise quiet artificial light crowds  
 open space loneliness friends public transport  
 cinemas and theatres good views pollution natural food

- Which of the ideas in the box above do you associate with cities (C) and which with smaller communities (S)? Which could be both?
- Which are important to your lifestyle?
- What else can you add to this list?

**B** You are going to discuss which lifestyle you prefer: living in a big city or living in a small community. Think about your answer and make notes.

**C** Work in groups. Tell each other which lifestyle you prefer and why.

## writeback a pros and cons essay

**8 A** Read the first paragraph of a 'pros and cons' essay about lifestyle. What is the purpose of this first paragraph?

### City life or the quiet life?

It's an age-old question. Where do we put down roots: in a big, noisy city or a quiet, calm refuge? In 1845, the writer Henry David Thoreau embraced what would now be called an alternative lifestyle. Overwhelmed by restlessness and unable to put up with society, he went and lived alone in the woods for two years, two months and two days. He then wrote a famous book about his experiences. While he found happiness in solitude, other people need the bright lights and the company of crowds to feel alive.

So, what are the benefits of city life? ...

**B** Think about your answers in Exercise 7. What are the pros and cons of city life compared to life in smaller communities? Complete the essay in Exercise 8A.

## V LIFESTYLE

**1 A** Rearrange the letters in bold to complete the sentences.

- I have an **ictvae** lifestyle. I run every day, cycle to work and go climbing every weekend.  
*active*
- People say I'm an **yarel dbri** because I get up at 5a.m. every morning.
- We work extremely **lgon hsuor** – 5a.m. to 11p.m. isn't uncommon.
- I had a **redeyntas** lifestyle. I was sitting down all day at work and I never exercised.
- I do exactly the same thing every day. I like to **ksitc** to a **rnioteu**.
- We move to a different place every few weeks. We've always had a **moaidcn** lifestyle.

**B** Work in pairs and discuss. Which of the lifestyles in Exercise 1A might match these jobs? Why?

athlete sales representative  
teacher rock musician  
airline stewardess

## G THE PASSIVE; CAUSATIVE HAVE

**2 A** Read the facts about tea. Are these sentences better in the active or passive? Change any you think are better in the passive.

- Someone invented tea bags in America in the 1800s.  
*Tea bags were invented in America in the 1800s.*
- People first drank tea in China 4,000 years ago.
- People can use tea leaves to read the future.
- Someone first added milk to tea in the seventeenth century.
- Tea is India's second largest industry, after tourism.
- China produces more tea than any other country.

**B** Work in pairs and discuss your answers. Why are some sentences better in the passive?

**3 A** Complete the sentences with the correct form of the verbs in brackets. Use the causative *have*.

- I'm going to \_\_\_\_\_ my hair \_\_\_\_\_ (cut) tomorrow.
- I \_\_\_\_\_ the bedroom walls \_\_\_\_\_ (paint) last week.
- I've just \_\_\_\_\_ my car \_\_\_\_\_ (wash).
- When I broke my leg, I \_\_\_\_\_ the house \_\_\_\_\_ (clean) by professionals.
- I've got a strange rash on my arm, so I'm going to the doctor to \_\_\_\_\_ it \_\_\_\_\_ (check).
- I need to \_\_\_\_\_ my eyes \_\_\_\_\_ (test).

**B** Choose two or three sentences from Exercise 3A. Change them to questions you can ask a partner.

*When was the last time you had your hair cut?*

**C** Work in pairs. Ask and answer your questions from Exercise 3B.

## G PRESENT TENSES

**4 A** Complete the text with the correct form of the verbs in brackets. Use present tenses.

“ I'm a lorry driver, so I <sup>1</sup> \_\_\_\_\_ (spend) a lot of time alone, listening to music while I <sup>2</sup> \_\_\_\_\_ (drive) at night. I <sup>3</sup> \_\_\_\_\_ (work) long hours – sometimes I <sup>4</sup> \_\_\_\_\_ (drive) for nine or ten hours a day. At the moment I <sup>5</sup> \_\_\_\_\_ (work) for a music company and we <sup>6</sup> \_\_\_\_\_ (take) musical equipment and musicians around Europe. Life <sup>7</sup> \_\_\_\_\_ (be) really busy. Sometimes we <sup>8</sup> \_\_\_\_\_ (be) on the road for five or six weeks at a time, so I <sup>9</sup> \_\_\_\_\_ (not have) a very good work-life balance. Next month I <sup>10</sup> \_\_\_\_\_ (drive) 17,000 km around Europe. I <sup>11</sup> \_\_\_\_\_ (look) forward to it.”

**B** Write sentences to describe your work-life balance. Then work in pairs and compare your sentences.

## V VERB + PREPOSITION

**5 A** Choose the correct alternatives to complete the sentences.

- We've been overwhelmed *from/by/to* the number of applications for the job.
- You should make time *in/on/for* the things you enjoy doing.
- I try to be organised so that my work doesn't pile *up/in/on*.
- I have a long journey to work and I really struggle *for/with/on* getting up early.
- I spend my weekends racing *in/on/around*, trying to keep *up/down/on* with all the jobs that need doing at home.

**B** Change two or three of the sentences in Exercise 5A so they are true for you. Then work in pairs and compare your sentences.

## F DESCRIBING EVERYDAY OBJECTS

**6 A** Match the objects in the box with their definitions.

umbrella necklace bottle  
camera stamp

- It's made of glass or plastic and you use it to keep liquids in.
- It's usually made of metal and nylon. It's waterproof. You need it to keep you dry when it's raining.
- It's made of metal and you use it to take photographs.
- It's made of paper and you need it to send a letter. You can stick it on an envelope.
- It's made of silver and you can wear it around your neck.

**B** Write a list of five things that are special to you. Then work in pairs. Describe each thing to your partner without saying what they are. Can your partner guess?

*It's a made of silver and you can wear it. My grandmother gave it to me.*