



American
**SPEAK
OUT**

Upper-Intermediate
Student Book

with DVD/ROM and Audio CD MP3

 Pearson

Frances Eales • Steve Oakes

LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION	READING	
UNIT 1 NEW THINGS page 7 Interviews What makes a good roommate?					
1.1	Time for a Chat page 8	direct and indirect questions	personality	sentence stress	understanding advice forum messages
1.2	Try Something New page 11	present perfect	feelings; word building; nouns	word stress; connected speech	read a web article about trying something new
1.3	I'd Like to Inquire page 14	polite inquiries	ads	polite intonation	read ads
1.4	Great Experiences page 16				
UNIT 2 ISSUES page 19 Interviews Does money make you happy?					
2.1	Making a Difference page 20	present perfect simple and continuous	word stress; weak forms: auxiliaries	issues; verbs/nouns with the same form	read an article about small actions with big results
2.2	You're Being Watched page 23	the passive	surveillance	sentence stress: passives	read a letter of complaint
2.3	Good point! page 26	opinions	opinion adjectives	intonation for partially agreeing	read newspaper extracts
2.4	A Quiet Revolution page 28				
UNIT 3 STORIES page 31 Interviews What was the last book you read?					
3.1	And the moral is ... page 32	narrative tenses	sayings	weak forms: auxiliaries	read stories with a moral; read a humorous story about a saying
3.2	A Life in Six Words page 35	<i>I wish, If only</i>	adjectives for stories; multi-word verbs	sentence stress	read about the life of an extraordinary woman
3.3	It's a Great Read page 38	expressing likes and dislikes	reading genres	sentence stress	read the summary of a book
3.4	Tess page 40				
UNIT 4 DOWNTIME page 43 Interviews What's the perfect way to switch off?					
4.1	Out of Time page 44	present and past habits	free time	connected speech: contractions	read about how our free time is changing; read an opinion essay
4.2	Great Getaways page 47	future forms	positive adjectives; uncountable and plural nouns	word stress; connected speech	read about unusual vacations
4.3	How does it work? page 50	describing procedures	abilities	stress and intonation: mirror questions	
4.4	The Happiness Formula page 52				
UNIT 5 IDEAS page 55 Interviews If you could start a business, what would it be?					
5.1	Bright ideas? page 56	articles	change; compound nouns	weak forms and linking: <i>the</i>	read an article about the worst inventions ever
5.2	Consumer Crazy page 59	real and hypothetical conditionals	advertising collocations	sentence stress: conditionals	find out your advertising IQ
5.3	What do you think? page 62	suggesting ideas	collocations with <i>idea</i>	intonation: showing reservations	read about the rules of brainstorming
5.4	Genius page 64				

LISTENING/DVD	SPEAKING	WRITING
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	understand informal conversations	have interesting conversations	write an advice forum message; edit for accuracy
		talk about new experiences	
	handle phone inquiries	make phone inquiries	
	50 Things To Do Before You Die: watch a documentary about adventures	recommend an experience	write a forum entry

		talk about different issues	
	listen to opinions about surveillance	discuss surveillance	write a letter of complaint; use formal written language
	listen to people discuss issues	give and respond to opinions; support your viewpoint	
	A Quiet Revolution: watch a program about changes in working patterns	give a presentation about traditional gender roles	write notes for a presentation

		tell anecdotes	write a narrative; use adverbs
	listen to a radio program about very short stories	talk about life stories	
	listen to people recommending books	talk about your reading; summarize a plot	
	Tess of the D'Urbervilles: watch a drama	describe a TV/movie scene	describe a TV/movie scene

		discuss how you use your time	write an opinion essay; use linkers
	listen to people talk about vacations	plan an alternative vacation	
	listen to people describing TV game shows	describe procedures; use mirror questions	
	The Happiness Formula: watch a program about happiness	do a class survey	write your top tips for how to be happy

		talk about inventions	
	listen to a program about advertising	describe ads	write a report; make written comparisons
	listen to a brainstorming session	take part in a brainstorming session	
	Genius: watch a program about presenting ideas	present a novel idea	write a product review

CLASS AUDIO AND SCRIPTS

LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION	READING
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UNIT 6 AGE page 67 Interviews | What was the best period of your life?

6.1	The Time of My Life page 68	modal verbs and related phrases	age; word building: prefixes	connected speech: elision	read an article about early and late successes
6.2	Future Me page 71	future perfect and continuous	optimism/pessimism	weak forms: auxiliaries	read emails making arrangements
6.3	So what you're saying is ... page 74	persuading	collocations	intonation: persuading	
6.4	How to Live to 101 page 76				

UNIT 7 MEDIA page 79 Interviews | What kind of news stories interest you?

7.1	TV Globetrotters page 80	quantifiers	television; multi-word verbs	connected speech: weak forms	read about TV with a global appeal
7.2	The Camera Never Lies page 83	reported speech	reporting verbs	connected speech: intrusive /w/	read an essay on celebrities and the media
7.3	What's in the News page 86	adding emphasis	the press	sentence stress and intonation	read about tabloid topics
7.4	News Blunders page 88				

UNIT 8 BEHAVIOR page 91 Interviews | What kind of behavior gets on your nerves?

8.1	It's a Tough Call page 92	past and mixed conditionals	collocations: decisions; compound adjectives	stress patterns: compound nouns	read three articles about life-changing decisions
8.2	Fair Share page 95	<i>-ing</i> form and infinitive	values	pausing for effect	read the instructions for two games
8.3	Do you have a minute? page 98	handling an awkward situation	behavior	linking words	read tips for handling awkward situations
8.4	The Human Animal page 100				

UNIT 9 TROUBLE page 103 Interviews | Do you have any phobias?

9.1	Witness page 104	<i>-ing</i> form and infinitive	crime; dependent prepositions	connected speech: elision	read an article about memory
9.2	Scam page 107	past modals of deduction	synonyms	connected speech: past modals	read an infographic about scams; read an advice leaflet about avoiding trouble on vacation
9.3	It's an emergency! page 110	reporting an incident	incidents	sentence stress	read reasons for calling the emergency services
9.4	Survival page 112				

UNIT 10 CULTURE page 115 Interviews | What areas of the Arts do you enjoy?

10.1	Moving Experiences page 116	relative clauses	adjectives to describe movies	intonation: relative clauses	read a movie review
10.2	Popular Culture page 119	participle clauses	the arts; two-part phrases	word stress; connected speech	read answers to popular culture questions
10.3	On your left ... page 122	giving a tour	dimensions	intonation in comments	
10.4	The People's Palace page 124				

LISTENING/DVD		SPEAKING	WRITING
		discuss different ages and generations	
	listen to a program about letters to your future self	talk about your future	write an informal email; focus on informal style
	listen to a call-in radio show about life's milestones	discuss the right age for different things	
	 Horizon: How to Live to 101: watch a program about living longer	hold a debate	write a forum comment
		talk about TV programs	
	listen to an expert talking about hoax photographs	talk about celebrity and media	write a discursive essay; use linkers of contrast
	listen to people talking about recent news stories	express strong reactions	
	 The Funny Side of the News: watch a program about live news	retell a news story	write a short news article
		talk about a difficult decision you've made	
	listen to an experiment about fairness	talk about values and behavior	write an informal article; use linkers of purpose
		deal with awkward situations	
	 The Human Animal: watch a documentary about body language	give advice on how to behave in your culture	write about behavior in your culture
		discuss how good a witness you are	
	listen to people talk about getting tricked	speculate about scams	write a "how to" leaflet; learn to avoid repetition
	listen to someone report an incident	talk about emergency situations	
	 Horizon: How to Survive a Sea Disaster: watch a program about a sea rescue	agree on priorities	write a story about a lucky escape
	listen to people talk about movies	talk about a movie you never get bored with	write a movie review
		talk about popular culture and art experiences	
	listen to tours of two very different places	show a visitor around part of your town	
	 The Culture Show: The People's Palace: watch a program about an innovative building	discuss an artistic project for your town	write a competition entry



PARTS OF SPEECH

1 A Work in pairs and complete the questionnaire.

HOW I LEARN

- It's useful to know grammatical terminology ...
 - because it's ¹**much** easier to talk about grammar rules.
 - to read and understand grammar books ²**better**.
 - ... actually, I don't think it's ³**useful**.
- When I meet a new word, I ...
 - ⁴**look it up**, then write it in my notebook with a translation.
 - write ⁵**a** phrase or sentence with ⁶**the** word in it.
 - think about it, but don't write anything down.
- I enjoy using English outside the class ...
 - to communicate on social networking sites.
 - when I'm ⁷**watching** movies and listening ⁸**to** music in English.
 - ... I ⁹**don't** use English outside class.
- In addition to ¹⁰**doing** homework, I study English ...
 - ¹¹**every day**.
 - two or three times a week.
 - not at all—I don't have time!
- I think it's important ¹²**to speak** English during the lesson ...
 - 100% of the time.
 - whenever we ¹³**can**.
 - only when we're ¹⁴**told** to.

B Match the grammatical terms a)–n) with words 1–14 in bold above.

- | | |
|-------------------------------|------------------------|
| a) dependent preposition | h) adverbial phrase |
| b) past participle | i) quantifier 1 |
| c) present participle | j) auxiliary verb |
| d) gerund | k) definite article |
| e) infinitive with to | l) indefinite article |
| f) adverb in comparative form | m) modal verb |
| g) gradable adjective | n) multi-word verb |



C Work in pairs. Which sentences are true for you? How would you change the other sentences to make them true?

PRONUNCIATION

3 A Work in pairs. Complete the table with words from the box.

completely extremely guarantee future
minutes push public system reach
thorough took absolutely

1	/ɪ/	this w <u>o</u> men
2	/i/	these le <u>a</u> ve
3	/ə/	a <u>g</u> ain pr <u>o</u> nunciation
4	/æ/	<u>a</u> ctually a <u>n</u> gry
5	/ʌ/	f <u>u</u> n m <u>o</u> ney
6	/ʊ/	b <u>o</u> ok p <u>u</u> ll

B Listen and check. Then listen and repeat.

C Work in pairs. How can phonemic symbols help you learn new words?

VERB PATTERNS

2 A Correct the sentences.

working

- I can't stand **to work** with music on.
- I learned driving last year.
- I want that the teacher corrects everything I say.
- I'd rather to eat out than at home.
- I'd like **traveling** abroad this year.
- I enjoy be alone.
- I like it when the teacher tells to repeat words.
- I'd better to spend more time studying, or I'll never make progress in English.

B Find two examples above for each pattern:

- verb + gerund **1**
- verb + infinitive
- verb + infinitive with to
- verb + object + infinitive with to

COLLOCATIONS

4 A Cross out the noun or noun phrase that does not collocate with the verb in the word web.



B Work in pairs and take turns. Student A: say a noun or noun phrase. Student B: say the verb that collocates with it.



new things



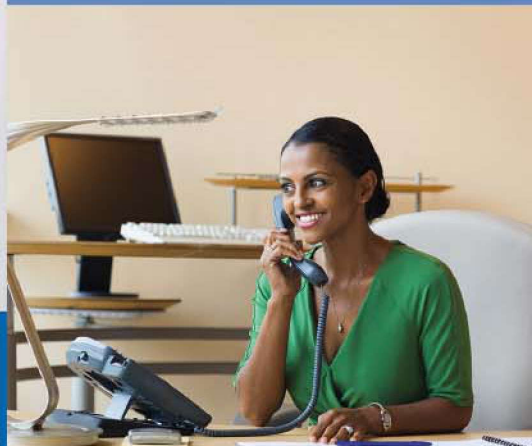
**TIME FOR
A CHAT**

p8



**TRY SOMETHING
NEW**

p11



**I'D LIKE
TO INQUIRE**

p14



**GREAT
EXPERIENCES**

p16



SPEAKING

- 1.1 Have interesting conversations
- 1.2 Talk about new experiences
- 1.3 Make phone **inquiries**
- 1.4 Recommend an experience

LISTENING

- 1.1 Understand informal conversations
- 1.3 Handle phone **inquiries**
- 1.4 Watch a **program** about adventures

READING

- 1.1 Understand advice forum messages
- 1.2 Read a web article about trying something new
- 1.3 Read **ads**

WRITING

- 1.1 Write an advice forum message; Edit for accuracy
- 1.4 Write a forum entry

What makes a good **roommate**?

INTERVIEWS



Inquire / inquiries
program / ads
roommate



Enquire / enquiries
programme / adverts
flatmate

1.1) TIME FOR A CHAT

- G direct and indirect questions
- P sentence stress
- V personality



Eat, Chat, and make friends

Come to a sociable and stimulating evening of conversation that goes beyond the normal "What do you do?" or "Did you see last night's TV?" You'll have a number of different conversation partners during the evening and have a menu of interesting topics to get you started. There will be Turkish mezé dishes on the tables, and coffee or other drinks are available. Some of our most recent conversation topics include:

- * When do you feel most alive?
- * Which three adjectives might people use to describe you?
- * What was the last picture you took on your phone?
- * Where do you feel most "at home"?
- * What three ingredients would you look for in an ideal job?
- * Would you prefer to live with a view of the ocean or of a city?
- * What three questions would you ask a potential roommate?
- * What do you always have in your wallet or purse?
- * What music do you have on your phone or MP3 player?

SPEAKING

1 A Work in pairs. Write three things that people talk about when they meet for the first time.

B Read the text above about a conversation evening and discuss the questions.

- 1 What is special about the conversations?
- 2 Which four conversation topics mentioned would you be the most interested in discussing?
- 3 Are there any conversation topics which you would avoid asking in your culture/country?

LISTENING

2 A Listen to people at the conversation evening. Which two topics from the text above do the speakers discuss? What can you remember from each conversation?

B Listen again. Are the sentences true (T) or false (F)? Correct the false sentences.

- 1 The woman would like someone very sociable.
- 2 She is at her best in the mornings.
- 3 She is really neat.
- 4 She would ask a roommate about their salary.
- 5 The man has a lot of original ideas.
- 6 He thinks carefully before making a decision.
- 7 He works for an outdoor adventure school.
- 8 He agrees with the three adjectives.

C Work in pairs and discuss the questions.

- 1 What examples do the speakers give about being: antisocial, tidy, reliable with money, creative, adventurous and nonjudgmental?
- 2 Which of the two topics would you prefer to talk about? What would your answers be for these topics?

picture / purse / really / neat
nonjudgmental / keep to yourself

VOCABULARY

PERSONALITY

3 A Complete the extracts from the conversations with words and phrases from the box.

a people person a computer geek keep to yourself
witty down-to-earth a good laugh
spontaneous a morning person

- 1 For me, an important question is "Do you _____, or do you tend to be around a lot?"
- 2 I like having friends around. I suppose I'm _____.
- 3 I'm not _____—I can't stand people who are all bright and cheerful first thing.
- 4 Well, at least you're _____. You're quick, and you make me laugh.
- 5 I get an idea, and I do it, no hesitation. So I'm _____.
- 6 Well, people say I'm fun to be with, _____, if you know what I mean.
- 7 I'm very practical and _____.
- 8 I'm not _____. I don't sit in front of my computer for hours.

B Work in pairs and discuss. Which words or phrases would you use to describe yourself or someone you know?

▶ page 148 VOCABULARY BANK

photo / handbag / quite / tidy
non-judgemental / keep yourself to yourself

GRAMMAR

DIRECT AND INDIRECT QUESTIONS

4 A Look at the conversation extracts. Complete B's questions and then check in the audio script on page 164.

- 1 A:** Another question is about housework and cleaning.
B: Yes, something like "Who cleans the place where you live now?"
- 2 A:** You need to know they can afford the rent.
B: But I wouldn't ask, "Could you tell me _____ earn?"
- 3 A:** ... I like doing new things, things that are out of the ordinary.
B: Such _____?
- 4 A:** That's useful in my job, too.
B: Can I ask _____?
A: I work for a web design company.

5 A: My friends would say "creative, spontaneous and disorganized".

B: I'd be interested to know _____ agree with them.

6 B: What _____ by "nonjudgmental"?
A: Well, I try not to make up my mind about people until I get to know them, ...

B Check what you know. Look at the questions in Exercise 4A and find:

- a) a direct question with an auxiliary verb.
- b) three indirect questions.
- c) a question with a question word as the subject.
- d) a short question with a preposition at the end.

C Circle the correct word in bold to complete the rules for indirect questions.

- 1** Indirect questions are often used when a question is **pretty** personal/impersonal or to make a question sound more polite/interesting.
- 2** Word order in indirect questions is the same as/different from positive statements.
- 3** Indirect questions use/don't use the auxiliaries do or did.
- 4** When there is/isn't a question word in the direct question, add if or whether in the indirect question.

5 A Make sentences with the opening phrases.

- 1 Why are you studying English?
Can you tell me *why you are studying English*?
- 2 How long do you plan to study?
Do you have any idea ... ?
- 3 What do you do in the evenings?
Can I ask ... ?
- 4 Do you have a full-time job?
Do you mind me asking ... ?
- 5 Which countries have you visited?
I'd be interested to know ...
- 6 Where did you get that watch?
Could you tell me ... ?
- 7 Is there a good café anywhere near here?
Do you know ... ?
- 8 Would you like to go for a coffee?
I was wondering ...

B Listen and check your answers. Which opening phrase is best for asking a very personal question?

6 A SENTENCE STRESS Listen again and underline the main stressed syllables in each sentence.

B Say the sentences at the same time as the recording and copy the stress.

7 A Choose three questions from Exercise 5A to ask other students and write two more indirect questions of your own.

B Work in pairs and practice saying your five questions.

C Work with other students and ask your questions.

D Work with a new partner. What did you find out about the other students?

▶ page 128 LANGUAGE BANK

SPEAKING

8 A Work in pairs. Choose a conversation topic from the text on page 8 and discuss it with your partner.

B Work with a new partner. Choose a new conversation topic.

C Discuss. What do you think of the idea of a conversation evening? Where would you hold it? What other food or drink could you have?



pretty / practise

rather / practise

WRITING

AN ADVICE FORUM MESSAGE; LEARN TO EDIT FOR ACCURACY

9 A Work in pairs and answer the questions.

- How important is speaking English for you?
- Which aspects of speaking do you find difficult?
- What problems are there in practicing speaking outside class if you are studying in a) your own country b) an English-speaking country?

B Read the messages from a discussion forum and answer the questions.

- What do you think of the suggestion in the reply?
- What types of video would you choose?

Rafael

Hi everyone, I live in Spain, and I don't use English at work, so I don't have any chance to practice speaking English. Does anyone have any good ideas how I could improve my speaking?

Galya

Hi Rafael,
I know exactly how you feel because I'm in a similar situation. I live in Bulgaria and also struggle to find opportunities to practice my spoken English. I know a really great idea that has really helped me. It's called "shadowing." You find a short video that has the words on the screen at the same time. I really like sitcoms, so I often use these, or you can find some good English video podcasts with the script under them. You listen to the speaker, and you say the words at the same time. It's really good because you have to listen very carefully to the "music" of English. You notice the stress and the intonation, how the person phrases things and where the pauses are. It's really helped me to become more confident and fluent and has improved my pronunciation.
Hope that helps. Good luck!

The Internet has changed the way learners improve their language skills. English language learners can improve their pronunciation, expand their vocabulary, and practice English online for free!

C Read the list of features which appear in this type of advice. Which ones are in the message above?

- Show you identify with the problem.
- Give advice referring to personal experience.
- Say where to get more information.
- Sign off and wish the person luck.

10 A Read the advice. Which of the features in Exercise 9C does the writer include?

Radu

Hi Rafael,
I think it's easy to solve your problem. You just have to make some research.¹[ww]

There are a lot of opportunities to practice speaking on Internet.²[gr] You can find them by searching for "practice speaking English online free."³[v] Be careful, some aren't really free!⁴[p] On some sites, you can find a speaking partner in another country and talk to them on Skype. Often they are at the same level as you, but it's good for practise and for getting more confidence.⁵[sp] It helped me become more fluent, and I also liked very much meeting new people.⁶[wo]

I hope you try this out and enjoy it as much as I did. I wish you the best success in your future endeavors!⁷[st]

B Read the advice again and correct the mistakes. Use the teacher's correction code at the end of each sentence.

Correction Code:	sp = spelling
v = verb form	p = punctuation
gr = grammar	wo = word order
ww = wrong word	st = style

11 A Read the forum question below and write a reply either to Miki or Rafael (120–180 words).

B Swap replies with another student. Read their text and tell them one thing you like about their advice. Then read it again and mark a maximum of three mistakes with correction codes.

C Look at your own text again. Check it carefully and make corrections.

D Read other students' advice. Whose advice is the most useful?

American Speak up TIP

We often miss our own mistakes, so it's a good idea to give your text "a rest" and come back after several minutes or hours to take a fresh look. Also try reading your text aloud. You will probably spot more mistakes.

1.2 TRY SOMETHING NEW

- G present perfect
- P word stress; connected speech
- V feelings; word building: nouns



VOCABULARY

FEELINGS

1 A How do you feel about trying new things, such as a challenging sport, a new dish or a new skill? Check (✓) the statements that best fit you. Then work in pairs and compare your answers.

- | | |
|---|--|
| <input type="checkbox"/> Fine if no one's watching. | <input type="checkbox"/> Why should I? |
| <input type="checkbox"/> Food, yes; sports, no. | <input type="checkbox"/> Not very positive, but I know it's good for me. |
| <input type="checkbox"/> I love it! | |

B Match the comments below with pictures A–D. What activities are the people talking about?

1 All my friends put pressure on me to do it. Looking down, I felt scared out of my wits—who wouldn't be? Then I jumped, and I don't remember much, but I was relieved when it was all over.

2 The very thought of eating them made my stomach turn. I thought I'd throw up, and I knew that would be awkward, with everyone in the restaurant watching! So I simply ate them as fast as I could. When I finished, everyone clapped. They were really impressed.

3 The really interesting thing was how quickly we learned the steps; I was fascinated by the way the teacher taught us. At the end of the lesson, the teacher gave us a prize for best beginners—we were on top of the world.

4 I was shaking like a leaf as I stood up. Everyone was staring at me, and I just ran out of the room. I'd wanted so much to do it, and it was over before it began; I've never felt so frustrated in my life. All my co-workers were watching, and I wished the ground would swallow me up.

C Work in pairs and circle ten adjectives or verb phrases in the comments which describe feelings. How many have a positive meaning?



D Match the adjectives or verb phrases you circled to words with a similar meaning 1–10.

- | | |
|--------------------------|-------------------|
| 1 disappointed and angry | 6 very interested |
| 2 felt embarrassed | 7 felt nervous |
| 3 thrilled | 8 petrified |
| 4 disgusted me | 9 admiring |
| 5 glad it was finished | 10 embarrassing |

E WORD STRESS Underline the stressed syllables in the adjectives and phrases from Exercise 1C. Listen and check. Then listen and repeat.

2 A Check what you know. Work in pairs and cross out the incorrect alternative in each sentence. Explain the reason for your choices.

1 A: I felt really *frustrating/frustrated* because I tried so hard, but I still failed the driving test.
B: And it's your fifth time! How *embarrassing/embarrassed*!

2 A: I was *very/really/totally* interested in the book.
B: Yes, it was *very/really/totally* fascinating.

3 A: I was *very/really/absolutely* relieved at the end.
B: Yes, and we won! I was *very/really/absolutely* on top of the world.

B What other modifiers could be used instead of *absolutely* or *totally*?

3 A Choose three adjectives or phrases from Exercise 1C and write notes about times you felt those emotions.

B Work in pairs. Tell your partner about the experiences. Are any of your experiences similar?

Check / on top of the world / co-workers
the ground would swallow me up

Tick / over the moon / colleagues
the earth would swallow me up

30 Days to a New Life

It's a simple idea: Choose something you've never done before, and spend the next 30 days doing it. It can be something ordinary, like walking more, or changing your diet—or something that really takes you outside your comfort zone, such as mountain climbing, writing a story or getting up before sunrise every day. It's all about changing old habits into new ones, overcoming your fears and moving your life in a healthier and more interesting direction. So go ahead, pick one of the ideas from my list or one of your own, and get started. Today. Let me know how you get along.

Easy

- Take a 30-minute walk each day.
- Keep a daily journal.
- Take a new route to work/school every day.
- Meditate for 30 minutes each day.

Intermediate

- Try a new recipe each day.
- Learn how to draw a human face.
- Stop using the Internet for 30 days.
- Take a daily cold shower.

Hard

- Talk to a stranger every day.
- Take one picture a day.
- Write a 10,000-word short story in a month.
- Get up before sunrise every day.

Comments

Jasmine21: I've just finished my first challenge: no Internet for 30 days. At first, I thought it would be impossible, but I noticed after five or six days that I felt much more relaxed. For one thing, I had more time on my hands ... but, more importantly, I began to pay attention to things around me more, especially the people. I realized that I often used things like social networking to avoid the outside world.

TallThinGuy: Talking to strangers is relatively easy for me because I do it all the time in my job. So I tried something a bit different—talking to a friend every day, a different friend every day. I wasn't sure I had 30 friends altogether, so, after going through the obvious people—the ones I'm in touch with and socialize with now—I started digging into my past, going back to friends I'd lost touch with from college, then high school, then elementary school. Since then, I've made much more of an effort to stay in touch with a few really precious friends.

Chiek: I started doing this half a year ago, and, in the last six months, I've learned how to sail, taken art lessons and become a member of an online book club. For me, the best experience has been meditation. I've done yoga for years, but I've never really tried meditation before. It's not just that I feel calmer and don't get so stressed, I also find I can focus on tasks more clearly, and I sleep better. So that one's something I'm going to keep on doing.

READING

4 A Work in pairs and look at the title of the article above. What do you think it is about?

B Read the first two paragraphs and check your predictions.

C Work in pairs and look at the writer's list of suggested activities. Do you agree with the level of difficulty (easy, intermediate, hard) that the writer gives for each?

5 A Read the comments, then work in pairs. Cover the texts and discuss. What did each person do and how successful were they?

B Find phrases in the texts which mean:

- 1 new and difficult for you (paragraph 1)
- 2 what happens to you (paragraph 2)
- 3 had spare time (Jasmine21)
- 4 searching carefully (TallThinGuy)
- 5 tried hard to (TallThinGuy)
- 6 continue (Chiek)

C Work in pairs and discuss. What would you like to try for 30 days?

GRAMMAR

PRESENT PERFECT

6 A Complete these sentences using the words in parentheses. Then check in the texts.

- 1 Choose something you _____ before. (never/do)
- 2 I _____ my first challenge. (just/finish)
- 3 In the last six months, I _____ how to sail. (learn)
- 4 I _____ yoga for years. (do)

B Check what you know. Match 1–4 above with rules 1–3.

RULES

Use the present perfect for:

- 1 a completed action or experience at an unspecified time before now, often with phrases such as *ever/never; this week, this month*.
- 2 a recent completed action at an unspecified time before now that has a present result, often with words like *just, already*.
- 3 states or actions which are not complete; they began in the past and continue up to now, often with *for* or *since*.

get along / realized / socialize / college elementary school / keep on / parentheses

get on / realised / socialise / university primary school / carry on / brackets

7 A Look at the time phrases in the box. Which are usually used with the present perfect (PP), the past simple (PS) or both (B)?

up to now	PP	so far	this time last week
recently		this morning	over the last two weeks
not + yet		still + not	for several years

B CONNECTED SPEECH Listen and write sentences 1–6.

C In each sentence:

- 1 Underline two stressed words.
- 2 Circle *have/has* where *a* is weakened to /ə/.
- 3 Draw a line to show linking between a final consonant and an initial vowel.

Have you tried it before?

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8 A Complete the sentences with the present perfect or past simple of the verbs in the box. Include the adverbs in parentheses.

do	give	be	go	live	play	try	learn	buy	get
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What would you like to try for one month?

- I ¹ _____ (always) afraid of water, but I finally ² _____ to swim in the summer. Now I'd like to try diving.
- I ³ _____ (just) a high-quality video camera; my sister ⁴ _____ it to me for my birthday. So I'd like to learn how to edit a film.
- I love music, and I ⁵ _____ the piano for many years now, but there's one instrument I ⁶ _____ (not so far): the guitar.
- I ⁷ _____ (never) anything online—I'm paranoid about giving my credit card details, but I know it's cheaper, so that would be my choice.
- Hiking in the Alps. I ⁸ _____ in Austria since I was born, and everyone in my family ⁹ _____ to the Alps hiking lots of times. But, somehow, I ¹⁰ _____ (still not) a real hike.

B Work in pairs. Which activities in Exercise 8A would you both like to try?

SPEAKING

- 9 A** Work alone and make notes on:
- two activities you started more than a month ago and still do.
 - two activities you used to do, but don't do now.
 - two activities you haven't done, but would like to do.

two weeks / lots of real / elevators

VOCABULARY PLUS

WORD BUILDING: NOUNS

10 A How would you feel if you were asked to give up the Internet for 30 days or speak in public? Choose adjectives from the box or your own ideas.

- | | | | |
|--------------|-------------|-------------|------------|
| frustrated | awkward | embarrassed | creative |
| disappointed | anxious | angry | fascinated |
| worried | spontaneous | nervous | amused |

B Work in pairs and complete the groups with the noun form of the adjectives in the box. Then listen and check.

- 1 -ion: *frustration* 3 -ity/-ety: 5 other:
- 2 -ment: 4 -ness:

C Underline the stressed syllable in each noun. Use a dictionary to help. Then listen again and check.

D Match the nouns with the rules below.

- 1 The stress is always on the syllable before the suffix.
- 2 The stress is on the same syllable as in the adjective.

11 A Complete the sentences in the personality quiz with the correct noun or adjective form.

Personality quiz

- 1 People often comment on my spon_____.
- 2 My greatest fru_____ are related to my relationships rather than money.
- 3 When I was younger, I was awk_____ in social situations, but not anymore.
- 4 I get a lot of amu_____ from being with children.
- 5 I often feel quite dis_____ in my friends, for example, when they don't have time for me.
- 6 For me, ang_____ is a complete waste of energy.
- 7 I suffer from ner_____ in large groups.
- 8 I often feel intense anx_____ in elevators.

B Check your answers. Add two more sentences to the quiz using a noun and an adjective from Exercises 10A and 10B.

C Read the quiz again. For each sentence decide if you strongly agree (✓✓), agree (✓), disagree (X) or strongly disagree (XX).

D Work with a new partner. Compare your answers. In what ways are you most similar or different?

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fortnight / loads of proper / lifts