

B B C

# Speak out

3<sup>RD</sup> EDITION

B2



Helen Chilton

**Workbook**



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# Lesson 1A

GRAMMAR | present perfect simple and continuous  
VOCABULARY | personality adjectives; suffixes  
PRONUNCIATION | weak forms of *have* and *been*

## VOCABULARY

### personality adjectives

1 A Choose the correct word to complete the sentences.

- 1 He's so .....! He's planning to open two new restaurants by the end of the year.  
a adventurous    b ambitious    c hopeful
- 2 Hilda is the most ..... person I know. She seems to disagree with everything I say.  
a argumentative    b rebellious    c stubborn
- 3 People often go through a ..... stage of life, where they want to break rules.  
a rebellious    b curious    c stubborn
- 4 I think I'm pretty ..... I've climbed a mountain, trekked through the Amazon – that kind of thing.  
a outgoing    b stubborn    c adventurous
- 5 My sister's very ..... Once she's made her mind up, she won't change it.  
a outgoing    b stubborn    c argumentative
- 6 My twin brother and I are completely different. I'm quite shy, whereas he's very .....  
a rebellious    b ambitious    c outgoing

B Complete the conversation with the adjectives in the box.

adventurous    ambitious    argumentative  
cheerful    curious    outgoing    rebellious  
stubborn

- A: Do you get on well with your brother and sister?  
B: Usually, but my brother can be a bit <sup>1</sup> ..... Whatever my opinion is, he'll almost always tell me I'm wrong. He's quite <sup>2</sup> ....., too. He never follows rules and sometimes gets in trouble at school.  
A: Oh, dear! Your sister's always very <sup>3</sup> ..... She seems to enjoy life.  
B: Yeah, she does. She's quite <sup>4</sup> ..... and has got loads of friends. I'm quieter than her. Anyway, what about you and your brother?  
A: We get on fine. He's a lot older than me, so he's working now. He's quite <sup>5</sup> ..... Like, he's already going for a promotion.  
B: He sounds quite <sup>6</sup> ....., as well. Doesn't he go mountain climbing?  
A: Yeah, he's very <sup>7</sup> ..... about the world – wants to know everything and try everything.  
B: I wish my brother was more like yours!  
A: Oh, he isn't perfect. He can be very <sup>8</sup> ..... and won't change his mind for anything!

### suffixes

2 Complete the sentences with the adjective form of the words in brackets.

- 1 Our new teacher's really ..... (help) – she sent a list of useful websites to the group.
- 2 I'm not ..... (art) at all. I can't even draw simple objects.
- 3 Wow! That musician was so ..... (talent)! Imagine being able to play the piano like that.
- 4 I'm quite an ..... (emotion) person – I always cry at the end of films.
- 5 I think you need to be more ..... (realist). Can you really be a professional footballer?
- 6 Jade isn't very ..... (like). She says unpleasant things about people behind their backs.
- 7 Rupert is an ..... (experience) lawyer with over 30 years in the industry.

## GRAMMAR

### present perfect simple and continuous

3 A Choose the correct word or phrase to complete the sentences.

- 1 I've called / been calling / 'm calling the doctor's all morning, but no one's answering.
- 2 Have you had / having / been having your hair cut? It's looks great!
- 3 Felix has been / had / been having lessons recently and is making great progress so far.
- 4 How many times have you visited / been visiting / been Canada?
- 5 I've studied / study / been studying Japanese for just over a year now.
- 6 She's raised / been raising / raising €1,000 for charity.

B Complete the blog post using the correct form of the verbs in brackets.

## Something I'm working on


Ellie Behr | Fri 23 Oct | 10.27 GMT

Regular followers of my blog will know that, I <sup>1</sup> ..... always ..... (be) a shy, quiet person who hates conflict and walks away from any kind of argument. Recently, though, I <sup>2</sup> ..... (work) on being more assertive, by which I mean being stronger and more confident. I <sup>3</sup> ..... (have) three sessions with a life coach, who <sup>4</sup> ..... (help) me to finally understand that being assertive is not the same as being aggressive, and that people have more respect for you when you stand up for yourself. Recently, I <sup>5</sup> ..... (practise) the things we've talked about and it <sup>6</sup> ..... (be) a real eye-opener!


**C** Use the prompts to write present perfect simple or present perfect continuous sentences.

- 1 I / see / that new Wes Anderson film / five times now.
- 2 You / work / on that report / all morning!
- 3 Have / you go / anywhere interesting recently?
- 4 Ben / never try / horse-riding / because he / scared of horses!
- 5 He / take / a year off / go travelling.
- 6 I / look / for you / the last half an hour!


## PRONUNCIATION

**4A**  **1.01 | weak forms of have and been** | Listen and choose the correct words to complete the sentences.


- 1 He's never been / She's never been to Poland.
- 2 How long have you been / have they been studying in Manchester?
- 3 What's he been / she been up to this week?
- 4 They've been / I've been trying to book flights to Mexico all morning.
- 5 She's been / He's been waiting here for the last four hours.

**B**  **1.01** | Listen again and repeat.



## LISTENING

**5A**  **1.02** | Listen to an interview about identity. Put the topics in the order they are discussed.

- a Other factors that influence our identity
- b How to find yourself
- c The elements that form our identity
- d How we develop our sense of self
- e The importance of self-identity

**B**  **1.02** | Listen to the interview again. Complete the sentences with no more than three words from the recording.

- 1 Identity is a combination of your ..... your likes and dislikes, your moral code and what motivates you.
- 2 Without a clear sense of self, it can be difficult to .....
- 3 Parents provide ..... for how their children should behave.
- 4 Your identity isn't ..... – it develops over the course of your life.
- 5 Our relationships and experiences ..... our sense of self.

**C**   **1.03** | Listen to the speaker's final advice again and write what you hear. You will hear the sentence only once.

.....

.....

## WRITING

### a blog post

**6A** Read the blog post. How has the writer changed? Complete the summary with words from the text.

### I'm not the person I once was

When I was a young kid, I was pretty adventurous. I was always out in the woods near home, climbing trees and swimming in the river. As a teenager, I was a bit of a risk-taker and didn't think twice about the stuff I did: snowboarding, sky-diving, you name it! I think I've changed considerably since then. These days I much prefer indoor activities and I've been a music teacher for the last four years. I've become a lot calmer as a result! I'm still curious about the world, but I haven't done anything 'extreme' for a long time!

I'm definitely less <sup>1</sup>..... and no longer a <sup>2</sup>..... Nowadays, <sup>3</sup>..... are more my thing, and my role as a <sup>4</sup>..... has calmed me down. That doesn't mean I'm not <sup>5</sup>..... about what's going on around me. I just choose not to take part in <sup>6</sup>..... sports like snowboarding and sky-diving anymore!

**B** Read the comments. Underline examples of the present perfect simple and continuous.



**Astrid94**  
14.07 | 2 Nov

I would say that I've actually changed very little. I've always been very close to my family and we agree on most things. You'll often find us all on the golf course, too – recently I've taken up the sport so I can join my parents and brothers for a game!



**JosephER**  
14.22 | 2 Nov

I've changed loads! As a young child I was quiet like my mum, who brought me up on her own, but in my teenage years I was rebellious and hated school with a passion. I think I've outgrown that, and I've been channelling my energy into being ambitious instead.



**I\_Kara**  
14:39 | 2 Nov

I've always had two sides to my personality. In my work as a gym instructor, I'm patient and cheerful, but in my personal life, I'm a total stress-head, though I've been working on that! I still love nothing more than getting together with friends and debating all the issues important to us.

**C** Make notes about how these things have changed as you have got older. Then write a blog post. Write 100–140 words.

- your personality
- your interests
- your values

# Lesson 1B


GRAMMAR | infinitive and *-ing* forms

VOCABULARY | collocations about memory; idioms: memory

PRONUNCIATION | chunking: two-part collocations

## VOCABULARY

### collocations about memory

1  Choose the correct word or phrase to complete the sentences.

- 1 I remember every detail / learn things by heart / brought back memories of that day – the sunlight on my pillow, the smell of my mother's cooking downstairs ...
- 2 My short-term / long-term / perfect recall memory is terrible. I can't even remember what I had for breakfast!
- 3 You need to learn your lines by recall / memory / heart when you're acting on stage.
- 4 Oh, that programme remembered every detail / brought back memories / had a good memory for me. I used to work in the building that was featured in it.
- 5 What are your earliest long-term / short-term / childhood memories?
- 6 I haven't brought / got / learned a good memory – I never remember anything!

### idioms: memory

2A Match the idioms (1–6) with the sentences which have a similar meaning (a–f).


- 1 Things go in one ear and out the other.
  - 2 It slipped my mind.
  - 3 Can you refresh my memory?
  - 4 It's on the tip of my tongue.
  - 5 That rings a bell.
  - 6 My memory's playing tricks on me.
- a It sounds familiar.  
b I forgot.  
c I quickly forget.  
d I've remembered that incorrectly.  
e I can't quite remember it!  
f Please remind me.

B Complete the sentences with the correct form of the idioms in the box.


in one ear and out the other  
memory is playing tricks on me  
on the tip of my tongue refresh my memory  
rings a bell slip my mind

- 1 Now, what was it? No, don't tell me – it's .....
- 2 That name definitely ..... Did she used to work here?
- 3 I thought I'd sent that already. I guess my .....
- 4 Now, ..... – what time are we starting tomorrow again?
- 5 You never listen! Honestly, it all goes .....
- 6 I forgot the milk! Sorry, it totally .....

## PRONUNCIATION

3A  1.04 | chunking: two-part collocations | Listen and complete the sentences.

- 1 My ..... is better than my .....
- 2 I've got ..... when it comes to phone numbers!
- 3 This song brings back a lot of .....

B  1.04 | Listen again and repeat.

## GRAMMAR

### infinitive and *-ing* forms

4A Choose the correct words to complete the sentences.

- 1 I think the plan is to meet / meeting Max outside the venue.
- 2 Annoyingly, he forgot to set / setting a timer and burnt the dinner.
- 3 I remember to get up / getting up early and watching TV.
- 4 No, he stopped to go / going to Spanish classes last month.
- 5 Mum rang – she wants to have / having dinner with you tonight.
- 6 Remember to lock / locking the door when you leave.

B Complete the anecdote with the correct form of the verbs in brackets.

As a child, my primary goal was <sup>1</sup> ..... (climb) the really big mountain I could see from my bedroom window. I did some exercise every day – which involved running up and down the stairs – <sup>2</sup> ..... (improve) my stamina, so I could make the climb.

Then, one morning, I remember <sup>3</sup> ..... (set off) with some sandwiches in my schoolbag, announcing to my dad I'd be back in time for dinner after my day's climbing. I walked and walked, and eventually turned back so as <sup>4</sup> ..... (make sure) I was home before dark. I was tired and looking forward to <sup>5</sup> ..... (have) a big bowl of soup.

In reality, I'd only been gone an hour, with my dad trailing me from a distance. The whole family still laugh about my adventure – but I'm going to try <sup>6</sup> ..... (reach) the top of that mountain one day!

## READING

### 5A Skim the article and tick the topics that are mentioned.

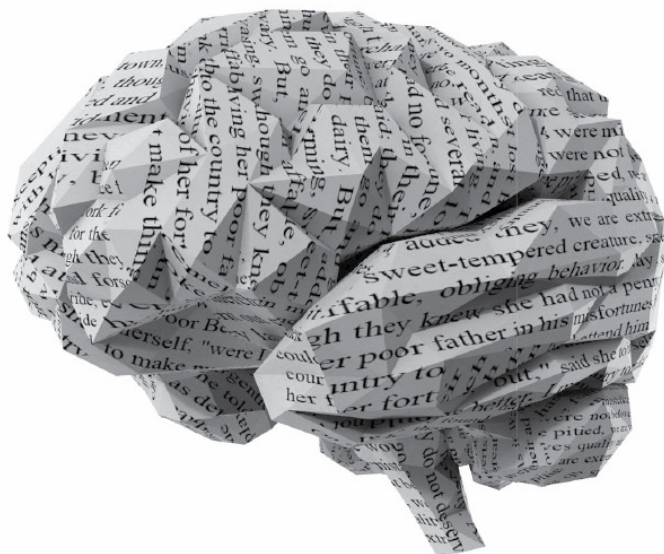
- 1 What happens in the brain
- 2 How we adapt stories to our audience
- 3 How and why we adapt stories
- 4 Why we forget things
- 5 What the research tells us
- 6 How people experience things differently

### B Scan the article again and underline the following information.

- 1 Why our memories are useful to us
- 2 Why we make minor changes every time we tell a story
- 3 What we call memories that are entirely invented
- 4 The name for the process of changing our memory according to who we're talking to
- 5 What we do when we can't remember something

### C Read the article again choose the correct option (a–c).

- 1 What does the writer say in the second paragraph?
  - a We often change stories that we think make us look bad.
  - b We may or may not be aware that we are adapting our stories.
  - c We usually know how someone will react to a story.
- 2 What point does the writer make in the fourth paragraph?
  - a Despite changes, memories are likely to be relatively accurate.
  - b We invent more 'facts' each time we recall a memory.
  - c A memory becomes what we last described it to be.
- 3 What would make the best alternative title for the article?
  - a How our memories change as we get older
  - b Your memory may not be as good as you think it is
  - c Why it is sometimes difficult to remember things



## Why you can't trust your own memory

Ayodele Odetoyinbo | Mon 27 Jun

Have you got a good memory? If you answered 'yes', then you might want to think again. Research has shown that our memories may not be as reliable as we think. Since our memories help us recall past events, learn from our mistakes and play a part in creating our identities, this may not be the best news!

When we describe something that has happened to us, we often make tiny adjustments each time we tell it, without even realising we're doing it. The reason for this could be because we wish that what we are saying is true, or we want our listener to think in a particular way about what we're telling them. For example, we might want to make them laugh or feel sorry for us – in which case, we may make changes consciously. When we recall the story again in the future, it is likely to be rather different to what we really experienced.

And think about those times when you were with friends and you experienced something amazing, exciting or terrible together. You can be almost certain that their memory of the occasion isn't quite the same as yours, even though you experienced exactly the same thing. Sometimes we even create 'false memories' based on stories we know about ourselves that we don't remember. But because we have heard them so many times, as we imagine them, we turn them into memories.

Also, when we talk about what we remember to different people, the way we tell the story may change – and when we do that, the memory changes, too. This is known as the 'audience-tuning' effect. The way you tell a story to someone becomes your memory of what happened, whether or not it is accurate. Our memories change over time depending on our reasons for re-telling them and how we re-tell them. Even as we go over a memory in our heads, we are likely to make small changes to it. And if we can't bring to mind some of the smaller details, we will fill in the gaps over time. What's more, we tend not to question our memories once they are made. So, whatever was our most recent version of the memory becomes the memory itself.

So, next time someone asks whether you're telling the truth and you think you are – you actually may not be!

# Lesson 1C

HOW TO ... | express personal preferences

VOCABULARY | emotions and feelings

PRONUNCIATION | word stress: dependent prepositions

## VOCABULARY

### emotions and feelings

1 A Complete the sentences with *about*, *by*, *into*, *of* or *on*.

- 1 I'm really passionate ..... travel – I love visiting new cities!
- 2 Melania sounds fed up ..... everything today – let's go and cheer her up.
- 3 I'm terrified ..... flying even though I know it's the safest form of transport.
- 4 Katya was thrilled ..... the present you gave her for her birthday.
- 5 I'm not keen ..... going to museums. I just find them really boring.
- 6 She's really ..... Japanese culture. We're hoping to go to Tokyo next year.
- 7 I'm quite fond ..... my auntie – she's such a great listener.
- 8 I think she's feeling a bit nervous ..... the journey.

B Choose the correct phrases to complete the diary.

#### Day 1

I'm absolutely <sup>1</sup>**passionate about** / **fond of** / **fed up of** Spanish food, so I've booked myself onto a cooking course here in Madrid. I felt a little bit <sup>2</sup>**not keen on** / **thrilled by** / **nervous about** talking to people in Spanish because I haven't done it for ages, but it went well.

#### Day 2


We made paella today – a famous Spanish rice dish. I'm not that <sup>3</sup>**terrified of** / **nervous about** / **keen on** rice, but this dish is delicious! Tomorrow we're learning some knife skills. To be honest, I'm really <sup>4</sup>**terrified of** / **thrilled about** / **passionate about** cutting myself – I tend to have a lot of accidents and I'm getting a bit <sup>5</sup>**keen on** / **fond of** / **fed up of** being so clumsy.


#### Day 3

Phew! Everything went well and we learned about the various ingredients to use in tapas – small snacks. I'm <sup>6</sup>**fed up of** / **really into** / **not keen on** them because there's such a lot of variety and they're so tasty. Flying home tomorrow!

## How to ...

### express personal preferences

2 A  1.05 | Listen to a conversation between three friends. What are the speakers talking about? Do they reach a compromise?


B  1.05 | Listen again and complete the extracts with the missing words.

- 1 Backpacking's not really .....
- 2 Sorry, it's just that I'm ..... camping.
- 3 ..... go to lots of different places, but stay in some decent hotels?
- 4 Well, ..... go to Thailand.
- 5 I'd be happy to do a bit of sunbathing, but I ..... do it all day.
- 6 How about travelling around Europe instead? Does that .....?


## PRONUNCIATION

3 A | **word stress: dependent prepositions** | Read the sentences. Underline the stress in the phrases in bold.

- 1 I'm quite **fond of** boat trips, actually. They're a great way to see the city.
- 2 The kids aren't **keen on** trying unusual foods.
- 3 Dan's **terrified of** driving in foreign countries and so am I!
- 4 I'm not **really into** visiting museums. I find a lot of them really boring.
- 5 I always feel **nervous about** getting lost when I'm in a new city.
- 6 Katie's quite **passionate about** culture and the arts.

B  1.06 | Now listen and check.

## SPEAKING

4 A  1.07 | Complete the personal introduction with the phrases (a–f). Then listen and check.

Hi, I'm Jack. I'm <sup>1</sup>..... learning languages and <sup>2</sup>..... them for a few years now. <sup>3</sup>..... languages is that they give you lots of insight into new cultures. <sup>4</sup>..... people shouting loudly at waiters in English when they're in another country. <sup>5</sup>..... give it a go and get it wrong than not try at all. I'm <sup>6</sup>..... when it comes to learning languages and I can speak three pretty fluently now!

- |                      |                          |
|----------------------|--------------------------|
| a quite ambitious    | d The thing I love about |
| b I'd rather         | e passionate about       |
| c I've been studying | f I can't stand hearing  |

B Talk about your own hobbies and interests. Use the model in Ex 4A. Record your answer if you can.



# Lesson 1D

GRAMMAR | *while, whereas and whilst*  
 LISTENING | personality traits

## GRAMMAR

### *while, whereas and whilst*

**1 A** Match the sentence beginnings (1–6) with the endings (a–f).

- 1 I've always been pretty shy,
- 2 Whilst I love musicals,
- 3 I cleaned the bathroom,
- 4 My brother loves going out,
- 5 I read an entire book
- 6 Whilst I'm usually pretty organised,
- a my partner absolutely hates them!
- b while I was waiting for my connecting flight.
- c I was a bit of a mess that day.
- d whereas my twin sister is very outgoing.
- e whereas I'm more of a stay-at-home type.
- f whilst my flatmate made dinner.

**B** Complete each sentence with one phrase from box A and one phrase from box B.

**A**

confident with friends   meeting new people  
 mowed the lawn   my parents   self-esteem  
 to see you

**B**

cleaned the house   intimidated by people at work  
 not very sociable   too much work to do  
 very confident   walking home

- 1 Whilst I'm \_\_\_\_\_, I feel \_\_\_\_\_.
- 2 Whilst I'd love \_\_\_\_\_, I've got \_\_\_\_\_.
- 3 I love \_\_\_\_\_, whereas Tom is \_\_\_\_\_.
- 4 I called \_\_\_\_\_ whilst I was \_\_\_\_\_.
- 5 Whilst Tom \_\_\_\_\_, I \_\_\_\_\_.
- 6 Dad lacks \_\_\_\_\_, whilst mum is \_\_\_\_\_.

## LISTENING

**2A** **1.08** | Listen to the lecture and match the personality traits (1–5) with their definitions (a–e).

- 1 openness
- 2 conscientiousness
- 3 extroversion
- 4 agreeableness
- 5 neuroticism
- a how helpful and understanding you are towards others
- b how energetic, sociable and confident you are
- c how responsible and reliable you are
- d how likely you are to feel emotions like sadness and anxiety
- e how happy you are to try new things and hear new ideas

**B** **1.08** | Listen again and complete each sentence with one or two words.

- 1 The lecturer says that a \_\_\_\_\_ of the five main personality traits does not exist.
- 2 A conscientious person is \_\_\_\_\_, keeps their promises and admits their mistakes.
- 3 In an \_\_\_\_\_, a conscientious person will do all their work and turn up on time.
- 4 The lecturer says that it's unlikely an extrovert will be described as a \_\_\_\_\_ person.
- 5 If you can understand the \_\_\_\_\_ of other people, you are an agreeable person.
- 6 The lecturer says that neurotic people tend to have a higher number of \_\_\_\_\_.

**C** **1.09** | Listen to the final sentence again and write what you hear. You will hear the sentence only once.

.....  
 .....





# Lesson 2A

GRAMMAR | future probability

VOCABULARY | science and technology; word families

PRONUNCIATION | connected speech: future probability

## VOCABULARY

### science and technology

#### 1 Complete the sentences with the words in the box.

analyse findings predicted remotely  
researchers smart tech industry virtual reality

- ..... technology didn't exist when my parents were younger – they couldn't even access the internet on their phones!
- Could you help me ..... the results of the experiment? It'll take me ages to review them on my own.
- In my role, I can work ....., so I don't need to go into the office every day.
- As ....., the tests were highly successful.
- Don't forget to include the ..... of the study in your report.
- ..... have discovered that VR can provide many of the same benefits as real-world experiences.
- My mum works in the ..... as a software engineer. I hope to follow in her footsteps.
- I've been practising golf using ....., It's almost as good as being on the course.

### word families

#### 2 Choose the correct word to complete the sentences.

- The outcome of the board meeting was entirely ....., I knew I'd be forced to resign.  
**a** remote      **b** predictable      **c** scientific
- Have you completed the chemical ..... yet? We'll need the results of it fairly soon.  
**a** analysis      **b** science      **c** prediction
- I'm planning to do some ..... into VR in my postgraduate degree.  
**a** analysis      **b** predictions      **c** research
- If you want to be a data scientist, you need a highly ..... mind.  
**a** analytical      **b** virtual      **c** predictable
- There is absolutely no ..... evidence to back up your claim.  
**a** remote      **b** virtual      **c** scientific
- It's incredible that vehicles on the Moon can be controlled ....., don't you think?  
**a** scientifically      **b** remotely      **c** virtually

## GRAMMAR

### future probability

#### 3A Choose the correct word or phrase to complete the sentences.

- Paulo says he **definitely won't** / **will definitely** / **won't definitely** stop trying to get into his first-choice university.
- Lisa thinks it's **likely** / **certain** / **unlikely** she'll win the photography competition because there were so many great entries.
- It's **won't** / **certain to** / **due to** rain the minute I get out of the car because I haven't brought my umbrella!
- Hurry up! Bryony's train is **won't** / **likely to** / **due to** arrive any minute now.
- Pasha says he **may not** / **definitely will** / **won't** be able to come tonight, but he'll do his best.
- They said I **could** / **will** / **might** work remotely, but I didn't want to. I prefer going into the office.

#### B Complete the second sentence so that it means the same as the first, using the correct form of the words in brackets.

- I don't think this experiment is going to work. This experiment ..... (likely) work.
- Paula says she's about to start a new project involving VR. Paula says she ..... (going) start a new project involving VR.
- I don't think attending a gig virtually is something I'll ever do – I'd rather be there in person. I don't think ..... (ever) a gig virtually – I'd much rather be there in person.
- I'm sure VR will be used in school classrooms eventually. VR ..... (certain) be used in school classrooms eventually.
- You're handing in your report today, aren't you? You're ..... (due) your report today, aren't you?
- I've thought about finding a job in the tech industry, but I haven't decided yet. I ..... (might) a job in the tech industry, but I haven't decided yet.

## PRONUNCIATION

#### 4A 2.01 | connected speech: future probability | Listen and complete the sentences.

- VR is ..... come down in price eventually.
- Robert's ..... start his new job on Monday.
- Are you ..... bring your headset with you?
- You're ..... catch anything out in the open.
- Joseph ..... study law at university.
- VR is ..... be in every household by 2030.

#### B 2.01 | Listen again and repeat.

## READING

**5A** Read the article and choose the main topic (a or b) of each paragraph (1–6).

**Paragraph 1**

- a checking how experiments have gone
- b making necessary changes to experiments

**Paragraph 2**

- a ensuring things are being done properly
- b carrying out daily tasks and duties

**Paragraph 3**

- a discussing work with seniors
- b writing up

**Paragraph 4**

- a motivating other people
- b teaching in a lab

**Paragraph 5**

- a gaining inspiration for work
- b chatting to others in the field

**Paragraph 6**

- a offering students useful advice
- b providing assistance to students

**B** Read the article again. Are the statements True (T) or False (F)?

- 1 Students are given regular support on the experiments they're doing.
- 2 Daniela refuses to do certain tasks outside of the lab.
- 3 Daniela does not especially enjoy one important part of her job.
- 4 Daniela says she is sometimes jealous of her students' ability to come up with ideas.
- 5 Daniela usually finds her conference talks go well.
- 6 Daniela thinks students should not work too hard in the lab.



## A day in the life ...

### research scientist Dr Daniela Brown

#### 8.45 a.m.

<sup>1</sup>Based at a university, I supervise research students as they carry out experiments in the lab. It's my role to keep them – the students *and* the experiments! – on track, so the first thing I do when I arrive is to take a look at the results of any experiments that were running overnight. If an experiment didn't go as predicted, I might adapt it and get the students to repeat it in a slightly different way.

#### 9.30–10.30 a.m.

<sup>2</sup>After this, I head to my office to go through my emails. That can take some time! I could do it remotely, but when I go home in the evening, I prefer to switch off. My job can be pretty stressful and I think it's important to have some down-time. While I'm in my office, I might also do a bit of reading. I'll maybe look through scientific journals or reference books. I also like to make sure I'm doing all the technical stuff for the experiments right, so I'll double-check on techniques and report back to the students if need be.

#### 10.35 a.m.–1.00 p.m.

<sup>3</sup>Then I'll grab a coffee and settle down to analyse the results of previous days' experiments, and I might spend some time reporting on my findings, too. Getting papers published for others to read is an essential part of any research job, though I prefer practical work, so writing up can seem a bit like hard work! Thankfully, I have my own supervisor who I can approach with any questions or ask for help if I get stuck. It's important for any researcher to be able to discuss ideas with other experts.

#### 13.45–4.30 p.m.

<sup>4</sup>After lunch, I'll spend some time in the lab with the students. They will have questions of their own, though I can't always answer them! In science, there's always trial and error, but I encourage them to find solutions and new ways of doing things. I don't pretend to know it all because I certainly don't. What always amazes me is that someone will always come up with a way of doing something that I've never even thought about.

#### 9.00 a.m.–5.00 p.m. (on occasion)

<sup>5</sup>Occasionally, my day will involve attending a scientific conference instead. I haven't presented at one yet, but it's fascinating to see what else is going on out there in the scientific community, and it often informs what I might decide to work on next.

#### 6.00 p.m.

<sup>6</sup>Before my working day ends, I will go back to the lab after a bit more time in my office to see how the research students have got on during the day and to answer their questions. I'll also help out with setting up any experiments that will run overnight. I'll remind students not to work too late and to get some much-needed rest before I log off and head out of the lab myself.

# Lesson 2B

GRAMMAR | quantifiers

VOCABULARY | nature

PRONUNCIATION | connected speech: quantifiers

## VOCABULARY

### nature

1 A Match the sentence beginnings (1–6) with the endings (a–f) to make sentences.

- 1 Look at the way the sunlight is
  - 2 I love deserted beaches like this –
  - 3 The coastline stretches for 3,000 km
  - 4 This entire area is
  - 5 You can cycle down this track
  - 6 I just sat on the river bank,
- a from one end of the country to another.
  - b creating a beautiful pattern on the ground.
  - c known for its amazing scenery.
  - d watching the boats go by.
  - e all the way into the city.
  - f no one around for miles and miles.

B Complete the text with nature words or phrases.



## WILLOWS WELL-BEING RETREAT

### Location

Surrounded by <sup>1</sup>..... the only thing interrupting the peace at the Willows Well-being Retreat is the sound of birdsong and leaves moving on the trees. Or if you find yourself standing on the <sup>2</sup>....., the gentle sound of water rushing by.

### Facilities

- World-class dining
- Freshwater swimming pool
- Large <sup>3</sup>..... amongst the trees for yoga classes.

### Activities

From forest bathing to hiking along ancient <sup>4</sup>..... through the landscape, there is a wide variety of well-being activities to choose from during your stay. For those who prefer being less active, simply sit and enjoy the beautiful <sup>5</sup>..... around you or bathe in the <sup>6</sup>..... shining warmly through the trees.

We look forward to welcoming you at Willows!

## GRAMMAR

### quantifiers


2 A Choose the correct word or phrase to complete the sentences.

- 1 I suspect there are **few** / **a little** / **a few** rooftop gardens in this area because the houses don't have flat roofs.
- 2 **No** / **None** / **Not any** wildflowers should be taken from these woods as it will have a negative effect on the ecosystem.
- 3 Only **a little** / **majority** / **minority** of residents are in favour of the plans to change the shared lawn into a vegetable plot.
- 4 There's **a minority** / **a little** / **little** countryside left in the region – it's almost all been built on.
- 5 I found **a handful of** / **a lack of** / **plenty of** new cycling routes round here – not many, but it might be interesting to see where they go.
- 6 I know **a little** / **a few** / **few** people who really enjoy gardening, but it's not really my thing.

B Read the sentences and correct the quantifiers in bold.

- 1 There are only **a little** of vegan restaurants in the city where I live.
- 2 **Few** of my friends live in the countryside, but most live in urban areas.
- 3 **No** time I go to the beach I come back feeling refreshed and relaxed. It's awesome.
- 4 There are **a handful of** parks in my town at all, so we have to play football at the sports centre.
- 5 There's a definite **little** of green spaces in my local neighbourhood.
- 6 I see very **a little** wildlife in my garden because I live in the city.
- 7 I spend a good **majority** of time walking in the forest near my house.
- 8 There are **no** open spaces in my city, but the ones we do have are pleasant.


## PRONUNCIATION

3 A **2.02** | **connected speech: quantifiers** | Draw a line  between any words that link together in the phrases in bold. Then listen and check.


- 1 There's **a lack of** attractive green spaces in my town.
- 2 Only **a handful of** people I know live in the countryside.
- 3 I spend **a good deal of** time outdoors.
- 4 **Several of the** beaches nearby are quite good.
- 5 Young people who like gardening **are in a minority**.

B **2.02** | Listen and repeat.

## LISTENING


**4A**  **2.03** | Listen to the introduction to a radio programme. Choose the correct topic (a–c).

- a The benefits of gardening as we get older
- b How people of all ages enjoy gardening together
- c Young people who enjoy gardening


**B**  **2.04** | Listen to the next part of the radio programme and answer the questions.

Which speaker ... ?

- a says how pleased they are that they have learned about plants? .....
- b became interested in gardening because of a local scheme? .....
- c noticed a difference in their mood after doing some gardening? .....
- d Is excited about something that is going to happen soon? .....
- e became suddenly more aware of their surroundings? .....
- f mentions one reason that gardening may have a particular benefit? .....

**C**  **2.04** | Listen again. Are the statements True (T) or False (F)?

- 1 Speaker 1 started gardening because she wanted to test a theory.
- 2 Speaker 1 is confident about why she had benefitted from time in the garden.
- 3 Speaker 2 likes getting away from her living accommodation for a while.
- 4 Speaker 2 quickly came to realise that gardening could be interesting.
- 5 Speaker 2 understands that different tasks should be done at different times of year.
- 6 Speaker 3 did not use to know exactly why seaside landscapes were so beautiful.
- 7 Speaker 3 has little idea of what she is really doing with the plants on her balcony.

**D**  **2.05** | Listen to the final speaker again and write what you hear. You will hear the sentence only once.

.....



## WRITING

### a for-and-against essay

**5A** Read the article and choose the main topic (a–c).

- a The benefits of walking in the rain.
- b Why people dislike walking in the rain.
- c How to enjoy walking in the rain.

**B** Complete the article with *although*, *despite*, *however* or *while*.

## Wet weather walking

Cary Stuart | Thurs 12 Aug | 10.12 GMT

<sup>1</sup>..... the fact that we're repeatedly told to spend more time in nature, few of us actually do.

<sup>2</sup>..... it's true that it's often raining and cold in the UK, there are ways to making walking in wet weather more appealing.

You may have heard the expression, 'There's no such thing as bad weather – only bad clothing'.

<sup>3</sup>..... it's easy enough to buy wet weather gear, it means making a bit more effort to get out of the house. <sup>4</sup>....., if you take that extra step, you might just find it was worth it.

To avoid getting really wet on your walk, try taking a route through woodland, where the trees provide cover. <sup>5</sup>....., remember that rain can still drip through the branches, so don't take off your raincoat just yet!

The best way to enjoy a walk in the rain is to set off with the right attitude. Then, <sup>6</sup>..... the fact you're getting a little wet, you can really start to appreciate nature in all weathers.

**C** Correct the mistakes in the sentences.

- 1 Despite I love living in the city, I also like getting out into the countryside from time to time.
- 2 My apartment has got a fantastic view. Although, I'm starting to find it a little small.
- 3 Despite many people I know prefer renting, I've decided to save up and buy a house.
- 4 However there can be a great sense of community in villages, everyone knows your business, too!
- 5 Although the fact that public transport is so good in the city, many people still insist on driving.
- 6 I think there are very few downsides to living in the country. Despite, I'll admit it can be boring at times.

**D** You are going to write a for-and-against essay about whether spending time indoors or outdoors is better for our well-being. Make notes in each column.

for	against

**E** Write your essay using your notes to help you. Write 100–140 words.

# Lesson 2C

HOW TO ... | speculate

VOCABULARY | lifestyle adjectives

PRONUNCIATION | stress to show certainty

## VOCABULARY

### lifestyle adjectives

- 1 Choose the correct word to complete the magazine article.

### An interview with ... a storm chaser

In this week's 'Interview with a ...', Zen Magazine talked to Micky Nguyen, who has the fascinating-sounding job of storm chaser.

**Zen Magazine (ZM):** Being a storm chaser sounds like a pretty <sup>1</sup>harsh / unique job! I've never even heard of it.

**Micky Nguyen (MN):** You're right! The work is far from <sup>2</sup>ordinary / modest, and I never expected to do this for a living. More and more people are starting to do it, though.

**ZM:** So, tell us what it involves. Following storms around ... ?

**MN:** Yeah, I have to get up close to storms so that I can place sensors to record weather data. The conditions can be <sup>3</sup>rewarding / harsh, particularly in winter when most storms occur.

**ZM:** Why is there a need for what you do?

**MN:** It helps weather forecasters be able to give better storm warnings. It's <sup>4</sup>tedious / rewarding in that way because I know I'm helping people.

**ZM:** You drive all over the country – isn't that <sup>5</sup>unique / exhausting?

**MN:** I do get tired, yes. And there are risks. I could get struck by lightning! I never have, though. That sense of danger is exciting but I'm very careful.

**ZM:** Well, it certainly doesn't sound boring!

**MN:** Never! I used to work in an office and the work was pretty <sup>6</sup>tedious / rewarding. The days would stretch on forever. The salary was better – I'm on quite <sup>7</sup>unique / modest pay now in comparison, but I wouldn't change a thing!



## How to ...

### speculate

- 2A 2.06 | Listen to three conversations between friends. What do they speculate about?

- B 2.06 | Match the sentence beginnings (1–8) with the endings (a–h). Then listen again and check.

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 I suppose it depends   | a easily get cut off though.      |
| 2 I'd have thought it    | b forget home so easily!          |
| 3 I reckon you could     | c on how remote it is.            |
| 4 I bet we'll settle in  | d farmers will stay ...           |
| 5 I know for a fact that | e in no time!                     |
| 6 There's no way I'll    | f anyone here in 100 years' time! |
| 7 I doubt there'll be    | g we're going to meet ...         |
| 8 I'd imagine the        | h wouldn't feel so small.         |

## PRONUNCIATION

- 3 2.07 | stress to show certainty | Listen and underline the stressed word in each sentence.

- 1 There's no way I'd ever consider travelling solo round the world.
- 2 I know for a fact that I'd feel like I was in prison on a tiny boat.
- 3 He's obviously not happy where he is at the moment.
- 4 You're clearly not someone who wants a conventional lifestyle.
- 5 Tom's bound to live a life of adventure – he can't keep still!

## SPEAKING

- 4A 2.08 | Complete the conversation with one word in each gap. Then listen and check.

Oli: I'd <sup>1</sup>..... Kwame's feeling nervous about the play tomorrow.

Cara: It's the first night, right? I get the <sup>2</sup>..... he's feeling pretty confident, actually.

Oli: Oh, yeah?

Cara: Yes – I know for a <sup>3</sup>..... that he's learned his lines off by heart.

Oli: Well, I'd guess you have to, really. There's no <sup>4</sup>..... I could be an actor.

Cara: Why not? I'm 100% <sup>5</sup>..... that you'd be brilliant at it!

Oli: No, I'd be <sup>6</sup>..... to get stage fright!

- B 2.09 | You are Cara in the conversation in Ex 4A. Listen and speak after the beep. Record the conversation if you can.

- C Listen to your recording and compare it to Ex 4A.




# Lesson 2D

VOCABULARY | extreme adjectives

READING | time travel

## VOCABULARY

### extreme adjectives

1  Choose the correct word to complete the sentences.

- 1 Paris during the 1920s was home to the **astonishing** / **incredible** / **finest** writers and artists of the age.
- 2 Have you ever seen a van Gogh painting in real life? They're **magnificent** / **mighty** / **precious**.
- 3 The **finest** / **mighty** / **precious** Amazon River winds its way through the rainforest.
- 4 The museum contains valuable pieces of jewellery which contain **precious** / **finest** / **mighty** stones.
- 5 Only the **magnificent** / **incredible** / **finest** coffee beans are used in this unique blend.
- 6 I can't believe how fast you can run – it's **astonishing** / **mighty** / **precious**!

## READING

2A Skim the article quickly and answer the questions.

Do scientists think it is possible to:

- 1 travel forwards in time?
- 2 travel backwards in time?

B Complete the sentences with words from the article. Write between one and three words.

- 1 The writer says that we do not find our own kind of time travel .....
- 2 The writer suggests that un-doing ..... would be a good reason to travel back in time.
- 3 The writer refers to a theory known as ..... which involves complex mathematics.
- 4 If we lived on the ISS for a long time, we wouldn't need to apply .....
- 5 Einstein's ..... tell us that backwards time travel is theoretically possible.
- 6 Unfortunately, the ..... make travelling back in time impossible in reality.
- 7 Scientists are aware of ....., although it is impossible to see it.
- 8 Tunnels, known as ....., could allow us to travel enormous distances.

C Read the article again. What would make a good concluding sentence?

- a It looks as though time travel to the future is more likely than to the past!
- b For the moment, maths can only suggest that time travel is possible – but watch this 'space'!
- c You never know, time travel could be a reality in the very near future!

## Is time travel actually possible?

Sofia Valdez | 20th Oct | 12.02 GMT

You may have seen *Doctor Who*, *Back to the Future* or read *The Time Traveller's Wife*, but can you imagine yourself jumping into the future or back into the past? Is it even a possibility? Here's what the scientists say.

We all travel through time, second by second, minute by minute, hour by hour. But there doesn't seem to be anything incredible about that (unless you stop and think about it) because it's our norm, and, much as we might like to go backwards in time, perhaps to correct our mistakes or experience something fantastic again, we can only go forwards. Scientists say we can travel faster if we want to. But explaining *that* involves Einstein and theories and physics and maths, and something known as 'space-time'. (It's all a bit complicated.)

Astronauts are the nearest we have to *actual* time travellers. They can be in space for several weeks or months. When they're on the International Space Station (ISS), they're moving faster than the rest of us back on Earth. This actually creates a situation where they're going slower in time than we are on Earth. (It's true, trust us.) If they were there for years, they'd age better than the rest of us. So, perhaps space travel is better than face creams and anti-aging diets!

But can we go *back* in time? Unfortunately, Earth's physics simply don't allow it. But if we return to Einstein for a minute, we know that some of his mathematical calculations do indeed suggest travelling back in time is possible. The problem is that although Einstein might have *theoretically* proven we can go back in time, in fact, all the other laws of physics really do make it impossible.

This doesn't stop scientists from trying, though! We know that dark matter exists (parts of the universe that we can't see because they don't give off energy or light – as far as we know). And in that dark matter, there *might* be 'wormholes' (theoretical tunnels through space and time). If there are, we could travel from one area of space to another – which could be billions of kilometres away *and* in a different place in time.

## GRAMMAR

## 1 Choose the correct words to complete the sentences.

- How long have you **learned** / **been learning** Japanese?
- I've **emailed** / **been emailing** her three times today.
- How many times have you **been** / **been going** to India?
- Have you **had** / **been having** your hair cut? It's looks great!
- I'm so tired because I've **worked** / **been working** a lot today, and I still haven't finished.

## 2 Complete the email with the correct form of the verbs in brackets.

Hey Alex!

How's life? Things are pretty much the same here, although I had a pretty terrible day yesterday! I tried <sup>1</sup>..... (repair) the washing machine myself – bad idea! It flooded the kitchen. I wanted <sup>2</sup>..... (save) money by doing it myself but in the end, it cost me a fortune. Because I was messing about so long with that, I forgot <sup>3</sup>..... (go) to my dentist's appointment for the third time, so they've taken me off their system. Then I stopped <sup>4</sup>..... (get) some shopping on my way back from the gym – I got to the till and realised I didn't have my bank card with me. It was a nightmare!

What else? Oh, I know. Do you remember <sup>5</sup>..... (go) to that festival where we met Andi and Niamh? I bumped into them the other week. I was in the park and they stopped <sup>6</sup>..... (say) hello. They asked how you were.

The only other thing to report is that I'm thinking of looking for a new job. My idea is <sup>7</sup>..... (retrain) as a physiotherapist. I just want <sup>8</sup>..... (do) something more worthwhile with my life.

Anyway, I'm looking forward to <sup>9</sup>..... (see) you in September for our holiday!

Speak again soon,

Chris

3 Use the prompts to write sentences using *while*, *whilst* or *whereas*.

- enjoy writing stories ✓  
a brilliant imagination ✗
- actually quite shy ✓  
love performing on stage ✓
- can organise other people ✓  
organise myself ✗
- happy to listen to people's problems ✓  
like giving advice ✗
- enjoy playing football ✗ (never)  
enjoy watching it ✓ (always)

## 4 Complete the article with the correct future form of the words in brackets.

## What next?

If you're due <sup>1</sup>..... (leave) university soon and feel a little overwhelmed about what's <sup>2</sup>..... (happen), don't worry! With a little planning, it <sup>3</sup>..... (might not be) quite as scary as it sounds.

If you know you definitely <sup>4</sup>..... (not enjoy) a graduate job in a big firm, there are other options. You <sup>5</sup>..... (be able) to apply for a postgraduate course as soon as you graduate, and you <sup>6</sup>..... (also be) in a good place to start your own business. You certainly <sup>7</sup>..... (not need) a ton of money if you're offering a service such as web design or social media influencing. But you may <sup>8</sup>..... (able) to apply for a bank loan if you want to start, say, an online shop.

Another possibility is to take a gap year to consider your future. While you're travelling, you're likely <sup>9</sup>..... (meet) new people and discover more about the world, which <sup>10</sup>..... (give) you new ideas about your future.

## 5 Choose the correct word or phrase to complete the sentences.

- Only **a few** / **a little** / **a lack of** cheese on my spaghetti, please!
- The **minority of** / **lack of** / **majority of** affordable housing in this country is a real issue.
- There **are some** / **aren't any** / **are little** places left for the Escape Room event, I'm afraid.
- The **majority** / **minority** / **plenty** of people who live here have family in the area.
- Very few** / **Plenty of** / **Quite a few** people know the secret ingredient – just me and my father.

## VOCABULARY

## 6 Match the personality adjectives in the box with the descriptions (1–5).

adventurous argumentative  
curious rebellious stubborn

- He was an awful teenager. He refused to do what he was told and caused trouble instead.
- It doesn't matter what we're talking about, my brother always seems to disagree.
- My daughter just loves finding out new things. She's always asking questions.
- She's already climbed Mount Everest. Apparently, she's now planning to trek through the Amazon!
- It doesn't matter what you tell him – he won't change his mind.