

Vocabulary

Describing feelings and events

1 Complete the sentences with the adjectives in the box.

annoyed disappointed embarrassed frightened
relaxed worried

- Someone is talking loudly on their phone at work and you're trying to concentrate. You feel
- You see someone who you know at a party, but you've forgotten their name. You feel
- You're camping in a forest and hear a strange noise. You feel
- You're lying on a sofa watching your favourite TV programme. You feel
- You receive your exam results, but you've failed. You feel
- Your sister hasn't answered her phone for a week and you're trying to contact her. You feel

2 Choose the correct alternatives.

- It's very *annoying/relaxing* when people shout.
- Walking in the country is very *relaxing/worrying*.
- I get *embarrassed/surprised* when I have to speak in public.
- When I go somewhere new, I get *excited/disappointed* thinking about all the new things I'll see.
- That horror film was *frightening/tiring*. I couldn't sleep all night!
- The storm last week was *disappointing/surprising*. The weather forecast was completely wrong!
- I didn't sleep very well last night, so I'm very *tired/embarrassed* today.
- I was really excited about that film, but it was really *disappointing/relaxing*.
- The price of petrol keeps going up. It's really *worrying/embarrassing*.
- I met my ex-boyfriend in town yesterday, and he was with his new girlfriend. It was really *embarrassing/disappointing*.

3 Complete the adjectives with *-ing* or *-ed*.

- I was *surpris^{ed}* when I saw my exam results!
- Travelling around the world was an *amaz^{ing}* experience.
- Working late makes me feel very *tir^{ed}*.
- Climate change is very *worry^{ing}*.
- I love staying in and reading a good book – I find it very *relax^{ing}*.
- She felt *embarrass^{ed}* when she fell over in the street.
- I'm *excit^{ed}* about my trip.
- It was raining very hard when I drove home – it was very *frighten^{ed}*.

Grammar

Past simple and past continuous



4 Choose the correct alternatives.

A: First caller, hello. What ¹*did you do/were you doing* when the Berlin Wall came down?

B: Well, it's difficult to believe, but I ²*was being/was* there in West Berlin and I saw all the celebrations. It was amazing.

A: ³*Did you see/Were you seeing* anything interesting?

B: Oh yes – when I got to the wall, everyone ⁴*was having/had* a great time and lots of people ⁵*were standing/stood* on the wall.

A: That sounds amazing. Caller two. Can you tell us about your experience?

B: Of course. I ⁶*learnt/was learning* German at the time, so I was in Berlin, and on that night I was in town with some German friends. No one could believe what ⁷*was happening/happened*. We were having a drink when suddenly everyone started shouting. I was frightened at first, but then I ⁸*heard/was hearing* someone say 'the wall is down'. We thought it was a joke, but when we saw the police, we realised it was true.

5 Use the prompts to write sentences with the past simple and past continuous.

- Someone call / when / I give a class
Someone called when I was giving a class.
- She met husband / when / she study English at university
.....
- I wait for a bus for one hour / when / three come at once!
.....
- He travel / when / he meet an old friend
.....
- My niece call / when / I watch TV
.....
- I walk to the station / when / I realise / I (not) have my phone
.....

Vocabulary

Memories

1 Complete the sentences with the words in the box.

forget makes memories of
reminds think

- The smell of cut grass me of England.
- The sound of church bells makes me of my school days.
- The song *Walk Away* me happy.
- The feel of clean sheets makes me think my grandmother.
- I'll never the taste of my mother's lemon pie.
- I have happy of my grandparents' house.

2 Rewrite the sentences using the words in brackets so that they mean the same.

- The smell of newly cut grass always reminds me of summer.
The smell of newly cut grass *makes me think of* summer. (think)
- The taste of paella makes me think of holidays in Spain.
The taste of paella holidays in Spain. (reminds)
- I feel happy when I hear birds singing.
The sound of birds singing happy. (makes)
- I'll always remember the day the Berlin Wall came down.
I'll the day the Berlin Wall came down. (forget)
- When I think of my school days, I feel happy.
I have of my school days. (memories)
- I'll never forget the day my sister got married.
I'll the day my sister got married. (remember)
- When I walk down this road, I remember walking to school when I was young.
Walking down this road when I was young. (reminds)
- I remember arriving in Rome. It was an amazing experience.
I in Rome. (forget)

Grammar

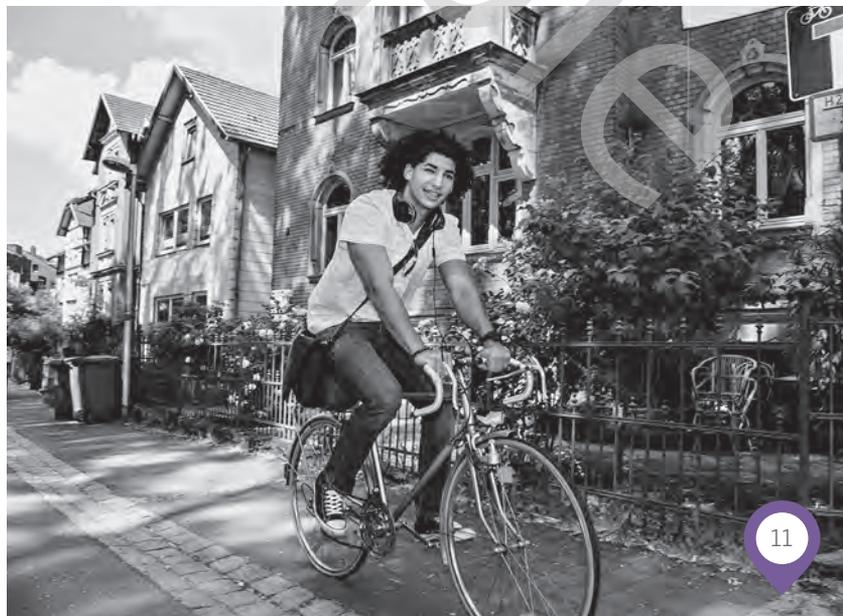
used to

3 Correct the mistake in each sentence.

- I didn't ~~used~~ ^{use} to go camping as a child.
- I used to meeting my friends every Saturday.
- She don't use to like her job, but she does now.
- He didn't use get good marks at school.
- I use to love the taste of roast chicken, but I can't stand it now!
- Did you used to play sports when you were at school?
- We used to smoked, but we quit a couple of years ago.
- We are used to go on holidays to France every summer.

4 Write sentences about Mark using the information in brackets. Use *used to*.

- Mark used to be single, but now he's married.*
(past: be single, now: be married)
-
(past: wear jeans a lot, now: wear a suit to work)
-
(past: go to school, now: work in an office)
-
(past: do a lot of exercise, now: not do any exercise)
-
(past: not cook, now: love cooking)
-
(past: ride a bicycle, now: drive a car)
-
(past: live with his parents, now: live in an apartment)
-
(past: not travel, now: go on holiday twice a year)



Vocabulary

Feelings and reactions

1a Match words 1–8 with words and phrases a–h.

- 1 dull
 - 2 homesick
 - 3 anxious
 - 4 lively
 - 5 stressful
 - 6 unpleasant
 - 7 cheerful
 - 8 peaceful
- a feeling sad because you are not at home or with your family
b with a lot of energy
c not enjoyable
d not relaxing
e boring
f worried
g happy
h calm or quiet

b Complete the table with adjectives 1–8 from Exercise 1a.

Positive adjectives	Negative adjectives

2 Complete the missing adjectives.

- 1 I'm really n.....s about my exam. I don't think I've studied enough!
- 2 My new boss is really u.....t. She's very demanding and shouts a lot.
- 3 I felt really h.....k the whole time I was there. I really missed my family and friends!
- 4 He is quite o.....c about the whole thing. He thinks everything will go really well.
- 5 My uncle has three degrees and can speak five languages. He's an e.....y person.
- 6 It can be difficult to move to a new country. At first, everything can seem very s.....e.
- 7 I hoped the holiday would be exciting, but it was actually really d.....l.
- 8 Having lunch with the guys from work is really e.....e. I have a good time with them.
- 9 Anna is such a c.....l person. I have never seen her without a smile on her face!
- 10 I had such a good time at my party last week. Everyone was dancing and laughing – it was really l.....y.

Grammar

so/such ... that; too ... to; not ... enough to

3 Choose the correct alternatives.

- 1 I wonder if the course will be *too tough/enough tough* for me?
- 2 It was *so/such* a difficult year that he decided to return home.
- 3 There are *so/such* many things I want to tell you that I don't know where to start.
- 4 We feel *so/such* happy here that we're going to stay for another year!
- 5 I'm sorry I can't make it on Friday; I hope you aren't *too/enough* disappointed.
- 6 He's had such an interesting life that we didn't have *time enough/enough time* to ask him about everything.
- 7 Working in the office wasn't *enough exciting/exciting enough* for me, so I quit!
- 8 I'm *such/so* relaxed that I don't want to go back to work.



4 Match the sentence halves.

- | | |
|---------------------------------|--|
| 1 He felt so | a enough for my exam, so I failed. |
| 2 It was such a | b angry that he threw the letter in the bin. |
| 3 I didn't study | c terrible day that we decided to stay in. |
| 4 Living abroad wasn't exciting | d embarrassed to ask for directions. |
| 5 They were too | e enough for me, so I moved home. |
| 6 I didn't have enough | f a bad headache that I had to go to bed. |
| 7 I had such | g people that I couldn't get a seat. |
| 8 There were so many | h money for a taxi, so I walked home. |

Functional language

Show interest in a conversation

1 Complete the missing words in the conversations.

- 1 A: I had an interesting trip.
B: W..... happened?
- 2 A: In Africa I gave local children free classes.
B: T..... great!
- 3 A: I got lost in the forest – I was terrified.
B: O..... n..... !
- 4 A: So, I was walking home the other day ...
B: U..... h..... .

2 Choose the correct alternatives to complete the conversations.

- 1 A So I answered the phone and you'll never guess who it was!
B Go on.
a Uh huh. b Oh no! c Wow!
- 2 A I had a really interesting meeting with my new boss today.
B Really?
a That's awful! b What happened? c Right.
- 3 A Laura told me that she's getting married. I'm so happy for her!
B That's fantastic news!
a Oh no! b And what happened next? c Great.
- 4 A I've lost my wallet. I had it at the shops and now I can't find it anywhere.
B You should cancel your cards!
a That's so cool! b Wow! c That's awful!
- 5 A And when I opened the door, I saw a strange man in my kitchen!
B That's so frightening.
a So, what did you do? b That's amazing!
c Great!
- 6 A Our holiday was a disaster. My bag was stolen on the first day and it had my passport in it.
B That's terrible.
a Uh huh. b What happened in the end?
c Right!
- 7 A My wife just won £200,000!
B Congratulations!
a Wow! b And what happened next? c Oh no!
- 8 A Did I tell you I'm leaving the company?
B? No, you didn't tell me!
a Really b Wow c Right
- 9 A I missed my last train home yesterday, and it was raining really heavily.
B Oh no,
a Uh huh. b What did you do? c Right!

Listening

1 2.01 Listen to three people talking about their memories. Match descriptions 1–3 with the speakers: David (D), Holly (H) or Claudia (C).

- 1 A life-changing experience
- 2 New tastes
- 3 A lucky escape

2 Listen again. Which sense does each person mention?

- David: smell / sound / sight
- Holly: smell / sound / sight
- Claudia: smell / sound / sight



3 Listen again and choose the correct alternatives.

- 1 David and his brothers saw a herd of *cows/horses* running towards them.
- 2 David and his brothers felt *safe/shocked* when they reached their house.
- 3 *His brother/A smell* reminds David of that day.
- 4 Holly moved to China in *1988/1998*.
- 5 Holly *missed/didn't miss* her friends and family a lot in the beginning.
- 6 The *smell/colour* of rice soup reminds Holly of her time in China.
- 7 Claudia saw Rick Stevens when she was in her local *library/bookshop*.
- 8 Claudia is currently writing her *first/fourth* book.
- 9 A *book/song* reminds Claudia of that day.

Reading

1a Read the title of the article and look at the picture. Guess the correct alternatives.

- 1 Every day *seventy/ninety* percent of people remember something because of a sound, sight, taste or smell.
- 2 The brain is made of *100,000/1,000,000,000* neurons.
- 3 We should get at least *nine/seven* hours sleep at night.

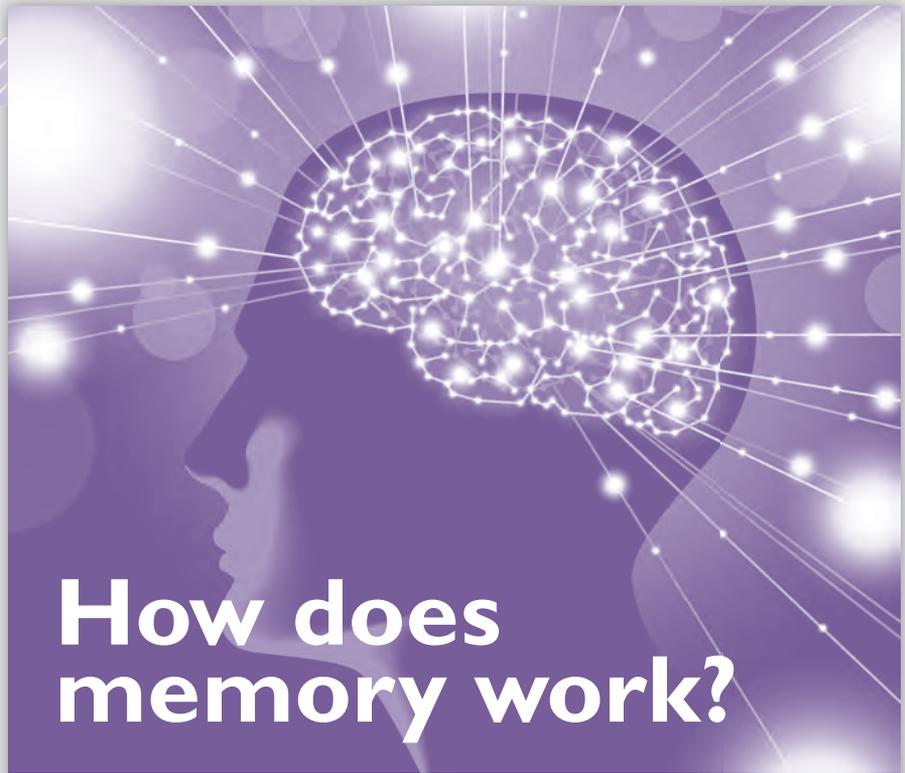
b Read the article quickly and check your answers.

2 Read the article again. Are the sentences true (T) or false (F)?

- 1 Our senses help us to remember certain experiences, places and people.
- 2 Memories are stored in the hippocampus.
- 3 The action of remembering something is simple.
- 4 We only remember happy memories.
- 5 We always remember events exactly as they happened.

3 Read the article again and answer the questions.

- 1 What do *neurons* help the brain to do?
.....
.....
- 2 Where is the *hippocampus*?
.....
.....
- 3 Where is important information stored in the brain?
.....
.....
- 4 Why do we sometimes remember things which aren't true?
.....
.....
- 5 What is the best way to improve our memory?
.....
.....
- 6 What can we do to keep our memory active?
.....
.....



How does memory work?

Have you ever experienced a moment when a sound, sight, taste or smell made you feel happy or sad? Perhaps a song reminded you of something you used to do or somebody you used to know? Or maybe a specific sight or smell made you think of something you were doing at a particular time in the past? Everybody has experienced this at some time; in fact, nine out of ten people experience this at least once a day. Our senses are important in order to help us recall key moments, events and even people in our lives. But how does memory work? And why do we connect particular things with certain memories?

The brain is a complex part of our bodies; in fact, it is the most complex part we have! It is made of about a billion *neurons* and these help the brain to remember. The *hippocampus* is near the centre of the brain. It's responsible for keeping important memories and remembering where things are. It helps us remember the way to work, or where you left your keys.

The hippocampus is very busy. The action of remembering something is quite complicated! When your brain records memory, it usually records other details, such as where you were at the time, who you were with, and what you were eating. This explains why other small things, for example a certain smell or taste, can activate memories and make you think of something in the past.

Important information, like addresses and friends' names or things with a strong emotional connection, are stored in our long-term memory. In fact, we often connect feelings with memory. Feelings can have positive and negative effects on our memories; the sound of a song that makes you think of a happy moment or the sight of something that makes you feel frightened.

So can we trust our memory? Some memories are recorded better than others because of the large amount of information the hippocampus needs to process. However, sometimes when we remember, our brains can make small changes to the memory, mixing old memories with new details and changing it. This is why we sometimes think a particular event happened when it really didn't happen at all!

The best way to improve your memory is to keep it active. The more often you recall a memory, the easier it is to find! Doing exercise, getting at least seven hours sleep at night and developing new skills will keep your memory active and improve your ability to remember at any age!

Writing

1 Read the blog post and match the topics below with paragraphs A–D.

Get a better job! Independence Learn a language
Make international friends

So, you've just finished school and you don't want to see another book for a while! What are your options? You could go to university or start work, but how about a gap year?

Taking a gap year

A Independence

If you take a year out and go somewhere on your own, you quickly learn how to look after yourself. If you travel alone, you have to think for yourself. Finding your way around a new city or country will mean working out the public transport system. For most students, living alone might be a new experience. Just finding a flat and managing your money will teach you independence. If you travel and live alone, there's no choice – you have to look after yourself!

B

Travelling around the world or volunteering abroad will mean that you meet new people from different places. When you travel alone, you tend to talk to more people. Being in similar situations brings people together and it's always more fun to share experiences when you're travelling with others. And it doesn't take much effort – just sitting next to someone on a bus or a train can lead to a friendship.

C

'How can a gap year improve my CV?' you might ask. A gap year shows initiative and a sense of adventure and independence. It also says to potential employers that you have cultural awareness. This is important in today's world of work. If you do some voluntary work or an internship and gain work experience along the way, even better!

D

A gap year normally means going abroad and learning a language. Why not try a country whose language you are interested in learning? The best way to learn a language is to be in the country where you can practise every day with local people. By shopping and speaking to locals you'll have the opportunity to use the language and make fast progress.

So what are you waiting for? Pack your rucksack and decide on where you would like to go!

2 Read the Focus box and choose the correct alternatives.

Writing paragraphs

A well-organised paragraph focuses on one ¹sentence/topic.

Topic sentence

The first sentence of the paragraph usually gives the writer's main idea about the topic.

Life was certainly different in my grandparents' day.

Example sentences

The rest of the paragraph usually supports the main idea by giving ²examples/advice, reasons and supporting details.

There were no modern appliances such as washing machines and vacuum cleaners to make housework easy, so they had to work hard to keep their house clean.

Conclusion sentence

A paragraph often finishes with a sentence that gives a result or conclusion.

Life was harder and less interesting.

3 Read the blog post again and underline the topic sentence in each paragraph. The first one is underlined for you.

Prepare

4 You're going to write a blog post about finding the perfect job. Use the headings below and make notes about what you will write in your topic sentences, and what examples/extra information you will give.

- Find what motivates you
- Choose the right company
- Be open-minded!

Write

5 Write your blog post. Use your notes in Exercise 4 and the example introduction and conclusion below to help you.

Finding a job can be stressful, so think carefully about what is important to you when you begin looking for your ideal job.

Whatever you decide, make sure that you think about all the factors above before you say yes. We spend so much time in our jobs, so it's important to be happy!