

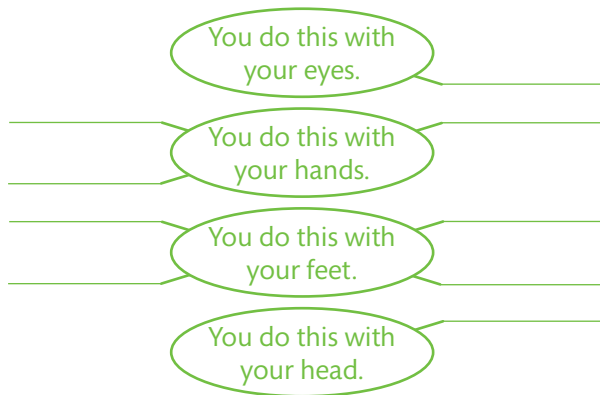
Vocabulary development 1

► COURSEBOOK pages 106–107

Vivid vocabulary

- 1a Complete the diagrams with the words and expressions in the box. They are all from the text on page 107 of the Coursebook.

clutch something dash get to your feet
give someone a nod give something a kick
push something into someone's hand
slip (on a wet surface) stare at someone
tap someone on the shoulder



- b Now add these words and expressions to the diagrams in Exercise 1a.

glance at someone grab something jump up
shake someone's ... shake your ... tap your ...
trip over something wave at someone
wink at someone

Collocations

- 2 Match the verbs in the box with the words they collocate with. Each verb must collocate with all the words in a set.

be break celebrate fall get go have make

- 1 _____ engaged/married/divorced/on well with someone
2 _____ in love/excited/happy/confused
3 _____ in love/asleep/out with a friend (over something)
4 _____ a wedding anniversary/a birthday/an engagement

- 5 _____ a date/a relationship/a baby/an argument/problems
6 _____ friends/up with someone (after an argument)/plans/a mistake
7 _____ out with someone/on a date/on a honeymoon
8 _____ off an engagement/up a relationship/up with someone

Relationships

- 3a Complete the sentences with the words/phrases in the box. Use plural forms where necessary.

acquaintance best friend colleague fiancée
flatmate partner relative workmate

- 1 My family is very big – two brothers, three sisters and lots of cousins. I have some _____ in Australia but *we're not very close*. We send each other cards on special occasions, that's all.
2 I share an apartment with another student from the university. My _____ is a bit older than me but *we have a lot in common*. I don't think I could share with someone who was totally different from me.
3 I don't know Sue very well, so she's a(n) _____ rather than a friend. I get the impression that *she looks down on me* because my family isn't as well-off as hers.
4 I've known my _____ ever since we were children. *I've always adored her*. I felt so happy when we got engaged six months ago. The wedding's going to be next month.
5 I work in a small office. I've known most of my _____ for over five years and *we see eye to eye on most things*.
6 Yvonne was my _____ at school. We did absolutely everything together. *I really admired her* – she knew exactly what she wanted in life and was willing to work hard to get it.
7 Dennis was my _____ in yesterday's tennis match. *I can't stand him* – he's so rude and uncooperative. Roger and Bill beat us really easily.
8 During the summer holidays I had a job picking fruit on a farm. It was hard work, but my _____ were friendly and *I grew very fond of them*.

- b Look at the phrases in *italics* in Exercise 3a. Tick (✓) the ones which describe positive feelings and cross (✗) those that describe negative feelings.
c Write short descriptions of members of your family and friends.

Exam practice: Multiple-choice cloze (Paper 1 Part 1)

4 Do the task.

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Blind date

Aged 18, I (0) A a job in the offices of a TV company. There was a boy working upstairs who seemed very cool and sophisticated because he got to meet all the stars. All the girls in the office used to try to (1) _____ him up whenever he paid a (2) _____ to our department. Then one day, (3) _____ unexpectedly, he invited me to a big charity dinner at an expensive hotel. I was so excited and (4) _____ spending a fortune on a new dress, shoes and hairstyle.

As we walked into the hotel, cameras were flashing and I felt like a real celebrity. We went up a long, wide flight of stairs, just like in a (5) _____ from the movies. But as we (6) _____ the top, one of my new leather-soled shoes slipped on the red carpet. I fell backwards and went head over (7) _____ down the stairs, landing in a heap at the bottom. I was unhurt but (8) _____ shaken and extremely embarrassed.

- | | | | |
|-------------------|--------------|------------|----------------|
| 0 A got | B held | C set | D joined |
| 1 A speak | B chat | C talk | D gossip |
| 2 A tour | B trip | C stay | D visit |
| 3 A more | B even | C quite | D much |
| 4 A brought about | B called for | C ended up | D went through |
| 5 A part | B scene | C play | D show |
| 6 A managed | B achieved | C arrived | D reached |
| 7 A elbows | B knees | C heels | D feet |
| 8 A badly | B poorly | C toughly | D hardly |

EXPERT STRATEGY

If you're not sure, cross out the options which you're sure are incorrect and choose the most likely answer.

► HELP

- The missing word makes a phrasal verb with *up*.
- Which word collocates with *paid*?
- The meaning is 'arrived at' but you need a verb you can use without a preposition.

Language development 1

► COURSEBOOK pages 108–109, EXPERT GRAMMAR pages 193–194

Reported speech: Reporting exact words

- Find and correct the mistakes in the sentences. Say if they are mistakes with the *verb tense* (T), *word order* (WO) or if the *wrong word* is used (WW).
 - Tina told me she ~~has spent~~ three months at a college in the UK last year. spent (T)
 - I asked her why had she gone there. _____
 - She replied she wants to improve her English. _____
 - I asked her if she will go to London with me in the summer. _____
 - She said she had spent some time there the last year. _____
 - I asked her why didn't she want to go there again. _____
 - She said me it had rained all the time she was there. _____
 - I said we could bring umbrellas with us. _____

Reporting verbs

2a Choose the correct answers.

- My teacher *advised* / *recommended* me to go abroad to study.
- Peter *told* / *said* to me that he wanted to get married and settle down.
- I *denied* / *refused* to tell Paul what I had done the previous evening.
- Julia *admitted* / *informed* that she had been out with Ben.
- My mother *blamed* / *accused* me of breaking her favourite vase.
- My girlfriend *insisted* / *agreed* to come to the airport with me.
- Sandra *threatened* / *warned* to tell Richard what I had said.
- Tania *suggested* / *persuaded* going for a pizza after the film.

EXPERT LANGUAGE

Find two examples of words with negative prefixes in the text.

EXPERT WORD CHECK

charity dinner *flight of stairs* *in a heap* *sophisticated*

b Match the sentences (1–10) with the reporting verbs (a–j). Then rewrite the sentences in reported speech.

- a 1 Would you like to come to my house for lunch?
 2 I'm really sorry I missed your birthday party.
 3 I will definitely be at the wedding.
 4 Don't go out with Ken because he's dangerous!
 5 I'll help you write the invitations.
 6 If you go to the Oasis Club again, I'll tell your father.
 7 I really didn't invite your ex-boyfriend to my party.
 8 Why don't you ask Dave out on a date?
 9 I think you should break off your engagement.
 10 You told me a lie!

- a Anna invited me to go to her house for lunch.
b Ruth suggested _____.
c Denise offered _____.
d Eve denied _____.
e Keith threatened _____.
f Maureen advised _____.
g Sue apologised _____.
h Rob accused _____.
i Richard promised _____.
j Maria warned _____.

Key word transformations

3 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. Use between two and five words, including the word given.

- 1 'I won't tell anyone what you did,' George said.
PROMISED
George _____ what I had done.
- 2 'I'll buy the theatre tickets,' Peter said.
INSISTED
Peter _____ the theatre tickets.
- 3 'Can I have another piece of cake?' Doug asked.
WHETHER
Doug asked _____ another piece of cake.
- 4 'Why didn't you arrive on time, John?' Sally asked.
WHY
Sally asked John _____ on time.
- 5 'You've broken my watch, Simon!' Alan said.
ACCUSED
Alan _____ watch.
- 6 'Don't leave the mountain footpath, Paul!' Patricia said.
WARNED
Patricia _____ leave the mountain footpath.
- 7 'Would you like to go to a rock concert this weekend, David?' Maria asked.
INVITED
Maria _____ go to a rock concert that weekend.
- 8 'We haven't reserved you a seat, I'm afraid,' the airline representative said.
ADMITTED
The airline representative _____ reserved me a seat.

Exam practice: Open cloze

(Paper 1 Part 2)

4 Do the task.

For questions 1–8, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

Blind date

I first met my girlfriend Charlotte through what (0) is known as online dating. We had each sent in our personal details (1) _____ inclusion in the website's database. The database search results suggested we were a good match (2) _____ principle and we were sent contact details so that we could get in touch with each (3) _____. Our first meeting took (4) _____ in a restaurant in London. It was (5) _____ people call a blind date and (6) _____ of us had ever been on one before, although we didn't realise this at the time.

My first impression was that Charlotte was smartly dressed and looked much prettier (7) _____ in her photo. She told me she'd come straight from the office and there hadn't been time to change into something more casual. At first, it was quite difficult to find something to talk about apart (8) _____ our jobs. But then Charlotte asked me about my hobbies and we found we had quite a few interests in common. We've been going out ever since.

EXPERT STRATEGY

Remember to read the whole text through once you've filled in all the gaps.

► HELP

- 1 The missing word is a preposition.
6 The word you need is the negative form of *both*.
7 Which word follows a comparative adjective?

EXPERT LANGUAGE

Find fair examples of the past perfect in the text.

EXPERT WORD CHECK

first impression in common inclusion online dating

Writing (Paper 2 Part 1: Essay)

> COURSEBOOK pages 110–111, EXPERT WRITING pages 199–200

EXAM STRATEGY

It's important to plan an essay in advance so that the argument is organised in the most logical way. The wording of the question helps you to do this. Discuss the points in the question and make sure you:

- support your ideas with reasons or examples.
- use linking words to show the connection between your ideas.

Understand the task

1a Read the writing task and answer the questions.

- 1 Who will read the essay?
- 2 What style should you use?

b Note down two advantages and two disadvantages of living at home.

Advantages	Disadvantages
_____	_____
_____	_____

In your English class, you have been talking about the advantages and disadvantages of young people living at home with their parents when they are studying at university or starting work in their first jobs. Now your English teacher has asked you to write an essay.

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

Young people should live with their parents for as long as they want.

Notes

Write about:

- 1 advantages of living with parents
- 2 disadvantages of living with parents
- 3 _____ (your own idea)

*Write your **essay** in 140–190 words.*

Read a sample answer

2a Read a student's essay and cross out the option (A, B or C) which is *not* possible.

Nowadays, it's common for young people to continue to live with their parents until their mid-twenties.

(1) _____, many people think that this is a bad thing and that young people should be encouraged to leave home earlier.

There are many reasons why young people continue to live with their parents. They may feel comfortable at home. (2) _____, they do not need to cook, wash their clothes or pay rent. This last point is important because life today has become very expensive.

(3) _____, it's difficult to live well if you don't earn a high salary.

(4) _____, many young people say that they only became mature once they left home. Living away from their parents when they went to college or started work forced them to be independent. (5) _____, they had to start to think for themselves and sort out problems on their own.

In my view, young people should stay with their parents if they want to. (6) _____, they should understand that gaining some independence would be beneficial. Travelling independently of their parents in their summer holidays could be a good idea, (7) _____, for those who continue to live at home.

- 1 A However B Furthermore C Nevertheless
- 2 A Therefore B For instance C For example
- 3 A Despite this B As a result C Consequently
- 4 A However B On the other hand C Even so
- 5 A Similarly B In other words C That is to say
- 6 A Nevertheless B As a consequence C On the other hand
- 7 A otherwise B for instance C therefore

b Read the essay again and complete the paragraph plan the student followed.

Paragraph 1: Introduction: _____

Paragraph 2: Advantages of living at home

Advantage(s): _____

Example(s): _____

Paragraph 3: _____

Disadvantage(s): _____

Example(s): _____

Paragraph 4 (my own idea): _____

Example(s): _____

Features of an essay

3 Read the list of features of a good essay. Tick the ones that the essay above has.

A good essay:

- 1 is divided into three or four main paragraphs.
- 2 has an introduction that makes a general statement about the topic.
- 3 supports the main points with details.
- 4 uses linking words to connect the ideas.
- 5 states the writer's view in the final paragraph.
- 6 uses a neutral style consistently.
- 7 is between 140 and 190 words.

4 Write your own essay.



Listening (Paper 3 Part 3)



Before you listen

- 1a Read the instructions for the listening task. What are the speakers going to talk about?
- b Mark the key words in the statements (A–H).

Multiple matching

- 2a  12 Listen once and focus on each speaker's main point. Match the main points with the closest option (A–H).
- b  12 Listen again and check your answers. Make sure the ideas expressed in the recording match the options exactly.

You will hear five short extracts in which women are talking about what it was like to grow up with a twin sister. For questions 1–5, choose from the list (A–H) what each speaker says. Use the letters only once. There are three extra letters which you do not need to use.

- | | | | |
|--|-----------|--------------------------|---|
| A The way people regarded us used to annoy me. | Speaker 1 | <input type="checkbox"/> | 1 |
| B I always felt I was being compared to my sister. | Speaker 2 | <input type="checkbox"/> | 2 |
| C I had frequent disagreements with my sister. | Speaker 3 | <input type="checkbox"/> | 3 |
| D My sister and I had very similar tastes. | Speaker 4 | <input type="checkbox"/> | 4 |
| E I was glad not to spend too much time with my sister. | Speaker 5 | <input type="checkbox"/> | 5 |
| F I used to get upset when my sister laughed at me. | | | |
| G I always felt closer to my older brother than to my twin sister. | | | |
| H My sister used to let me down occasionally. | | | |

EXPERT STRATEGY

Read the options A–H. Think about the words and expressions you expect to hear.

► HELP

Speaker 3: Listen for the second time Emily's name is mentioned – the answer follows this.

Speaker 4: Listen to what she says about clothes and hair. How did people react?

Speaker 5: Did the twins enjoy being together?

EXPERT LANGUAGE

Find an example of the past continuous in the statements.

EXPERT WORD CHECK

gang up on identical in tune infuriate misled

Paraphrasing

- 3  12 Listen again and complete the phrases from the recording.

Speaker 1

- 1 people would _____ us up
 2 we were both _____ independent
 3 which was a(n) _____ for disaster

Speaker 2

- 4 there was a real _____ between us

Speaker 3

- 5 Emily is the first person I'll _____ if I'm feeling down

Speaker 4

- 6 people just _____ us together

Speaker 5

- 7 it _____ me mad
 8 we used to _____ our older brother

Vocabulary development 2

► COURSEBOOK pages 112–113

Word formation

EXPERT STRATEGY

In the word formation task (Paper 1, Reading and Use of English, Part 3), you should not only decide what part of speech the word is (e.g. adjective, noun, verb) but also whether it is plural or negative.

1 Read the extracts from an article about hobbies. Use the word given at the end of the sentences to form a word that fits in the gap.

- 1 Reading _____ magazines, you'd think that celebrities like film stars, top models, etc. spend their whole non-working lives at parties. **WEEK**
- 2 But according to a new book, this is often far from the _____. **TRUE**
- 3 We don't expect rock stars to enjoy doing things like collecting stamps, which people generally regard as really _____ hobbies. **BORE**
- 4 Being a celebrity is all about image and their fans have certain _____ of these people. **EXPECT**
- 5 Jarvis Cocker, lead singer of rock band Pulp, spends a lot of time bird-watching – and he's not _____ because quite a few rock stars collect things like old coins and matchboxes. **USUAL**
- 6 During my research, I saw some very _____ film stars doing crossword or jigsaw puzzles. **GLAMOUR**

Talking about hobbies

EXPERT STRATEGY

In Paper 4, Speaking, Part 1, the examiner may ask if you have any hobbies and how you became interested in them. Make sure you are familiar with the vocabulary you would need to describe your hobby effectively.

2a Complete the descriptions with the hobbies in the box. There are two extra hobbies which you do not need to use. Mark the words which help you decide.

bird-watching board games chess gardening knitting making models stamp collecting trainspotting

I started doing it when I was a child. I used to buy plastic kits. The only thing you needed was a tube of glue and some paints. Nowadays I make all the parts myself from wood or metal.

1 _____

I've had this hobby all my life. You don't need any special equipment – just albums to put your collection in and a magnifying glass. I love all the different colours and designs from around the world.

2 _____

It's exciting when you see species you know are rare. You have to try to get as close as you can without making a sound. A good pair of binoculars is essential.

3 _____

Since we moved to a bigger house, I've been doing a lot of it. It keeps me fit. I have a number of tools, such as forks and spades, and a lawn mower, which I use every weekend.

4 _____

You have to keep a record of everything that comes into the station. It can get a bit cold waiting on platforms all day, so you need a warm coat or anorak.

5 _____

My sister and I have six or seven different ones. It's much better than playing cards. I love the moment when you throw the dice – you never know what's going to happen.

6 _____

b Write a short description of a hobby you have, or have had in the past. Make notes about:

- 1 when you started the hobby.
- 2 what attracted you to it.
- 3 what equipment you need.
- 4 How much time you spend on it.

Paraphrasing

- 3 What items of clothing or equipment from Exercise 2a are these students describing?
- I really like cutting the grass in the garden with it – it's a sort of machine but I don't know what it's called in English. _____
 - When I was a kid, I loved to throw the two – you know, they're like little wooden boxes. I got really excited if I got two sixes. _____
 - I used to spend all my time sticking pieces of wood together with ... a liquid like toothpaste. _____
 - Every weekend I put on my – what's it called? – it's like a short coat – it stops you getting cold and wet – and go with friends to the airport. _____
 - My father bought me a – you know, a big round glass which makes things bigger – and I looked at everything through it. _____
 - On my birthday I was given a – I don't know what the word is – you use it for looking at things which are far away – you use both eyes like this. _____

Phrasal verbs and expressions

- 4 Choose the correct answers.

Do you want an exciting new hobby?

Do you (1) *spend / pay* a lot of time watching TV in the evenings? When you need to wind (2) *up / down* at the end of a hard day, do you put your (3) *feet / legs* up in front of 'the box'? It's not very creative, is it?

Why not take (4) *up / out* a new and exciting hobby? The ancient Japanese art of origami – folding paper to make attractive objects – is a fascinating way of (5) *passing / occupying* the time. All you need are some coloured paper squares, a pair of scissors and our easy-to-follow, step-by-step guide.

If you are keen (6) *at / on* making things with your hands, then origami is for you! Groups of enthusiasts are springing (7) *up / over* everywhere. Reach for the telephone and (8) *make / give* us a call now!

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Language development 2

> COURSEBOOK page 116

Expressing ability: *can, could, be able to*

- 1 Complete the article with the correct form of *can, could* or *be able to*. More than one answer may be possible.

My new passion:

scuba diving

I (1) _____ swim since I was a teenager and scuba diving is something I've always wanted to do. So last summer I went on a four-day Ocean Frontiers training course in the Cayman Islands. I had a fantastic time! I'd encourage anyone who is interested in (2) _____ dive to go on this course.

On the first day, we met our diving instructor, Neil, who showed us a video and gave us a test. I (3) _____ answer all the questions because I'd carefully studied the training manual they'd sent me beforehand.

After lunch, we went to the swimming pool so that we (4) _____ start to put the theory into practice. Neil showed us all the equipment and told us to breathe normally under the water. At first, I panicked and (5) _____ breathe at all but it soon became much easier.

In the pool, we learnt several skills. One of the most difficult was achieving 'buoyancy'. It's very important for divers (6) _____ float in the water, so we spent a lot of time learning how to do this.

In the days that followed, we went diving in the sea. It was truly amazing. We soon found that we (7) _____ move around easily in the sea, gazing at the colourful sea life around us.

'In the future, you (8) _____ dive anywhere in the world you want,' Neil told us at the end of the course. 'Time has been short, so I (9) _____ show you how to take photos underwater or how to dive in a wreck. But those are things you (10) _____ learn whenever you want. You are now certified divers. Congratulations!'



Other ways of expressing ability

- 2 Complete the sentences using the correct form of the verbs in brackets and the verbs in the box. Add any other words that are necessary.

beat climb light play ~~ride~~ speak use win

- I'd love to cycle around Europe but I don't know how to ride a bike. (not know)
- Although it was very windy on the beach, we _____ a fire. (manage)
- Although his opponent was a better chess player, Jason _____ him in the first game. (succeed)
- Can I come with you to Paris? I'll be useful because I _____ French. (know)
- Dave is an inexperienced mountaineer. I don't think he _____ the South Face next month. (manage)
- Sue was an excellent dancer and _____ all the prizes at the competition. (succeed)
- Gill had a bad cold but she still _____ the violin beautifully on Saturday evening. (manage)
- I wanted to make a cake yesterday but I _____ my mother's new food mixer. (not know)

Key word transformations

- 3 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. Use between two and five words, including the word given.

- Can you take part in the show next week?
ABLE
Will _____ part in the show next week?
- Eve is a strong swimmer but she can't swim across that lake.
CAPABLE
Although Eve is a strong swimmer, she _____ across that lake.
- Amanda is not a very good pianist.
KNOW
Amanda doesn't _____ the piano very well.
- My sister was the best singer in the choir.
COULD
Nobody in the choir _____ than my sister.
- How were you able to make such a tiny model train?
MANAGE
How _____ such a tiny model train?
- My brother managed to pass his driving test first time.
SUCCEEDED
My brother _____ his driving test first time.
- I couldn't take any photos at the party because my camera was broken.
ABLE
Since my camera was broken, I _____ any photos at the party.
- Despite the wind and rain, the climbers were able to put up their tent.
MANAGED
Despite the wind and rain, the climbers _____ their tent.

Exam practice: Open cloze

(Paper 1 Part 2)

- 4 Do the task.

For questions 1–8, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

Collecting things

These days everyone seems to be (0) a collector. A new book describes collectors (1) _____ the archaeologists of the present and contains some fascinating stories. (2) _____ instance, there's the man (3) _____ has 50,000 items of food packaging stored in his home and the teenager willing to spend all her savings on the rare *Star Wars* toy that would complete her collection.

In past centuries only wealthy people (4) _____ afford to travel and most collectors started out with just a(n) (5) _____ strange objects bought on trips abroad. In the days before photography and television, this was the only (6) _____ people could see objects from other cultures. Gradually, museums were established so that ordinary people would be (7) _____ to see these treasures too.

In explaining why we collect things, however, the book sees no difference (8) _____ great art collectors and teenagers collecting items related to their favourite pop stars. The social and psychological explanations for collecting are much the same.

EXPERT STRATEGY

Remember to read the whole text through before answering the questions.

► HELP

- The missing word is a preposition.
- The word you need expresses the idea of possibility.

EXPERT LANGUAGE

Find three examples of modal verbs in the text.

EXPERT WORD CHECK

archaeologists food packaging savings treasures

Reading (Paper 1 Part 7)

Before you read

1 Read the title and subheadings of the article and answer the questions.

- 1 What job does each person do?
- 2 What kind of hobby do you think each person has?

Skimming

2 Skim the text to check your ideas in Exercise 1.

Multiple matching

3a Look at question 1 in the reading task. Mark the part of section D that tells you this is the answer.

b Do the task. Follow these steps.

- Read the question carefully and mark the key words so that you know what you are looking for.
- Scan the texts quickly to find the section which deals with the idea in the question. Look for parallel phrases and parts of sentences.
- When you have found the relevant part, read it carefully to make sure it has exactly the same meaning as the question. (The same topics and vocabulary may appear in more than one text, so be careful that the meaning matches the question exactly.)
- When you find the answer, mark it and write the question number on the text so that you can check it later.
- When you have answered all the questions, you can look again at the parts of the texts where you haven't found answers.

EXPERT STRATEGY

If you can't find the information immediately, put a question mark next to the question and go back to it later.

► HELP

- 2 Which hobby is likely to involve *regulations*? Look for another word with the same meaning. Remember that the text will not use the same words as the question.
- 5 A *commitment* is something you have to do, which stops you doing something else. Which section mentions this?

EXPERT WORD CHECK

beggars *reservoirs* *upbringing*
vintage cars *windsurfing*

You are going to read an article about four people and their hobbies. For questions 1–10, choose from the people (A–D). The people may be chosen more than once.

Which person says that their hobby:

- | | | |
|---|----|--------------------------------|
| is too expensive to do in some places? | 1 | <input type="text" value="D"/> |
| must conform to certain fixed regulations? | 2 | <input type="text"/> |
| used to be associated with a particular type of person? | 3 | <input type="text"/> |
| involves learning by watching experts in the activity? | 4 | <input type="text"/> |
| fits in well with other commitments? | 5 | <input type="text"/> |
| has become easier thanks to recent improvements in the equipment? | 6 | <input type="text"/> |
| is associated with a certain type of clothing? | 7 | <input type="text"/> |
| sometimes provokes negative reactions in people? | 8 | <input type="text"/> |
| has advantages over another similar hobby? | 9 | <input type="text"/> |
| requires the clever combination of certain materials? | 10 | <input type="text"/> |

Me and my passion

Four people talk about their hobbies

A Katie Holleran: accountant

When you mention windsurfing to people, they generally imagine suntanned 20-year-olds. But the sport has matured since it started in the 1960s and so have its participants. Any



reasonably fit person can do it, and age isn't a barrier. Beginners need enough strength in their arms to pull themselves back up onto the board after falling off.

In the early days, sails and boards were made of heavy materials like polyethylene, and the sport was very physical. But improved technology has changed all that. And you don't have to live by the sea – 50 percent of windsurfing takes place on inland lakes and reservoirs. I used to have a boat but with that you always need other people to help you. And you're not allowed to take a boat on some lakes, whereas you can windsurf anywhere.

B Kevin Shaw: builder

It's become a tradition in our household that I make an Indian curry every Monday evening. I wanted to learn how to make my dishes more authentic, so I signed up for a cookery course at a



top Indian restaurant in London. Every time I go, I learn something new and I'm now building up quite a repertoire of curry recipes.

Andy, the head chef, is also a qualified teacher, which is a big advantage of the course. He explains how the herbs, spices, oils and rice used in Indian cooking are combined to get subtle variations in flavour. After all the theory, we go down to the kitchen to observe Andy and his team of highly-qualified chefs in action and then, of course, we get to sample the dishes we've learned to cook.

C Karen Hallstrom: salesperson

When I tell people I race vintage cars from the 1920s and 1930s, one question they're sure to ask is: 'Do you wear 1920s outfits, too?' 'No,' is the polite version of my answer. I have to



wear fireproof overalls and a helmet in order to meet modern safety laws, I'm afraid. Things have changed in other ways since the old days, too. To be allowed to race my cars, I had to pass both written and practical tests. That wasn't difficult, but then vintage cars aren't a novelty to me: they were part of my upbringing. I used to spend hours, bored stiff, with my fingers stuck in my ears while my father watched races at the local motor-racing track. I said it was the last thing I'd ever do. But when I was a bit older, I too fell in love with cars, first driving a vintage model at age 17.

D Joe Campilos: office worker

I'm lucky because, within reason, I can choose what hours I do at the office and this means I have time to combine work with my real passion, which is jazz music. Every weekend, and sometimes on Fridays as well, we play on the street. Not in the main square, as you need to buy a licence for that and it's a bit pricey, but in various places around the city where there are no regulations.



People sometimes complain because they think we're beggars but that's not fair. Although we do accept money, because it's the accepted custom, that's not why we're there. It's really a kind of advertisement – if somebody likes what they hear, then they can hire us. We get to do weddings, parties, that sort of thing, which gives us a bit of extra pocket money.