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Navigate

Coursebook

with video and Oxford Online Skills

B1

Pre-intermediate

OXFORD

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Oxford 3000™ Navigate has been based on the Oxford 3000 to ensure that learners are only covering the most relevant vocabulary.

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GRAMMAR

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1.1 Do you live in the past, present or future?

GOALS ■ Talk about your daily life ■ Ask questions

Vocabulary & Speaking daily life

- 1 Which sentence below best describes your life? Why? Compare your answers with a partner.
- 1 My life is too busy. I need more time.
 - 2 I'm quite busy, but I have time to do everything I want.
 - 3 I have too much time and not enough things to do.

- 2a Work with a partner. Match the verbs to the nouns and noun phrases.

spend
do (x5)
stay
make (x2)

some exercise housework
time with relatives the shopping
in for the evening future plans
a to-do list some work
homework

eat
have (x5)
go (x3)
chat

an early night to bed late fun
a good time a family meal
a lie-in healthy food on a trip
with friends online shopping

- b 1.1))) Listen and check your answers.
- c 1.2))) Listen and repeat the phrases.
- 3 Tell your partner about things you would like to do, things you need to do and things you don't need to do this weekend. Use the vocabulary from exercise 2a.

Grammar & Speaking question forms

- 4 The article and questionnaire are from a psychology magazine website. Read the article and find one positive and one negative thing about each type of person - past, present and future.
- 5 Choose two activities from exercise 2a which are typical for each of the three types of people. Compare your ideas with a partner.

future type → make a to-do list

Home Psychology tests Time type

The secret powers of time

Do you often think about the past? Can you enjoy the present time, or do you worry about the future? The psychologist Professor Philip Zimbardo describes three types of people: past, present and future people.

What time type are you?

Past types

You enjoy remembering the past and sometimes you miss 'the good old days'. You worry about making changes or trying new things. You spend a lot of time with your family.

Present types

The most important thing is to feel good now. You like doing fun things with fun people. You don't have a healthy lifestyle. You avoid doing difficult or boring things.

Future types

You spend most of your time working, saving and planning for a better future. You eat well and exercise regularly. You can say 'no' to immediate pleasures. You don't mind waiting for the good things in life. Future people are usually more successful in work and study. But they often don't enjoy their free time because they are busy thinking about the next thing.

According to Zimbardo's research, most people are mainly a past, present or future type, although everybody is sometimes the other types. Ideally, we should try to have an equal balance of all three to be happy and successful, and to have good relationships.

Take the test

6a Work with a partner. Do the questionnaire together and make a note of your partner's answers.

b Read the results of the questionnaire. Who is more past-focused, you or your partner? Do you agree with the results?

How past-focused are you?

- 1 How often do you look at old photos or videos?
 - a often
 - b sometimes
 - c never
- 2 Who do you prefer to spend time with?
 - a friends I met a long time ago
 - b new friends
 - c both old and new friends
- 3 Are you interested in your parents'/grandparents' stories about the old days?
 - a yes, very interested
 - b quite interested
 - c no, not at all
- 4 Do you enjoy family events, like birthday parties?
 - a I love them
 - b they're OK
 - c not really
- 5 Where do you go for your summer holiday?
 - a the same place every year
 - b a different place every year
- 6 When did you last see your older relatives?
 - a very recently
 - b quite recently
 - c a long time ago

Results

If you have 3–6 'a' answers, you're very past-focused. If you have 0–2 'a' answers, you're not very past-focused.

7 Look at the word order of questions in the Grammar focus box, then the correct option to complete the rules.

GRAMMAR FOCUS question forms

Questions with *do* and *did*

Question word	Auxiliary	Subject	Main verb
	Do	you	enjoy family events?
When	did	you	(last) see your older relatives?
Who	do	you	spend time with?

Questions with *be*

Question word	<i>be</i>	Subject	Adjective/Noun/Verb
	Are	you	interested in your parents' stories?
Who	is	your	favourite relative?

- We put auxiliaries (*do/does/did*) ¹ **before** / **after** the subject.
- We put the verb *be* (*am/is/are/was/were*) ² **before** / **after** the subject.
- We put prepositions (e.g. *to, with*) at the ³ **beginning** / **end** of the question.

→ Grammar Reference page 134

8 Match the question words and answers.

- | | |
|------------------|----------------|
| 1 How much ...? | a every day |
| 2 How often ...? | b \$30 |
| 3 How many ...? | c action films |
| 4 What kind ...? | d six o'clock |
| 5 What time ...? | e five |

9a Put the words in the right order to make questions.

- 1 do / live / who / you / with ?
- 2 music / you / what / to / listen / do / kind of ?
- 3 you / for / appointments / how often / are / late ?
- 4 museums / enjoy / do / going / you / to ?
- 5 to / did / what / last night / time / go / you / bed ?
- 6 you / are / today / tired ?
- 7 spend / how much / on Facebook / do / you / time ?
- 8 have / fun / when / you / did / last ?

b 1.3 Listen and check your answers. Then ask and answer the questions with a partner.

10a TASK Work with a partner. Write five questions for a questionnaire with the title 'Are you more present-focused or future-focused?' Use different question words and give two or three possible answers. Use the topics below or your own ideas.

How often do you do exercise?

a never b sometimes c often

- | | | |
|----------------------|--------------------------|---------------------------|
| • to-do lists? | • late for appointments? | • save money? |
| • healthy lifestyle? | • go to dentist? | • plan things in advance? |
| • keep fit? | • stay out until late? | • have a good time |

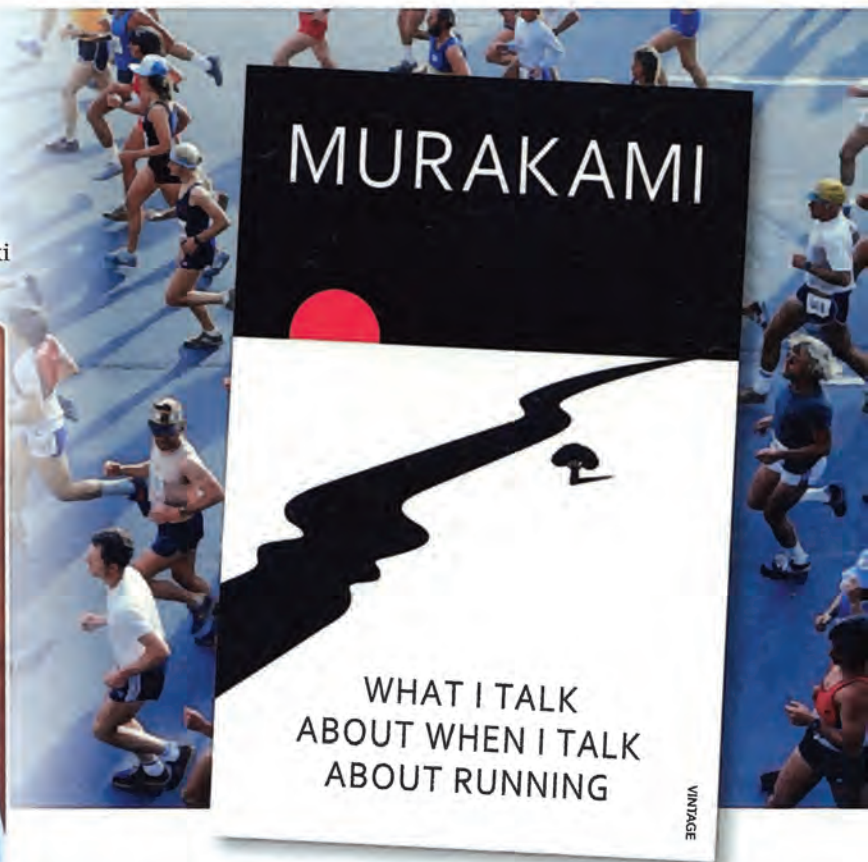
b Work with another pair and answer both quizzes. Who is the most present-focused and future-focused?

1.2 Free time

GOALS ■ Talk about how often you do things ■ Talk about your free time

Grammar & Speaking present simple
and adverbs of frequency

- 1 Work with a partner and discuss the questions.
 - 1 Do you ever go running? Why/Why not?
 - 2 Why do you think some people enjoy running?
 - 3 Look at the photos. Do you know the author Haruki Murakami? Would you like to read the book?



- 2a You are going to listen to a review of the book in the photo. Before you listen, write questions using the prompts.

- 1 why / Murakami / run ?
- 2 how often / he / go running ?
- 3 how many miles / he / run / every week ?
- 4 he / do / any other sports ?

- b 1.4))) Listen and answer the questions in exercise 2a.

- 3 1.4))) Listen again and complete the sentences with an adverb or frequency expression from the box.

most days sometimes usually never often
occasionally nearly always

- a It is _____ about getting better at something.
- b He's _____ worried about beating other people.
- c He runs _____.
- d He _____ thinks about the weather.
- e He _____ gets an idea for a book.
- f He doesn't _____ think about anything.
- g He _____ listens to rock music.

- 4 Work with a partner. Add the adverbs and frequency expressions from exercise 3 and the ones in the box to the table. Which ones have similar meanings?

every now and then rarely hardly ever
once or twice a day/week/month, etc.

100%	1 <u>always</u>		
↑	2 _____	3 _____	
	4 _____		
	5 _____		
	6 _____		
	7 _____	8 _____	
		9 <u>occasionally</u>	
	10 _____	11 _____	
	12 _____		
	0%		

- 5 Look at the sentences in exercise 3. Choose the correct option to complete the rules in the Grammar focus box.

GRAMMAR FOCUS present simple and adverbs of frequency/frequency expressions

- We use adverbs of frequency and frequency expressions to talk about how often we do things.
- An adverb of frequency usually goes ¹ **after** / **before** the main verb.
He nearly always listens to rock music.
- An adverb of frequency usually goes ² **after** / **before** the verb *to be*.
He's never worried about beating other people.
- An adverb of frequency usually goes ³ **after** / **before** the auxiliary verb (*do/does*) in negative sentences.
He doesn't usually think about anything.
- Frequency expressions can go at the beginning or end of a sentence.
He runs most days.

→ Grammar Reference page 135

PRONUNCIATION stress

- 6a** 1.5))) Listen to these sentences and notice which words and parts of words are stressed.

- 1 He **sometimes** **thinks** about the **weather**.
- 2 **Once** or **twice** a **year** he does a **triathlon**.
- 3 It is **often** about getting **better** at **something**.

- b** 1.6))) Listen again and repeat the sentences.

- 7** Put the adverbs of frequency or frequency expressions in the correct place in the sentences. Some can go in more than one place.

We spend time with relatives. (occasionally) →
We occasionally spend time with relatives.

- 1 We spend time with relatives. (occasionally)
- 2 My best friend does some exercise. (most days)
- 3 We watch films. (hardly ever)
- 4 My family go out for a meal. (once or twice a week)
- 5 I'm in bed by 11 p.m. (nearly always)
- 6 We don't go abroad on holiday. (usually)
- 7 I chat with friends online. (every now and then)
- 8 I have a lie-in at the weekend. (rarely)

- 8a** Rewrite the sentences in exercise 7 to make them true for you.

- b** Work with a partner. Ask each other questions to find out more information.

- A *We hardly ever spend time with relatives.*
B *Oh? Why not?*
A *Because they live too far away.*

Vocabulary & Speaking free-time ac



a



b



c



d



e



f

- 9a** Work with a partner and put the sports and free-time activities into the correct group.

out for a coffee/meal football computer games karate
camping swimming on Facebook exercise to the gym
for a walk running **yoga** chess **clubbing** cards
aerobics **golf** basketball

- a play **golf**
b do **yoga**
c go **clubbing**

- b** Label the photos with phrases from exercise 9a.

- c** Can you add any more words to each group above?

- 10** Find two examples from exercise 9a of activities that ...

- 1 you usually do on your own
- 2 you usually do with other people
- 3 people do outdoors
- 4 people do indoors
- 5 you do when you are feeling lazy
- 6 you do when you are feeling full of energy

- 11a TASK** Work in a group. Ask each other questions about some of the free-time activities in exercise 9a and make a note of the answers.

How often do you go running?

- b** Tell the class what you found out. Who spends a lot of time doing one sport or activity in their free time and who doesn't?

Haiyan goes running most days.

Mehmet never goes running, but he plays chess once or twice a week and is a member of a chess club.

1.3 Vocabulary and skills development

GOALS ■ Predict before you read a text ■ Understand and use nouns and verbs with the same form

Reading & Speaking predicting before you read a text

- 1 Work with a partner. Look at the photos and discuss the questions.
 - 1 What do the photos show?
 - 2 Why do you think people do this?
 - 3 What do you think about it?
- 2a Look at the photos, title and subheading. What do you think the blog is about? Is it positive or negative about taking photos?
- b Write down five words or phrases that might be in the blog and compare your ideas with a partner.
- c Read the information in the Unlock the code box about predicting.



UNLOCK THE CODE predicting

- Predicting or guessing before you read can help you understand a text better. Before reading, you can ask yourself: What do I already know about this topic?
- Use photos, the title and the subheadings to predict what the text is about and what type of text it is, e.g. a newspaper article.
- You can also predict some of the key vocabulary in the text.

- 3 Read the blog. Were your predictions in exercise 2a correct? How many of your five words or phrases were in the blog?
- 4 Answer the questions with a partner.
 - 1 What two events does the writer describe?
 - 2 What's the problem at both events?
- 5 When you go to a concert or exhibition, what do you photograph? Give your reasons.

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September 18



'Take a photo of it and I'll look at it when I get home!'

THIS BLOG IS ANGRY!

So ... I'm in the Louvre Museum in Paris and I'm looking at one of the most famous paintings in the world, *Mona Lisa* by Leonardo da Vinci. But I can't actually see it very well, because there are two tourists standing in front of it, and they are taking photos of the painting. But wait ... no, it's not a photo ... it's a **film**. They're filming the painting! And then one stands next to the *Mona Lisa* as the other films her.

As they go off, one says, 'We'll post that on Facebook and have a **look** at it back at the hotel'. Another tourist arrives, looks at the painting for a second, takes a **photograph** of it and moves on.

But isn't the whole reason for going to the gallery to see the paintings 'live'? OK, you can look at them on the museum website. But seeing them actually in front of you is a different **experience**. That's why I went - to see the real thing. Why look at it on a tiny screen when the whole wonderful thing is there in front of you? But really these

Vocabulary & Speaking nouns and verbs with the same form

- 6a** Look at the **highlighted** words in the blog. Are they nouns or verbs? Write N or V next to each word in the box.

blog photograph film look experience record post

- b** Read the information in the Vocabulary focus box about nouns and verbs with the same form.

VOCABULARY FOCUS nouns and verbs with the same form

Some words can be both a noun and a verb with similar meanings, e.g. *look*. When you use these words as nouns, you need to know which verbs to use with them, e.g. *to have a look*.

- c** Put the nouns from exercise 6a with the correct verb in the table. Sometimes a noun can go in more than one column.

make	have	take	write

- d** Add the words in the box to the correct column in the table.

text plan promise dream

- 7a TASK** Complete the questions using the verb + noun phrases in exercise 6.

- Do you ever _____ about flying?
- When did you last _____ at your phone?
- When you go on holiday, do you _____ for what you are going to do every day?
- When somebody _____ of you, do you smile or stay serious?
- Do you ever _____ to someone and then change your mind?
- Would you like to _____ about your daily life? Do you think people would read it?
- When you _____, do you use special language like LOL or BTW?
- Do you ever _____ and then post it on YouTube?

- b** Work with a partner. Take turns to ask the questions in exercise 7a. Ask more questions to find out extra information.

A *Do you ever have dreams about flying?*

B *Yes, often.*

A *When did you last have one?*

B *Last week. I dreamt I was flying over the sea.*

- c** Tell the class two interesting facts about your partner.



tourists are not looking at the painting at all – they're recording their own lives.

Now to a rock concert in London – it's Muse, my favourite band. I'm close to the stage, but even so my view is blocked by a hundred mobile phones filming. And not just one song, the whole concert. These will be on YouTube within an hour – poor quality, terrible sound. Why do they do it? Why don't they look at the band?

We don't live our lives any more, we simply **record** them, **post** them on Facebook and look at them later.

1.4 Speaking and writing

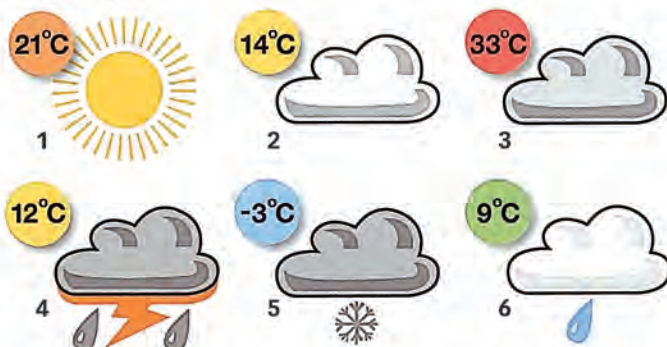
GOALS ■ Talk about the weather ■ Talk about your likes and dislikes ■ Write a web post

Speaking & Vocabulary talking about the weather; talking about likes and dislikes

- 1 Work with a partner and describe the weather in the photos.



- 2a Match the symbols and temperatures to the weather headlines.



- a hot, cloudy and humid
- b cloudy and mild
- c sunny, dry and pleasant
- d cold and damp with a few showers
- e heavy rain, a thunderstorm
- f light snow, temperature below zero

- b Replace the words in *italics* with a **bold** word from exercise 2a.

- 1 If it's a *nice* evening, we can eat outside.
- 2 I hate this *warm, wet and uncomfortable* weather.
- 3 The air's *cold and a bit wet* this morning.
- 4 There are going to be some *short periods of rain* later.
- 5 Yesterday it was really cold, but today it's *not too cold*.
- 6 Did you hear the *heavy rain, thunder and lightning* last night?

- 3 Work with a partner and describe today's weather. Do you think it's typical for the time of year?

- 4 1.7))) Listen to Faisal from Dubai, Marek from Alberta and Gina from Rio de Janeiro talking about their favourite season. Who talks about these topics? Write F, M or G.

- 1 an exciting celebration
- 2 eating outside
- 3 enjoying the colours of nature

- 5a 1.7))) Listen again and complete the sentences.

- 1 I'm not keen on _____ in the sea in the summer.
- 2 My favourite winter activity is _____.
- 3 I really love catching fish in the _____.
- 4 I'm really interested in _____.
- 5 I'm really into watching _____.
- 6 I don't mind _____ weather.
- 7 I prefer _____ weather to summer weather.
- 8 I quite like watching _____.
- 9 I can't stand large _____.

- b 1.8))) Listen and check your answers.

- c 1.9))) Listen and repeat the sentences.

- d Which of the expressions in exercise 5a mean the following?

- a you don't like something
- b you hate something
- c you like something a lot
- d something isn't a problem for you
- e you like one thing more than another thing
- f you like something, but not a lot

- 6 Complete these sentences so they are true for you.

- 1 I really love ...
- 2 My favourite summer activity is ...
- 3 I don't mind ...
- 4 I can't stand ...

7a TASK You are going to do a short presentation about your likes and dislikes. Turn to page 126 and choose one of the three options. Make some notes. Use the Language for speaking box to help you.

b Work in groups and take turns to give your presentations. Ask each other questions to find out more.

LANGUAGE FOR SPEAKING talking about likes and dislikes

I'm not keen on ... My favourite ... is ...
I really love ... I'm really interested in ...
I'm really into ... I don't mind ...
I prefer ... I quite like ...
I can't stand ...

We generally use a noun or a verb + -ing after the likes and dislikes phrases.

I like swimming in the sea.

Reading & Writing a web post about the best time to visit your country

8 Read these two posts on a travel forum and answer the questions.

- 1 Where does Jean-Luc want to go?
- 2 What is Varsha's answer to his question?
- 3 What does she say about **a**) the weather, **b**) the crowds, and **c**) the facilities (shops, etc.) at this time of year?



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Yesterday 15:23

Jean-Luc My wife and I would like to go on holiday to southern India next year, to Goa. When is the best time to go?



Today 09:17

Varsha The most popular time to come to Goa is November to March. This is our winter season. In these months, the weather is very pleasant. It's not too hot or too rainy and the sea is nice and calm. But there are a lot of tourists at this time. The beaches are very crowded and the prices are high. So I think the best time is October. Then you can have good weather and avoid the crowds, and the hotels are not too expensive. The only problem is that some of the shops and restaurants are not open.

I hope that helps.

Enjoy your trip!

9a Read the Language for writing box about linking

LANGUAGE FOR WRITING linking ideas with *and*, *but* and *so*

- We can join sentences using the linkers *and*, *but* or *so*.
The weather is good. There aren't too many people. → The weather is good and there aren't too many people.
- In informal writing, e.g. web posts and informal emails, we often use these linkers at the beginning of the sentence.
... the sea is nice and calm. But there are a lot of tourists at this time.

b Rewrite the sentences below. Make each neutral (= not formal or informal) pair of sentences into one sentence, using *and*, *but* or *so*. For each informal pair, begin the second sentence with *And*, *But* or *So*.

- 1 It rains every day. It's not heavy rain. (neutral)
- 2 The restaurants are great. They're not too expensive. (neutral)
- 3 It's a very interesting street. It can be a bit dangerous at night. (informal)
- 4 The temperature reaches 40°C. People go to the mountains where it's cooler. (neutral)
- 5 All the children are on holiday at this time of year. The beaches get crowded. (informal)
- 6 There's an excellent museum. It's free to enter. (neutral)

10a TASK Write a post for a travel forum about the best time to visit your country or town. Choose two or three topics from the box to write about or use your own ideas. Use the phrases below.

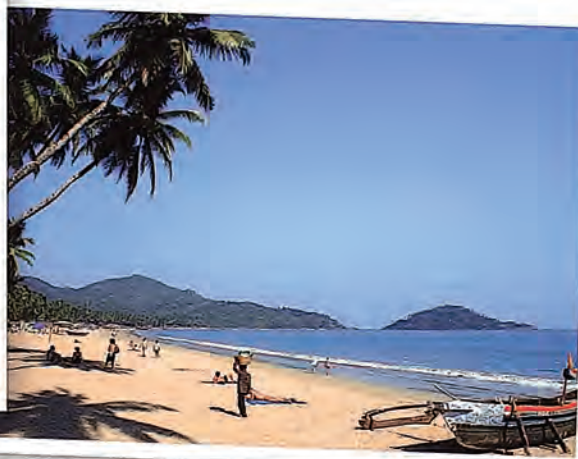
The best/most popular time to ...

... too expensive/hot/rainy/crowded

The only problem is ...

the weather crowds special festivals prices facilities

b Swap your post with a partner. If you are from the same place, do you agree with the post? If you are from a different place, ask questions to find out more.



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