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Audio CD included


Navigate

Workbook
without key

B1 Pre-intermediate

OXFORD

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 **Oxford 3000™** Navigate has been based c
to ensure that learners are only covering the most re

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

Vocabulary daily life

1 What do you do? Match situations 1–8 to verb phrases a–h.

- | | |
|--------------------------------|---|
| 1 You need a holiday. | a spend time with relatives |
| 2 You go to a party. | b do some work |
| 3 It's raining. | c eat healthy food and you'll feel better |
| 4 Your boss arrives. | d have fun |
| 5 You're bored. | e make a to-do list |
| 6 It's your cousin's birthday. | f stay in |
| 7 You're ill. | g go on a trip |
| 8 You have a busy weekend. | h chat with friends online |

2 Complete the to-do list with the correct verbs.



THINGS TO DO

SATURDAY	SUNDAY
1 <u>do</u> housework	6 _____ a lie-in!
2 _____ the shopping (buy something for lunch!)	7 _____ a family meal
3 _____ some exercise (football 3 p.m.)	8 _____ future plans (holiday with family this year?)
Go dancing – 4 _____ a good time!	9 _____ English homework
5 _____ to bed late	10 _____ an early night

3 Match verbs in A to phrases in B to make verb phrases. Then complete the information sheet.

A do eat go go have have spend stay

B an early night a good time ~~healthy food~~ in shopping some exercise time with relatives to bed late

TOP TIPS FOR STAYING HEALTHY



1 Eat healthy food

Doctors say we need to have seven pieces of fruit and vegetables every day. When you can, 2 _____ at a market and buy apples and tomatoes that are fresh.

3 _____

Doctors say the sun is good for us and we need to go out and walk or play sport. Don't 4 _____ all day in front of the TV – it's bad for you.

5 _____

Doctors say that we need eight hours' sleep every night. Don't 6 _____ when you need to get up early in the morning.

7 _____ and friends

Doctors say that happy people live for a long time. Go out and 8 _____ two or three times every week. It isn't good for you to be always on your own.

Grammar question forms

- 4a** Complete the conversations with the question words in the box.

how many how much how often what kind
what time when where who

- 1 A What time do you get up during the week?
B At half past seven.
- 2 A _____ is the first person you see every morning?
B My brother. He gets up at the same time as me.
- 3 A _____ do you have breakfast?
B In the kitchen.
- 4 A _____ coffee do you drink?
B I have three or four cups a day.
- 5 A _____ do you stop for lunch?
B From one o'clock until two.
- 6 A _____ do you eat in a restaurant?
B About twice a month.
- 7 A _____ good friends do you have?
B A lot. I have a lot of good friends.
- 8 A _____ of car do you drive?
B I drive a Mini.

- b** 1.1 Listen and check.

- c** 1.1 Listen again. Pause the CD and repeat after each question.

- 5a** Insert the word in brackets in the correct place in the sentences.

- 1 When your birthday? (is) When is your birthday?
- 2 Who you chat with online? (do)
- 3 What kind films do you like? (of)
- 4 Are busy right now? (you)
- 5 How do you spend time with relatives? (often)
- 6 How many did you sleep last night? (hours)
- 7 Where you from? (are)
- 8 You go shopping yesterday? (did)

- b** 1.2 Listen and check.

- c** 1.2 Listen again. Pause the CD and repeat after each question.

- 6** Complete the questions in the conversation with question words and the verbs in brackets.



- A Hi. It's nice to meet you. ¹ Are you (be) new?
B Yes, I am. My name's Laila.
A I'm Sally. ² _____ (have) fun tonight?
B Yes, I did. It was a great class.
A ³ _____ (start) playing tennis?
B Years ago. I was about ten, I think.
A ⁴ _____ (be) good at it?
B Well ... I won some competitions last year.
A How ⁵ _____ (win)?
B Three or four.
A Congratulations! Laila, ⁶ _____ (live) near here?
B No, I live in the town centre.
A Me, too. ⁷ _____ (get) here today?
B I came by bus.
A This is my car. ⁸ _____ (want) to go home together?
B Yes! Thanks a lot.
A No problem.

I can ...

Very well Quite well More practice

talk about my daily life.



ask questions.



1.2 Free time

Grammar present simple and adverbs of frequency

1a Put the words in the right order to make sentences.

- often / coffee / for / go / They / out / a
They often go out for a coffee.
- goes / My / and / running / then / every / girlfriend / now
- don't / the / usually / We / camping / in / go / summer
- best / aerobics / a / friend / My / twice / week / or / does / once
- ever / games / I / play / hardly / computer
- family / often / My / future / don't / plans / make

b 1.3 Listen and check. Notice which words and parts of words are stressed.

c 1.3 Listen again. Pause the CD and repeat after each word.

2 Complete the second sentence so that it means the same as the first. Replace the **bold** words with the adverbs and expressions in the box.

~~always~~ every now and then most days
once or twice a year rarely

- My partner does exercise after work **every day**.
My partner *always does exercise* after work.
- They **hardly ever** have a lie-in because they have two small children.
They _____ because they have two small children.
- My sister **nearly always** goes on Facebook before she has breakfast.
_____ before she has breakfast.
- My parents go on holiday in **January and July** or **only in July**.
My parents _____.
- We **occasionally** go clubbing with a big group of friends.
_____ with a big group of friends.

3 Complete the article with the verb phrases and the adverbs in the box.

always ~~hardly ever~~ nearly always never occasionally
often sometimes usually

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
eat healthily	✓	✓	✓	✓	✓	✓	✓
go training	✓	✓	✓	✓	✓	✓	
be in bed by 11 p.m.	✓	✓	✓	✓	✓		
chat with friends online	✓		✓		✓		✓
watch videos		✓		✓		✓	
spend time with relatives							✓
have a lie-in							✓
be bored							

A week in the life of an Olympic athlete

Olympic athletes have to look after their health if they want to be the best. In the morning, they ¹ *hardly ever have* a lie-in because they have a lot of things to do – a sports star ² _____ bored! In general, athletes ³ _____ and they start the day with a big breakfast with lots of carbohydrates and protein. They ⁴ _____ training in the morning and again in the evening. After training, they ⁵ _____ of other athletes to see how good they are. Olympic athletes don't have a lot of time to see other people, but they ⁶ _____ at the weekend – having a meal or catching up on family news. They ⁷ _____ or by phone. Professional athletes need between eight and ten hours sleep every night, so they ⁸ _____ in bed by 11 p.m.

Vocabulary free-time activities

- 4 Write phrases for the photos with the words in the box and *play, do or go*.

aerobics basketball camping cards clubbing
on Facebook to the gym yoga


- 5 Circle the incorrect phrase.

- 1 GO aerobics for a walk on Facebook
- 2 PLAY basketball chess computer games swimming
- 3 DO exercise golf karate yoga
- 4 GO basketball camping out for a coffee to the gym
- 5 PLAY cards football golf karate
- 6 GO clubbing exercise out for a meal swimming

- 6 Complete the advert with *play, do or go* and the words and phrases in the box.

computer games exercise football for a meal
for a walk golf running swimming

Come to CenterParcs

Looking for a perfect family holiday?

CenterParcs is not the place to go if you want to ¹ play computer games all day. But it is right for you if you're looking for some action! Here are some of the exciting activities you can do:

- ▶ ² _____ in our outdoor pool. The pool is heated to 29.5°C so it isn't cold.
- ▶ ³ _____ in our fitness classes. There are Zumba classes for all the family!
- ▶ ⁴ _____ on our 18-hole course. You're sure to have a good time.
- ▶ ⁵ _____ in the forest and learn more about nature. If you have more energy, you can ⁶ _____ early in the morning when everybody is asleep.
- ▶ send your children to ⁷ _____. Our coach will teach them for an hour before they play a match together.
- ▶ after all the excitement, ⁸ _____ in one of our many restaurants. It's a great time to relax!

For more information, contact us by phone or on our website.

I can ...

talk about how often I do things.

talk about my free time.

Very well Quite well More practice

☐ ☐ ☐
☐ ☐ ☐

1.3 Vocabulary development

Vocabulary nouns and verbs with the same form

- 1 Complete the conversations with the words in the box. Use the correct form of the same word for each conversation.

dream experience photograph plan post
promise text

- 1 A Do you take many photographs ?
B No, I only photograph things that interest me.
- 2 A Who do you tell first if you have a bad _____ ?
B If I _____ something awful, I always tell my best friend.
- 3 A Do you make a _____ for the week every Monday morning?
B Yes, I _____ exactly what I'm going to do.
- 4 A Do you often have the same _____ every night?
B Yes, I _____ that I am falling into a dark hole.
- 5 A Do you usually call your friends or do you write a _____ ?
B I always _____ them before we go out.
- 6 A Do you always think hard before you make a _____ ?
B No. I often _____ to phone my parents and then I forget.
- 7 A Do you often write a _____ on Facebook?
B No, but I often _____ music videos.

- 2 Complete the article with the correct form of some of the words in exercise 1.

Mobile phones can do more things today than ever before. Of course, you can use them to make calls and write ¹ texts, but they are also great for taking ² _____. A phone camera is better than a digital camera because it is always with you. You don't usually ³ _____ to photograph something when you leave home, but if you see something interesting or have an unusual ⁴ _____, you can take out your phone and ⁵ _____ it. Today, you can also have more fun with your photos. In the past, you put a photo on your computer, and you hardly ever had a look at it again. But now, you can go on Facebook and ⁶ _____ your photos on your profile. You can also publish them on a blog. With all of this new technology, we can do things that people didn't ⁷ _____ of in the past.

Vocabulary review

- ➔ **STUDY TIP** When you come across new verb phrases, record them under the verb in your notebooks. This will make it easier for you to learn them.

- 3 Complete the table with the phrases in the box.

~~a family meal~~ a good time a lie-in a to-do list
an early night fun future plans healthy food
homework housework in on a trip shopping
some exercise some work the shopping
time with relatives to bed late with friends online

chat	do	eat	go
have	make	spend	stay
a family meal			

- 4 Complete the table with the headings in the box.

do go play

1 _____	2 _____	3 _____
camping clubbing for a walk on Facebook out for coffee/a meal running swimming to the gym	cards chess computer games football golf basketball	aerobics exercise karate yoga

- 5 Complete the table with the correct headings.

1 _____	2 _____	3 _____
a look an experience a dream	a photograph	a film a record a promise

1.4 Speaking and writing

Speaking talking about the weather

- 1 Complete the conversation with the words in the box.

damp humid mild pleasant showers thunderstorm



- A What's the weather like where you are?
 B It's raining today, so everything is ¹ damp.
 A Does it rain a lot in your area?
 B It doesn't usually rain all day, but we often have a few ² _____.
 A What's it like in the summer?
 B It isn't very ³ _____, because it gets very hot and ⁴ _____. Occasionally, there's a ⁵ _____ in the evening, which can be quite frightening.
 A What's your favourite season?
 B I like the spring. It's nearly always very ⁶ _____, and you can go out without a coat.

Speaking talking about likes and dislikes

- 2a Complete the second sentence so that it means the same as the first, using the word in brackets.

- 1 I like going clubbing a lot. (love)
 I love going clubbing.
 2 I hate the winter. (stand)
 I _____.
 3 I like doing yoga a lot. (into)
 I _____.
 4 I like basketball more than any other sport. (favourite)
 My _____

- 5 Doing housework isn't a problem for me. (mind)

I _____

- 6 I don't like thunderstorms. (keen)

I _____

- 7 Going camping is OK, I suppose. (quite)

I _____

- 8 I like football more than golf. (prefer)

I _____

- 9 I like doing karate a lot. (interested)

I _____

PRONUNCIATION sentence stress

- b 1.4 Listen and check. Notice which words and parts of the words are stressed.
 c 1.4 Listen again. Pause the CD and repeat after each word.

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

- 3 Complete the web post with *and*, *but* or *so*.

Suzanne Fischer

My family and I would like to visit Rio de Janeiro, Brazil. When is the best time to go?

Paulo

The most popular time to visit Rio is from December to March. This is our summer season ¹ but it sometimes rains. The weather is usually nice and warm, ² _____ the sun can be very dangerous. You need to use cream when you go outside ³ _____ it's safer to stay inside in the middle of the day.

The city is always busy in the summer ⁴ _____ it can be very expensive. ⁵ _____ the best time to come is in spring or autumn when flights are cheaper ⁶ _____ there are fewer tourists. Have a good trip!

I can ...

Very well Quite well More practice

understand and use nouns and verbs with the same form.

☐ ☐ ☐

talk about the weather, my likes and dislikes.

☐ ☐ ☐

write a web post.

☐ ☐ ☐

Inside outside

2.1 Street life

Vocabulary street life

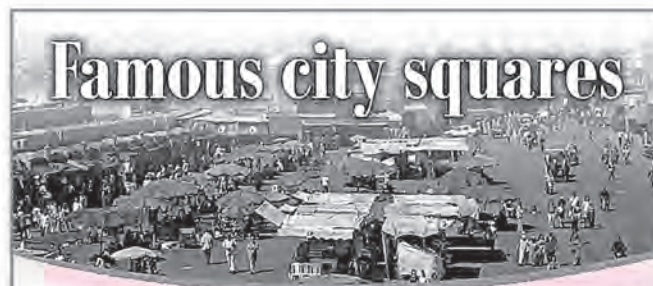
- 1 Choose the correct option to complete the sentences.
- Ellis Island isn't *dirty* / *huge* / *safe*, but there's an important statue on it.
 - The bus is *crowded* / *dull* / *safe*. There are a lot of passengers.
 - It's a *dirty* / *dull* / *lively* market. There are a lot of stalls.
 - The beach is *crowded* / *huge* / *safe*. You can swim in the sea.
 - The park is *dirty* / *huge* / *lively*. There's a lot of rubbish.
 - It's a *crowded* / *dull* / *lively* area. There's nothing to do.

- 2 Match words in column A to words in column B to make compound nouns. Then match the compound nouns to the definitions 1-7.

A	B
street	area
parking	cleaner
souvenir	artist
pavement	performer
market	place
pedestrian	space
street	seller

- A person who picks up the rubbish. street cleaner
- A place where cars can't go. _____
- A person who has a stall with things for tourists. _____
- A place where there are a lot of stalls. _____
- A person who draws pictures on the street. _____
- A place where you can leave your car. _____
- A person who acts or sings outside. _____

- 3 Complete the article with the words in exercises 1 and 2.



Djemaa el Fna is a ¹ *lively* square full of energy in the centre of Marrakech in Morocco. This is a ² _____ with no cars, so the best way to go there is on foot. During the day, the square is a ³ _____ where people go shopping. There are all kinds of ⁴ _____, selling everything from carpets to spices. You can see ⁵ _____, such as dancers and story tellers, and you can buy presents to take home from the ⁶ _____. The market fills all the narrow streets around the square, so it is absolutely ⁷ _____. The busiest time of day is late afternoon when the market is very ⁸ _____. The square is quite ⁹ _____ as there are police officers on every corner. At the end of the evening, the square is very ¹⁰ _____ and there is a lot of ¹¹ _____ on the streets. In the early morning, it's time for the ¹² _____ to start work and prepare the square for the next day.

PRONUNCIATION word stress in street life words

- 4a Underline the syllable we stress in these words.

- | | |
|------------|--------------|
| 1 cleaner | 6 pedestrian |
| 2 crowded | 7 performer |
| 3 lively | 8 rubbish |
| 4 market | 9 souvenir |
| 5 pavement | 10 statue |

- b 2.1 Listen and check.

- c 2.1 Listen again. Pause the CD and repeat after each word.

Grammar present simple and present continuous

- 5a Complete the sentences with the present continuous form of the verbs in the box. Use contractions where possible.

celebrate do not feel have run not talk wait
not watch

- We're tired. We're having an early night.
- My husband is late for work. He _____ out of the door.
- You can turn the TV off. I _____ it.
- Your dog is hungry. It _____ by the cupboard.
- Can you help me? I _____ my English homework.
- My sisters are angry. They _____ to each other.
- Robert is in bed. He _____ very well.
- My grandfather is 80 today. We _____ his birthday with him.

PRONUNCIATION contractions in present continuous

- b 2.2 » Listen and check.
- c 2.2 » Listen again. Pause the CD and repeat after each word.
- 6 Choose the correct options to complete the conversations.
- A Where do you go / are you going?

B To the shops. Do you want / Are you wanting anything?
 - A Do you listen / Are you listening to the radio at the moment?

B Yes, I like / 'm liking this programme.
 - A What do you do / are you doing on Saturday evenings?

B I usually go / 'm going out.
 - A What time does the market open / is the market opening?

B I don't know / 'm not knowing, sorry.
 - A Does your partner / Is your partner working today?

B No, he doesn't work / isn't working on Fridays.
 - A Do you have / Are you having fun?

B Yes, I have / 'm having a great time.
 - A Do I need / Am I needing an umbrella?

B No, it doesn't rain / isn't raining.
 - A Is our team winning / Does our team win?

B No, they play / 're playing really badly today.

- 7 Rewrite the sentences with the correct time expressions in brackets.

- I make a to-do list. (never/nowadays)
I never make a to-do list.
- My parents have a family meal. (every Sunday/now)
- We're eating healthy food. (usually/these days)
- My partner is doing some work. (occasionally/at the moment)
- Luca goes to bed late. (always/now)
- I'm chatting with friends online. (often/right now)

- 8 Complete the article with the correct present simple or present continuous form of the verbs in brackets.

Fabulous La Rambla

One of the most famous streets in the world is La Rambla in Barcelona, Spain. La Rambla ¹ starts (start) in the Plaça de Catalunya, a huge square in the centre of the city, and ² _____ (finish) at the statue of Christopher Columbus in the port. The street ³ _____ (have) a central pedestrian area and it ⁴ _____ (get) very crowded at the weekend.

Today is a typical day in La Rambla and the street is full of tourists. Some people ⁵ _____ (sit) at pavement cafés and others ⁶ _____ (watch) the street performers. A local woman ⁷ _____ (buy) some flowers from a stall and an American tourist ⁸ _____ (look) at postcards at a souvenir seller's. He ⁹ _____ (want) to write to his friends back home.

Most people ¹⁰ _____ (like) going to La Rambla because there is so much to do and see there, and it ¹¹ _____ (become) one of the most important parts of Barcelona. These days more tourists ¹² _____ (spend) time there than ever before.



I can

Very well Quite well More practice

talk about where I live.

☐ ☐ ☐

talk about the present.

☐ ☐ ☐

2.2 Home life

Grammar identifying relative clauses

1 Choose the correct options to complete the article.



Making igloos

The Inuit are a group of people ¹that / where / which live north of the Arctic Circle. Nunavut is the name of the area ²where / which / who they live in Canada. It is a place ³where / which / who the temperature often goes down to -40°C. The Inuit sometimes build igloos to protect themselves from the cold when they are hunting animals. An igloo is a round house ⁴that / where / who is made out of snow. There are Inuits ⁵where / which / who can build an igloo in less than an hour. They use snow ⁶where / which / who is very hard, and they cut it into squares. Inside an igloo, it can be 16°C when it is well below freezing outside.

2a Complete the definitions with *where*, *which* or *who*. Then match them to the words in the box.

ball dentist DVD garage kitchen neighbour picture
police officer

- 1 It's a person who lives in the house next to you. neighbour
- 2 It's the place _____ you keep your car. _____
- 3 It's a thing _____ you put on the wall. _____
- 4 It's a thing _____ you watch when there's nothing on TV. _____
- 5 It's the person _____ looks after your teeth. _____
- 6 It's a thing _____ you use to do sport. _____
- 7 It's the place _____ you make lunch. _____
- 8 It's a person _____ keeps you safe. _____

b In which sentences in exercise 2a could *where*, *which* or *who* be replaced by *that*?

3 Join the two sentences to make one sentence. Use *where*, *which* or *who*.

- 1 They're shoes. I wear them to go running.
They're the shoes which I wear to go running.
- 2 That's a phone. I use it for work.
That's the phone _____
- 3 He's a mechanic. He repairs my car.
He's the mechanic _____
- 4 That's a chair. My grandfather always sits there.
That's the chair _____
- 5 She's a hairdresser. She cuts my hair.
She's the hairdresser _____
- 6 That's a bus. It goes to the city centre.
That's the bus _____
- 7 That's a supermarket. We do our shopping there.
That's the supermarket _____

PRONUNCIATION stress in relative clauses

4a Underline the words that are stressed.

- 1 It's something that you have in your house.
- 2 It's something that you turn on and off.
- 3 It's something that has water in it.

b 2.3 Listen and check.

c 2.3 Listen again. Pause the CD and repeat after each word.

Vocabulary household objects

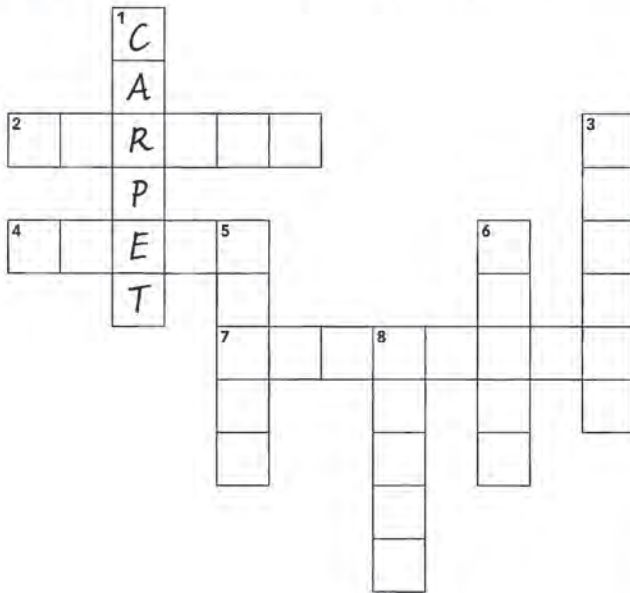
- 5 Match words in box A to words in box B to make household objects. Then complete the sentences.

A chest ~~dish~~ dustpan microwave satellite wash

B basin and brush of drawers oven TV ~~washer~~

- 1 A dishwasher is a machine that cleans dirty plates and glasses.
- 2 A _____ are things that you use to clean the floor with.
- 3 The place where you usually clean your teeth is the _____.
- 4 A machine where you can make food hot again is a _____.
- 5 _____ lets people watch programmes from all over the world.
- 6 The place where you keep some of your clothes is a _____.

- 6 Complete the crossword by looking at the photos.



- 7 Complete the sentences with some of the words exercises 5 and 6.

- 1 Your hair looks awful. Look in the mirror.
- 2 The _____ is dirty because of your shoes. Please take them off.
- 3 I want to have a shower. Can I borrow a _____?
- 4 Your shirts are clean. Please hang them up in the _____.
- 5 I dropped my toast. Where can I find a _____?
- 6 The meal was delicious. Let me put the plates in the _____ for you.


I can ...

Very well Quite well More practice

identify things and people.



talk about things in my home.



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