

UNIT 1

Audio 1.01

- 1 Who's your closest friend?
- 2 What colour are his eyes?
- 3 Does Ben live on his own?
- 4 Do you like chocolate cake?
- 5 How can I help you?
- 6 Do you ever play volleyball?

Audio 1.02

- 1 What are you doing today?
- 2 Why are you sitting in here?
- 3 Who are they talking about?
- 4 What are we waiting for?
- 5 Where are they living now?

Audio 1.03

People pay a Japanese man called Shoji Morimoto to go out with them, because they don't want to go alone. It could be to a restaurant, a party or a wedding. One person even paid him to say goodbye to them at a train station when they left Tokyo to move to a different city.

Audioscript 1.04

- Presenter: On Monday, we talked about Shoji Morimoto and his unusual job. Well, today I'm talking to someone else with an unusual job. This is Marta Morales. She gets paid to go to weddings, but she doesn't plan the wedding. Marta, what do you do at them?
- Marta: Brides pay me around £2,000 to be their friend on their special day.
- Presenter: Why?
- Marta: There are many different reasons. Sometimes the bride doesn't have any friends. Sometimes the bride has a lot of friends, but they're all very quiet and she needs someone who's a bit more exciting. And sometimes it's because the bride's friends don't like each other.
- Presenter: Right. So, what's your job when they don't like each other?
- Marta: My job is to stop people from arguing and to make sure everyone is happy.
- Presenter: Do the wedding guests know that the bride is paying you?
- Marta: Every wedding is different. At some weddings, everyone knows that I'm doing a job. At other weddings, they think I'm a friend or maybe a cousin.
- Presenter: What happens before the wedding? Do you make a plan with the bride?
- Marta: Yes. I meet the bride a few weeks before the wedding and we decide together what my story is. I'm preparing for a wedding at the moment. We've decided to tell everyone that I'm the bride's cousin from a city far away!
- Presenter: So, when did you begin this unusual career?
- Marta: It was five years ago, after I went to a lot of my friend's weddings and learnt that I was good at helping everything to go well.
- Presenter: What did you do before that?
- Marta: I had a very different job! I worked in a shop, but I was a bit bored, so I decided to start my own company. I couldn't believe how many brides wanted my help!
- Presenter: Do you enjoy your job?
- Marta: Most of the time, I feel very happy with what I do. Weddings are very special, but my job is to make sure everyone is having a good time and that can be difficult. I usually get home feeling very tired!

Audio 1.05

- 1 It's fine, really.
- 2 You can do it!
- 3 It looks great!
- 4 That's all right.
- 5 What do you think?
- 6 I know what you mean.

Audio 1.06

- 1
A: What are you doing?
B: I'm painting my kitchen. Look! What do you think?
A: Wow! It looks great! Nice colour.
B: Thanks! I only started it a few hours ago, but I've nearly finished it.
A: Well done! It's not an easy room to paint.
- 2
A: Oh, I'm so tired. I don't think I can finish.
B: You're nearly there. Just a few more minutes. You can do it!
A: I can't.
B: You can! Go on! Keep running!
A: OK! I can try.
- 3
A: I'm so sorry. The bus was late and then it stopped at the wrong place.
B: That's all right. I thought it was probably a bus problem.
A: But I missed the meeting. I really wanted to be there. I was so pleased when you invited me. Next time, I'll get an earlier bus and ...
B: Don't worry. It's fine really. Just get a coffee and relax. You look very stressed!
- 4
A: We have to give a presentation to the class on Friday.
B: Yes.
A: But I'm not very confident.
B: Not everyone likes giving presentations. I understand.
A: Can I give the presentation with another student?
B: That's a great idea! Yes, that's fine.

Audio 1.07 and 1.08

- A: My cousin wants me to introduce her and her new husband at their wedding dinner, but I've never talked in front of a lot of people before.
- B: I know what you mean. It's scary.
- A: And my brother doesn't think I can do it.
- B: Oh no! It's not important what he thinks. What do you think?
- A: I think I can do it.
- B: Then don't worry. Give the introduction.
- A: Can I practise with you now?
- B: Yes, that's a good idea!
- A: OK, here goes ... Ladies and Gentlemen, your attention, please. Please stand for the bride and groom, Mr and Mrs Brooks!
- B: Oh, well done! That was great! Very clear and confident.
- A: Thanks! So, shall I tell my cousin I can do it?
- B: Yes, you'll be great!

Audio 1.09

- A: Millie, do you want to meet up and do something tomorrow?
- B: Yes, that'd be great, Louis. Let's go for a walk.
- A: I hate walking.
- B: What? How can you hate walking?
- A: It's slow and boring. And it's really cold outside at the moment. I prefer to stay inside in the warm.

B: I love walking! I can get some exercise and look at the trees. And when it's cold, I can stop at a little café and get a hot chocolate. Wonderful!

A: I don't like hot chocolate.

B: What?! I didn't know this about you. What else do you dislike?

A: I don't like getting up for work on Mondays.

B: Well, that's normal. I don't like Sunday evenings, because I start thinking about work.

A: I love playing games, but I hate losing.

B: Oh, I knew that. You always want to win. I like winning, but I don't mind losing. It's just fun to play.

A: I don't like waking up late during the week. I like to get to work early so I don't need to stay in the office late and I can leave on time.

B: I know what you mean, but waking up late at the weekend is worse. I want to use every minute of my weekend for fun. What else don't you like?

A: Er ... I don't like having baths. I prefer to have a shower.

B: Really? I don't like having baths in the summer, but in the winter, I love them. I can stay in the bath for ages!

A: I imagine that you like swimming.

B: I love it! I don't go to the swimming pool here very often, but I love swimming in hotel pools when I'm on holiday. I'd love to have my own pool.

A: I'd like that too, but I hate swimming in public swimming pools. They're always too cold.

B: You really don't like the cold, do you?

Audio 1.10

1 Let's go for a walk.

2 I don't like hot chocolate.

3 You always want to win.

4 I imagine that you like swimming.

UNIT 2

Audio 2.01

1 Where were you playing basketball?

2 Who were you speaking to?

3 What was he asking you?

4 Who were they talking about?

5 Why was he getting a bus?

6 What was she doing early this morning?

Audio 2.02

A: I just watched a lovely video.

B: Oh yeah, what about?

A: A man - I think his name was Dean Nicholson. Anyway, he was living in Dunbar in Scotland, but he was bored of working nine to five every day, so he left his job, got on his bike and travelled to Amsterdam, with plans to go to many more places.

B: Good for him!

A: Yes! He travelled through Belgium, Italy and Greece, I think.

B: Very nice!

A: One day, Dean was travelling from Bosnia and Herzegovina to Montenegro. He was riding up a hill when he heard a noise behind him, so he stopped. When he looked behind him, he saw a little cat. The cat was running behind the bike. She didn't want to leave Dean, so he put the cat on his bike and took her to a vet's office.

B: Was the cat ill?

A: No. He wanted to know about the cat's owner, but the vet couldn't find any information about the cat, so the man kept her and now they travel around the world together.

B: Really? How lovely!

A: Yes! Dean named the cat Nala. They've travelled to thirty countries together!

B: Really?

A: Yes! But Dean had to change his plans at first because he couldn't take Nala.

B: Was he angry about that?

A: I don't think so. He said that Nala taught him to take his time and do things more slowly. He stops more often these days. Nala likes to go to the woods or visit the beach. Dean doesn't travel anywhere quickly anymore. He feels more relaxed.

B: Can he travel from country to country with a cat?

A: He can now that Nala has a pet passport. She gets all the right medicine, too. There are some places they can't go because you can't always take a cat into hotels, but there are many other places they can go.

B: What a great story that is!

A: Yes. Dean's got a website, but most of his story is in a book he wrote. He's on social media, too.

B: Great! I want to see Nala!

Audio 2.03

1 I just watched a lovely video.

2 The cat was running behind the bike.

3 He stops more often these days.

4 There are some places they can't go.

Audio 2.04

1 What's the name of your hotel?

2 This is the only morning flight.

3 I'd love to fly over the Andes.

4 We have to wait in the departure lounge.

5 My brother is in the arrivals hall.

6 The plane isn't very big.

Audio 2.05

1

A: Oh no! My dad just messaged me. My parents are coming home early!

B: Oh, this place looks terrible. There are dirty cups and things everywhere!

A: I know! I need to clean the whole of the downstairs right now!

B: Do you want me to help you?

A: Yes, please. That would be great.

B: I can do the washing up.

A: OK, thanks. I'll put all these cups in the kitchen. Then I'll go round and make everything look tidy.

B: Sounds good!

2

A: Hello, do you have an appointment?

B: No, well, yes. I've got an appointment to see Dr White for next week, but I need to cancel it.

A: Do you want me to actually cancel it? Or do you want to change it to a different day?

B: Er, I'd still like to see the doctor, so could you change it?

A: Of course. She has a free appointment on the 24th at 4.30 or the 25th at 9.10.

B: Hmm, I can do both of those times.

A: Shall I book the one on the 24th?

B: Yes, please.

A: Do you want me to email you the information?

B: Thank you, but I'm OK. I've made a note on my phone.

3

A: Simon hasn't done his part of the project again.

B: I know. Our tutor isn't going to be happy.

A: Shall I talk to her and tell her what's happening?

B: That's kind of you. But we don't want to create any problems for Simon.

A: But Simon's creating problems for us!

B: I know! Let me talk to him first.

A: OK, that's a great help. Thanks.

Audio 2.06

- 1 Do you want me to help you?
- 2 Yes, please. That would be great.
- 3 I can do the washing up.
- 4 I'll put all these cups in the kitchen.
- 5 Do you want me to cancel it?
- 6 Shall I book the one on the 24th?
- 7 Do you want me to email you the information?
- 8 Thank you, but I'm OK.
- 9 Shall I talk to her?
- 10 That's kind of you.
- 11 Let me talk to him first.
- 12 OK, that's a great help.

Audio 2.07

- 1 Let me carry your bags for you.
- 2 Shall I open a window?
- 3 I can take you to work.
- 4 Do you want us to help you?
- 5 Let me answer the email.
- 6 I'll hold the door open.

Audio 2.08 and 2.09

- A: My sister and her children are coming for dinner tomorrow.
- B: Oh, right. Shall I cook some pasta for us all?
- A: That would be great.
- B: I can make a cake, too.
- A: That's good of you. Lucas and Carla love your lemon cake.
- B: I know!
- A: I can go to the supermarket later and get everything we need.
- B: Do you want me to come with you?
- A: Thank you, but I'm OK. I don't need to get a lot.
- B: Let me come with you. I can carry the bags to the car.
- A: OK. That's fine with me!

UNIT 3

Audio 3.01

- 1 I have to see my manager later.
- 2 We have to finish our work by 5 p.m.
- 3 Do I have to go to today's meeting?
- 4 My friends have to work a lot.
- 5 Do you have to work in an office?
- 6 You have to come and see this.

Audio 3.02

brilliant
clever
delicious
equal
exciting
favourite
popular
real

Audio 3.03

- A: I love watching films that teach you something.
- B: Me too! And TV programmes. I learnt a lot about English history when I watched *The Last Kingdom*.
- A: I don't know that programme. What's it about?
- B: It's about a man called Uhtred. He lived in England about 1,500 years ago. It's a brilliant show!
- A: Who's in it?

- B: I don't know any of the actors' names.
- A: Was the man – Uhtred – a real person?
- B: I don't think so, but King Alfred was in it. He was real.
- A: That's the problem when you watch films and TV shows about people in the past. We don't know exactly what was real.
- B: That's true, but you can watch something and then read more about it later.
- A: I guess.
- B: What TV programmes – or films – have taught you something?
- A: Er ... I found *Hidden Figures* really interesting. It's a film about African American women who worked for NASA in the 1960s. I learnt a lot from that. But I think films teach us more about now than the past.
- B: What do you mean?
- A: Well, for example, when we watch films, we learn about different types of people. It helps us to understand them. When I saw *Hidden Figures*, I understood those women better.
- B: Yeah. And we see people in different situations and understand those situations better, too.
- A: Yes! One film taught me what to do if you have a very small kitchen fire.
- B: Really?
- A: Yeah! That helped me a lot!
- B: Well, I'm glad it helped. So, what did I learn from *The Last Kingdom*? Let me see ... I guess it was that life wasn't always easy at that time, so it was important to find good friends and work as a team!
- A: That was probably the same in the film about the women at NASA!
- B: Ha! You know, I always thought films were just for fun, but now I think about it, they're actually very important for children when they're growing up. They teach them life lessons.
- A: And adults, too. I watched a film the other day about how life is short and we need to enjoy it.
- B: That's a good lesson. What was the film?
- A: That new film at the cinema. It was really sad. It made me cry at the end.
- B: What? Now I know how the film ends!
- A: Oops, sorry.
- B: Now I've learnt never to talk to you about films again!

Audio 3.04

- 1 A TV show taught me to cook.
- 2 I learnt about cars from TV.
- 3 We never watch television in the evenings.
- 4 You have to watch this programme.

Audio 3.05

- 1
- A: I need to water my new plants. Is it OK to use a cup? I'm worried I'll put too much water on them.
- B: Have you got a plastic bottle of some kind?
- A: Yeah, I've got an empty one here.
- B: Perfect! You can make a watering can. First, put some water into the bottle. After that, put the top on the bottle.
- A: Right. OK, that's done.
- B: Now, take a sharp knife and make some holes in the top of the bottle.
- A: Is this right?
- B: No, I meant a small hole, like this.
- A: Oh right. How many?
- B: I don't know, five maybe?
- A: OK ... two ... three ... four ... five ... done!
- B: Now hold the bottle upside-down and the water will come out, but not too much of it, so you won't get too much water on the plants.
- A: Oh yeah, perfect!

2

A: Sorry, I'm late. I had a hot shower and then I had to wait for the bathroom mirror to clear so I could see to do my hair.
 B: Did you open the window?
 A: Yes, but it didn't help much.
 B: You should put car wax on it.
 A: The window?
 B: No, the mirror.
 A: What's wax? I don't know that word.
 B: It's what you put on a car after you wash it, so it looks nice and shiny.
 A: Oh, right.
 B: You have to put it on the mirror before your shower. But don't put too much on. Just a little and leave it there for a few minutes. Then, take a dry cloth – maybe an old T-shirt or something – and clean the mirror.
 A: What do I need to do after that?
 B: Nothing. That's it.
 A: Oh, that's easy!
 B: It is. The mirror should stay nice and clear for a few showers.
 A: Great!

3

A: The children's toys are really dirty. We need to wash them.
 B: We can put the plastic toys in the dishwasher.
 A: Really?
 B: Yeah. Always put them in a bag first, though. You know, the bags we use to put clothes in the washing machine.
 A: Oh right, those bags. All right, let me get one and put the toys in ... like this?
 B: That's right.
 A: What now?
 B: Put them in the dishwasher. But always take them out before the machine dries the toys.
 A: I'm not sure I understand.
 B: Take them out after the dishwasher stops washing and before it starts drying. It's better for the toys to dry in the air.
 A: OK, I can do that.

Audio 3.06

- 1 That's all?
- 2 Is this right
- 3 Sorry?
- 4 Like this?
- 5 What now?
- 6 OK, what next?

Audio 3.07 and 3.08

A: I'm really hot and thirsty, but I forgot to put the drinks in the fridge. They're not cold.
 B: Put them in the freezer with the ice. You can put a paper towel around them, too. They'll get colder faster.
 A: A paper towel? I'm not sure I understand.
 B: I read about it online. First, take a paper towel and put some water on it so it's wet.
 A: Like this?
 B: Yes. After that, put it around the drink bottle.
 A: All right.
 B: Not like that, like this.
 A: Oh, right. Done! What next?
 B: Put it in with the ice in your freezer and wait.
 A: Does it work?
 B: I don't know. I've never tried it before!

Audio 3.09

Presenter: With me today is psychologist Dr Pasko to talk about children and memories. Dr Pasko, my first memory is of boarding a flight. It was my first time on a plane and I was really excited. What's your first memory?
 Dr Pasko: I was playing with some water in a large bowl outside a green building. I was about three.
 Presenter: I think I was four in mine. We don't usually remember our very early memories, do we?
 Dr Pasko: No, we don't remember things before we're between two and four years old, but usually it's around three.
 Presenter: Why is that?
 Dr Pasko: Well, it's interesting. Children of three, four, five – they can remember things from their past well, but when they get older, from around seven, they start to lose those memories. We don't know exactly why. One idea is that our bodies are still growing at that young age.
 Presenter: Interesting! So, why do we remember some things and not others?
 Dr Pasko: Good question! There are a couple of possible reasons. First, we remember strong feelings. You had a strong positive feeling when you boarded your first flight. Also, we remember things our parents or other family members talk about. I don't know why I remember playing in water! My parents don't remember it either, and I don't think it was particularly exciting!
 Presenter: We forget things even when we're adults. What can we do to help us remember things we don't want to forget?
 Dr Pasko: We take a lot of photos on our phones. That helps. We can keep a diary. I've got a friend who collects postcards. She writes memories on each one. I think that's a brilliant idea. There's also a memory box. You write down things you want to remember on a piece of paper and put them in the box. Your whole family could do it together and then later, you can read the pieces of paper to remember the things you forgot.
 Presenter: Those are great ideas, thanks!

UNIT 4

Audio 4.01

ate – made
 been – eaten
 caught – bought
 done – drunk
 driven – written
 read – met

Audio 4.02

A: I was on the radio yesterday, Carmen.
 B: What? Why was that, Brett?
 A: Because I entered a photo competition.
 B: You didn't tell me.
 A: I didn't tell any of my friends. Or family.
 B: Why not?
 A: I just sent the photo in and then forgot about it. I didn't expect to win.
 B: But did you win?
 A: I came second. A woman from Scotland won.
 B: Second is still brilliant. What did you win?
 A: £250.
 B: Wow!

A: Yes, I want to buy a new camera at the end of the year.
 B: That's fantastic. I've never won a competition, in sports or art or anything like that. Well, I won a writing competition when I was seven years old, but that was a very long time ago and I didn't get any money. Can I see the photo?
 A: Sure ... here.
 B: That's amazing. Where did you take it?
 A: In Northern Ireland.
 B: Oh, lucky you. I've never been there, but I'd love to go. Were you there on holiday?
 A: Actually, it was a business trip. It was beautiful. I was really pleased with this photo.
 B: How was the radio interview?
 A: It was fun! I was worried before, but everyone was nice and it was fine. You can listen to it online if you want.
 B: Yes, I'd really like to hear it! I've never been on the radio. Oh, but I have been on TV in the US.
 A: In the US? Really? How come?
 B: Well, I was a comedy actor for a few years, and I was on a big comedy programme over there.
 A: What?
 B: Yeah, three million people watched it each week.
 A: Wha ... I mean ... really?
 B: No.
 A: What?
 B: I'm joking. I wasn't an actor.
 A: Oh!
 B: I was on a local news programme for about seven seconds! I was visiting a friend in the States. We went to the cinema one evening and when we were leaving, someone asked us some questions about the film.
 A: Amazing! What questions?
 B: I don't remember. Sorry!
 A: What was it like when you saw yourself on TV?
 B: Strange but fun! We put the news on later and suddenly, there I was. My friend's television was huge. My head looked really big! They didn't show my friend. She wasn't very happy about that.
 A: Oh, dear!
 B: Have you ever been on TV?
 A: No, but maybe one day!

Audio 4.03

- 1 I didn't tell any of my friends.
- 2 I didn't expect to win.
- 3 My friend's television was huge.
- 4 They didn't show my friend.

Audio 4.04

- 1 Which is better, the beach or the mountains?
- 2 Where's the most popular travel destination?
- 3 Who is funnier, your sister or your brother?
- 4 What is the cheapest way to travel?

Audio 4.05

A: Sam's moving into his own flat next week. I think we should give him a gift. What can we get him?
 B: I've got no idea!
 A: What about getting him a video game?
 B: I think we need to get him something for his new home. That's what people usually do.
 A: Yes, right, of course. So, what shall we get?
 B: How about a plant?
 A: That's fine with me, but it's not a very exciting idea. We could get him something for the kitchen. How about some mugs?
 B: I'm sure he's already got some.
 A: Right, but with more mugs, he could use them when he has guests.

B: Maybe, but that's not really a present for him, is it? I know that he isn't a very good cook, but wants to learn how to be one. We could get a book. Something with lots of interesting recipes that he can make.
 A: Yes! Where should we look for one?
 B: There's a good bookshop in town. Why don't we go there later?
 A: Sounds good to me. Oh, I've just had another idea. Why don't we get him a cooking lesson?
 B: Oh. Do you think he would like that?
 A: Well, we know he wants to learn more about cooking. He loves Italian food. We could get him an Italian food lesson.
 B: That's an interesting idea. I'm sure there's a cooking school not too far away.
 A: We should speak to Paola. I think she took lessons a few years ago.
 B: I've found their website. Look here are the lessons. Ooh, they're a bit expensive.
 A: Ouch, yes, that's not cheap. Why don't we ask Evie and Antonio to buy a cooking course with us? Then it's not so expensive.
 B: That's a good idea. I'll speak to them later.
 A: Brilliant!

Audio 4.06

- 1 What can we get him?
- 2 So, what shall we get?
- 3 That's fine with me, but it's not a very exciting idea.
- 4 Where should we look for one?
- 5 Why don't we go there later?
- 6 Do you think he would like that?
- 7 Sounds good to me.
- 8 We should speak to Paola.

Audio 4.07

- 1 That's fine with me.
- 2 That sounds really exciting.
- 3 That's an interesting idea.
- 4 Great idea!
- 5 Sounds good to me.

Audio 4.08 and 4.09

A: What shall we buy Kate as a thank you gift?
 B: We could get her some flowers.
 A: I'm not sure that's a good idea. She's going away in a few days. She won't enjoy them.
 B: Oh, right. How about getting her a book?
 A: That's fine with me. Or we could get some of that perfume she likes.
 B: It's a bit expensive.
 A: Yes, you're right. Why don't we buy her a box of chocolates? She loves chocolates!
 B: Sounds good to me! I'm happy to go and get some.
 A: OK, thanks. You should go to that nice shop in the centre of town. They have great chocolate there.
 B: Great idea!

UNIT 5

Audio 5.01

books	this
is	theirs
its	whose
Matt's	yours
ours	
scarf	

Audio 5.02

- 1 We don't have a lot of time.
- 2 I always put a little milk in my tea.
- 3 Let's go and have some fun!
- 4 I need a bit of help.
- 5 There are lots of people here.

Audio 5.03

Slow cities are where people can have a slower life. They can walk or cycle about. There are green places for people to visit. The food in restaurants and supermarkets is often local and organic and people enjoy healthy living. People also care about the culture of the city.

Audio 5.04

- A: With me now is Jay Parker who has a blog all about slow living. Jay, you live in New York. Is it possible to have a slow life in a fast city?
- B: Yes. It doesn't mean we stop working. Most people can't afford to do that. Even tiny apartments in New York are very expensive to rent. But we can do things differently.
- A: You made a big change to your working week last year. Tell us about that.
- B: Yes, well, I'm lucky because I have some savings, so I can now work Tuesday to Friday and not Monday to Friday as I did before. I still work from home. I work from eight to six. Those things haven't changed.
- A: And how is your free time different with a slow life?
- B: I try to make sure I spend my time well. Of course, I still like to check the news online once or twice a day, but mostly, I try to put my phone away and do something that has a goal. Something that's NOT social media!
- A: Ha! Slow food is part of a slow life. How are your mealtimes different today than in the past?
- B: In the past, my wife and I ate at different times with the TV on. Now, most evenings, we have dinner together at home and chat about our work or our friends. Once a week, we eat without talking. It sounds strange, but it gives us the chance to notice how the food smells and tastes.
- A: Nature is also a big part of a slow life. How do you enjoy that?
- B: It's not always easy to be around nature in the middle of a city, and we sometimes have to look for it. For example, I run every morning through a park and make sure I pay attention to the trees and plants, but just walking past trees when I want a break from work can make me feel better, too. The important thing is to notice things around me!
- A: I grow plants in my apartment. That brings nature into my home.
- B: Great idea!
- A: Now, imagine I want to start a slow life from tomorrow. What's the first thing I can do?
- B: Hmm. Some people might say get up an hour earlier than usual so you have more time, or smile at people you see in the street. But I think it's important to choose goals that are possible. It's better to have one or two goals and complete them by the end of the day, rather than have twenty goals and not finish any of them.
- A: Oh, brilliant idea, thanks Jay!

Audio 5.05

- 1 I still work from home.
- 2 Once a week, we eat without talking.
- 3 I run every morning through a park.
- 4 I grow plants in my apartment.

Audio 5.06

We all want delicious butter with jam in the mornings, but lots of us find it difficult to put cold, hard butter on our bread. Well, here's the answer. It's the Better Butter knife. It's light and comfortable to hold. It's got small holes in it, so it picks up the butter really easily and spreads it across the bread perfectly. But that's not all. It can also cut slices of cheese, so it's a butter knife and a cheese knife. Another good thing about this butter knife is its price. It's just £6.99. I really love my Better Butter knife and you're going to love yours, too. It's something that every kitchen should have.

Audio 5.07

We all need to look after our things but what about when we go to the beach for a swim in the sea? It's not always safe enough to leave your wallet on the beach when you go into the water. So here's a solution if you're looking for something different! It's the Safe and Dry Wallet. It's not just a normal wallet and I'll tell you why. You can put it in water and everything inside – cards, cash and even photos – all stay completely dry. Think about it. You can enjoy going to the beach without worrying about your stuff! The wallet costs just £19.99 and it comes in six different colours.

Audio 5.08 and 5.09

- A: Hello. What are you selling today?
- B: Hi! Do you have a pet?
- A: Yes, I've got a cat.
- B: Do you have a problem with pet hair on your clothes?
- A: Yes, I do! It's awful!
- B: Well, here's the answer. Look at this glove. It's got a brush on one side, so you can brush your pet with it and stop fur getting on your clothes.
- A: That's interesting.
- B: The best thing about it is that it's easy to use. You just put it on and brush your pet, then give it a quick clean.
- A: That sounds good.
- B: Another good thing about it is that pets love it. And we know that it's important to look after our pets.
- A: Yes, true. Does it come in just one size?
- B: No, it comes in three different sizes so it's perfect for big, medium and small pets.
- A: Great! I'll take a small one.

Audio 5.10

- A: I need a bike for next weekend.
- B: Don't you have one?
- A: No. I don't cycle very much, but my friends are going on a bike trip and I'd like to go with them.
- B: Can you rent one from a shop or something?
- A: The only bike shop is ten kilometres away and I've got to get the bike from there to my flat. It's too difficult. It means taking two buses there and then cycling 10 kilometres back.
- B: Can't your friends lend you one of their bikes?
- A: They'll need theirs next weekend.
- B: You could have mine, but I don't have one!
- A: Oh, well.
- B: What about your neighbours? Can you borrow one from them?
- A: I haven't lived in my flat long. I don't really know my neighbours. Maybe there's a social media group – a local one. I can ask if anyone has a spare bike on there that I can borrow.
- B: Good idea! People often put things they don't want on social media and offer them for free. Maybe you can find a bike that way.

A: The problem is that I only want the bike for three days. I don't want to keep it. My flat's on the second floor, so I can't keep taking it up and down the stairs. I don't want to leave it out on the street.

B: Hmm, there's an app. I can't remember the name, but you can rent things from people for a day or a few days or just a week.

A: That sounds interesting.

B: You can look for things in your area.

A: That sounds good. Can you find out the name of the app?

B: Yes, I borrowed something through the app last year, so I have an email about it somewhere. I deleted the app because I didn't use it again.

A: What did you borrow?

B: A barbecue. It was a family party we were having. For fifteen people!

A: Was it expensive to borrow the barbecue?

B: No, it was quite cheap really.

A: Can you lend things to people, too, using the app?

B: Yes! People pay money to rent things from you. So, you could put things you don't use on there.

A: Interesting. I could make some money.

B: Yes, you could. Maybe enough for a weekend away. It depends on what you lend.

A: Yeah. I might give it a try. I've got a few things that I keep thinking about throwing away, but they're still working.

B: Like what?

A: I've got an electric guitar and a really good camera. I don't use them, but other people might.

B: Definitely!

UNIT 6

Audio 6.01

- 1 I can run quite fast.
- 2 I don't do it very well.
- 3 We go there quite often.
- 4 She does it really brilliantly.
- 5 We need to move it carefully.

Audio 6.02

- 1 Have you finished with your glass?
- 2 We haven't seen this film yet.
- 3 Has she had breakfast? Yes, she has.
- 4 He hasn't finished work yet.
- 5 Has Benji had an argument with Gio?
- 6 Have we moved yet? No, we haven't.

Audio 6.03

A: I've had the worst day today.

B: Oh no, what happened?

A: What didn't happen? Anything that could go wrong did go wrong!

B: Like what?

A: Well, it started when I didn't hear my alarm, so I didn't wake up until 8 o'clock. I needed to be at work at nine for an important meeting and it takes me forty-five minutes to get to work.

B: Oh dear. Did you get there on time?

A: No. I got dressed very fast, brushed my teeth and ran out of the house at ten past eight! But there were more problems.

B: Oh?

A: Yes. First, I left my phone at home, so I couldn't call work to tell them I might be late. Then, I missed one bus and I needed to wait seven minutes for the next bus.

B: That's bad luck.

A: Yes. The bus journey and the traffic were fine, but I dropped my bag and everything fell out. I was so busy putting everything back into my bag that I missed my stop. I had to get off at the next stop and walk back.

B: I know I shouldn't laugh, but it's quite funny.

A: Thanks! I'm glad my terrible morning has made you laugh!

B: What time did you get to work?

A: I didn't.

B: What? Why not?

A: Well, I was walking very fast to my office when I walked into a man on a bike. He was cycling down the road and I didn't see him.

B: Oh no! Was he OK?

A: He fell off his bike, but he was fine.

B: Thank goodness! But what about you? Were you OK?

A: Not really. I hurt my foot and I couldn't walk.

B: Oh no!

A: I got a taxi and went to hospital because my foot was really painful. I waited for an hour to see the doctor and then another hour before I could leave. I haven't broken anything, but I can't stand on my foot.

B: So, you went home?

A: Yes. I got here at half past one. And I found my phone. I had fourteen messages from my manager. She wanted to know where I was. Each new message was angrier and angrier! I called her and she said she wasn't happy, but I explained the situation and she was fine.

B: Well, that's good.

A: Yes.

B: Well, I can see why it was a terrible day, but you should look on the positive side.

A: What do you mean?

B: You didn't lose your phone. Your manager isn't angry with you. The cyclist wasn't hurt. And you're not in hospital with a broken foot! So, it wasn't so terrible.

A: Er, I guess!

Audio 6.04

- 1 I've had the worst day today.
- 2 Did you get there on time?
- 3 What time did you get to work?
- 4 I got there at half past one.

Audio 6.05

A: How can I help you?

B: I don't feel very well.

A: Could you tell me your symptoms?

B: Yes, I've got a sore throat and I can't stop coughing. I feel really tired and dizzy and my body aches. I think I've got a temperature, too.

A: When did these symptoms start?

B: About two days ago.

A: It sounds like you've got a virus. Let me look at your throat. Say 'Ah!'

B: Ah!

A: It looks OK there. But you've got a high temperature. I think it is a virus. You should stay home.

B: OK.

A: Take some painkillers. That can help, but you mustn't take more than eight tablets every twenty-four hours.

B: That's fine. I've got some at home.

A: Drinks lots of water and sleep. If you don't feel better in five days, give me a call.

Audio 6.06

- 1 I've got a stiff neck.
- 2 I've hurt my shoulder.
- 3 I've put ice on it.

- 4 I'm worried about my elbow.
- 5 You shouldn't go to work.
- 6 If you don't feel better soon, give me a call.

Audio 6.07 and 6.08

Doctor: What can I do for you?
 Patient: I'm worried about my wrist. I fell off a wall this morning. My wrist is really painful now. I can't move it.
 Doctor: Let's have a look.
 Patient: I've put ice on it and taken some painkillers, but it still hurts a lot.
 Doctor: It's possible that you've broken it. You should get an X-ray.
 Patient: Oh no! It's my writing hand, too.

UNIT 7

Audio 7.01

- 1 Let's see a film.
- 2 I'd like to go for a coffee
- 3 Can we go on a bus tour?
- 4 We need to go to a market.
- 5 Shall we see a show?

Audio 7.02

1
 Marcus: Hi, Jake.
 Jake: Oh, hi Marcus.
 Marcus: What are you doing this afternoon?
 Jake: I'm going out. It's my niece's 6th birthday. She's having a party.
 Marcus: Oh, where?
 Jake: At a play centre somewhere in town. You know, they have lots of games there and ball pools for the children to jump in.
 Marcus: Sounds fun. I'm sure you'll love it!
 Jake: Ha! I'm going for the cake! And after all my niece's friends have gone home, we're going to a restaurant for a family meal.
 Marcus: Where are you going?
 Jake: A French restaurant. I can't remember the name, but people say the food is delicious.

2
 Marcus: Zara, are you doing anything tonight?
 Zara: Yes, I am, why?
 Marcus: No reason. I was just wondering.
 Zara: I'm going out with colleagues from work. We're going to the theatre to see a show.
 Marcus: Which one?
 Zara: Hamilton. I've always wanted to see it.
 Marcus: Oh, I've heard it's good. Is there anyone famous in it?
 Zara: I'm not sure. I haven't looked up who the actors are. I'm only going for the music.

3
 Marcus: What are your plans for tonight, Flavia?
 Flavia: I'm going shopping with my sister.
 Marcus: Shopping? On a Friday night?
 Flavia: Yes, we're going to a wedding tomorrow and we need dresses to wear fast!
 Marcus: Are there shops open on a Friday night?
 Flavia: Yeah, there's a shopping centre that's open until late.
 Marcus: What's it called?
 Flavia: The Grand Shopping Centre. It's north of the city.
 Marcus: Hmm, never heard of it!
 Flavia: I haven't been there before, so I'm interested to see it. It's about an hour away, so it's not close.

4
 Marcus: Jimi, what are you doing later?
 Jimi: I'm having a night in with Emi. She's not feeling very well. I said I'd stay in and look after her.
 Marcus: Oh dear, what's wrong with her? I hope it's not the flu.
 Jimi: I think it's just a cold. She's got a sore throat and a cough.
 Marcus: That's too bad.
 Jimi: I'm going to make her some soup. Then we'll probably just sit and watch TV for a bit.
 Marcus: That big new crime series is starting today. You know, the one that's set in a bank.
 Jimi: Is that today? Oh great! I've been looking forward to it.
 Marcus: Yes, me too.
 Jimi: So, what are you doing tonight?

Audio 7.03

- 1 I'm going out with colleagues from work.
- 2 I'm going shopping with my sister.
- 3 She's not feeling very well.
- 4 I'm going to make her some soup.

Audio 7.04

- 1 Is there anything nice to eat in the kitchen?
- 2 There's nowhere comfortable for me to sit.
- 3 I don't have anything interesting to do tomorrow.
- 4 I'm bored. I need something fun to do.
- 5 There's no one strong enough to help me lift these boxes.

Audio 7.05

1
 A: Excuse me, is it OK if I take a photo in here?
 B: I'm sorry, you can't. You can take photos anywhere in the museum except in this room.
 A: OK, thank you.

2
 A: Is it all right if we discuss our project in here?
 B: Sure, no problem, but you shouldn't talk loudly. People are trying to work in here.
 A: Oh, OK. Well, can we use that room over there instead?
 B: I'm afraid that's not possible. Someone is using it.
 A: That's fine. We'll stay here, but we'll be quiet.

3
 A: May I come in?
 B: I'm afraid not. We're still having our meeting in here. Can you come back in half an hour?
 A: Yes, of course.

4
 A: You can help yourself to food in the fridge while you're staying with us.
 B: Great, thanks.
 A: Just one thing. You mustn't eat Jack's yoghurts. He gets very angry if people do that!

Audio 7.06

- 1 Excuse me, is it OK if I take a photo in here?
- 2 I'm sorry, you can't.
- 3 Is it all right if we discuss our project in here?
- 4 Sure, no problem, but you shouldn't talk loudly.
- 5 Well, can we use that room over there instead?
- 6 I'm afraid that's not possible.
- 7 May I come in?
- 8 I'm afraid not.
- 9 You can help yourself to food in the fridge while you're staying with us.
- 10 You mustn't eat Jack's yoghurts.

Audio 7.07

- 1 Is it all right if we wait here for a while?
- 2 Do you think I could borrow some money for lunch?
- 3 May I ask you a question?
- 4 Go right ahead.
- 5 Please feel free to message me at any time.
- 6 I have to say no. I'm sorry.

Audio 7.08 and 7.09

- A: Hello!
- B: Hello. Is it OK if I sit on the floor here? I'd like to draw a copy of the painting there.
- A: I'm afraid that's not possible. People walk through here. They might fall over you.
- B: Right. Well, may I sit on that chair over there?
- A: I'm sorry, you can't. It's actually a 200-year-old chair. You can sit on my chair here. I'm happy to stand for a bit.
- B: That's kind of you, thanks. Do you think I could move it over there?
- A: Sure, no problem. You shouldn't take too long to draw your picture, though. The museum closes in forty minutes.
- B: That's fine. I draw fast!

Audio 7.10

- A: Today on 'A photo that changed my life', I'm talking to Aiden Jackson. Aiden, what photo changed your life?
- B: It was a photo of Iceland at night, with a beautiful mountain in the background and a waterfall in front of it. But what was special were the amazing green and purple lights in the sky. It was the first time I saw the Northern Lights.
- A: Where did you see the photo?
- B: These days, we see photos like this on websites or our friend's social media, but this was the 1990s not the 2020s. I saw it in a travel magazine and I knew immediately that I had to go to Iceland.
- A: And you got there.
- B: I did! I wanted to go when I was eighteen, but the birthday money I got from my parents wasn't enough. I had to work and save for five years first, so I could spend a few months there.
- A: And how did you feel when you finally got to Iceland?
- B: Excited in the weeks before and then nervous on the plane because it was my first time flying. But once I arrived in Iceland, I was just really relaxed and happy.
- A: And you're still in Iceland twenty years later.
- B: I am! I found a job I love – not through a job advertisement or friend. I went on a tour of the island and got talking to one of the staff at the tour company. They were looking for another tour guide. I said I was interested and they gave me a chance!
- A: Do you still work there now?
- B: No, about twelve years ago, me and one of the other guys there, we started our own tour company. We're not rich but we love our job!
- A: How often do you see your family?
- B: My parents and sister come and visit me once a year. I go and visit them once a year. Plus, we talk online maybe three times a week. I miss them, but I love being here in Iceland. It's where I belong.
- A: So, the photo really did change your life.
- B: Absolutely!

Audio 7.11

- 1 I saw it in a travel magazine.
- 2 They were looking for another tour guide.
- 3 We're not rich but we love our jobs!
- 4 I go and visit them once a year.

UNIT 8

Audio 8.01

- 1 Everyone in the world will have a smart phone.
- 2 He'll be here a bit later.
- 3 Summer temperatures will get hotter.
- 4 It won't get any worse.
- 5 People won't have better phones.
- 6 I'm sure you'll feel better tomorrow.

Audio 8.02

- 1 I'll come out tonight if I'm not too tired.
- 2 If it's wet tomorrow, we won't go out.
- 3 I don't want to get a taxi if it's expensive.
- 4 I'll see you tomorrow if I can.
- 5 If I'm free later, I'll let you know.
- 6 If it's hot, we'll go to the beach.

Audio 8.03

I have a friend. Her name is Karen and we both think very differently. I usually look on the bright side of life. She sees the negative side of everything. For example, when she started her business, she expected it to fail. When I started my career, I never thought about failing. I only thought about being successful. So, with me today is Dr Philip Warner to talk about these two different ways of seeing life.

Audio 8.04

- Presenter: Dr Warner, I'm an optimist. I'm always positive. My friend is a pessimist. She's often negative. Which one is better?
- Dr Warner: Well, many people think it's better to be an optimist because they're usually positive. They think that being a pessimist is a bad thing, because pessimists are negative and always think things will go wrong.
- Presenter: And is that true?
- Dr Warner: Not exactly.

Audio 8.05

- Dr Warner: Optimists are often more relaxed because they don't worry or become stressed like pessimists. So, they're often healthier and they can live longer than pessimists. Optimists also feel motivated to do activities. They really want to do the activities because they believe they can do well in them.
- Presenter: And what about pessimists? Are they motivated to do activities?
- Dr Warner: Yes! Pessimists are motivated, too. One thing that's different is that pessimists worry that things will go wrong. So, they're more careful. They think about possible dangers and they stop if they think they'll be in a dangerous situation. However, optimists think nothing bad will happen to them, so sometimes they put themselves in a dangerous situation and that's not good.
- Presenter: So, pessimists take more care and that's a good thing. Optimists take less care and that can be bad.
- Dr Warner: That's right.
- Presenter: What happens when things do go wrong?
- Dr Warner: Well, a pessimist expects things to go wrong and they prepare for that. So, if something goes wrong, they aren't surprised. But optimists are the opposite. Optimists don't expect anything to go wrong, but when it does, they're shocked. They can't believe it! And this makes them stressed.

Presenter: So, there are good things and bad things about being a pessimist or an optimist.
 Dr Warner: Yes, but also, we're both of these things in different situations.
 Presenter: What do you mean?
 Dr Warner: Well, in some situations, I'm an optimist. And in other situations, I'm a pessimist. That's the same for all of us. We're not one thing. We can be both things.

Audio 8.06

1

Optimists also feel motivated to do activities. They really want to do the activities because they believe they can do well in them.

2

Pessimists are motivated, too. One thing that's different is that pessimists worry that things will go wrong. So, they're more careful. They think about possible dangers and they stop if they think they'll be in a dangerous situation.

3

Optimists don't expect anything to go wrong, but when it does, they're shocked. They can't believe it! And this makes them stressed.

Audio 8.07

A: You're a vegetarian, aren't you?
 B: I am.
 A: And you've been one for a long time, haven't you?
 B: I have. For about ten years now.
 A: Wow. That's a long time.
 B: You're not a vegetarian, are you?
 A: Actually, I am.
 B: Oh really? I thought I saw you eating a burger last month!
 A: Yes, I only stopped eating meat two weeks ago.
 B: Oh, why's that?
 A: I'm trying to be a bit healthier. And I guess it's better for the environment, too.
 B: Well, those are good reasons.
 A: It's hard, isn't it?
 B: What is?
 A: Being a vegetarian.
 B: Actually, it isn't for me. I stopped eating meat because I just don't like it.
 A: Oh, right. I'm finding it hard. Vegetables are so boring! I miss chicken. And burgers!
 B: Vegetables are delicious! It depends how you cook them, but if you really miss meat, then maybe you should have some.
 A: What? You're not saying 'stop being a vegetarian', are you?
 B: Yes, I am.
 A: Why?
 B: Well, if it's too hard, you'll go back to eating meat in a few weeks. So, you need to try something different, don't you?
 A: I guess.
 B: So, how about having meat two or three times a week for two months and then having meat just once or twice a week after that? Maybe in the future, you'll stop eating meat altogether.
 A: Hmm.
 B: And then you won't miss it, will you? Because you won't have meat every day.
 A: Yes, maybe you're right.
 B: And you'll still be healthier, won't you? Because you'll eat less meat.
 A: Hmm. OK, I'll give it a try.

Audio 8.08

1 You're not angry with me, are you?
2 It's time to go, isn't it?
3 He wasn't feeling good, was he?
4 I didn't talk to you yesterday, did I?
5 We'll be OK, won't we?
6 You can fix it, can't you?

Audio 8.09 and 8.10

A: We need to use less energy, don't we?
 B: Yes, energy prices are going up, aren't they?
 A: So, what shall we do?
 B: We can turn down our heating by one degree. That'll help, won't it?
 A: And we can remember to turn lights off.
 B: Yes, and you can spend less time in the shower. You didn't need to spend ten minutes in there this morning, did you?
 A: No, I guess not. I love a hot shower though!
 B: Me, too. People talk about a four-minute shower, don't they?
 A: Four minutes! How is that enough time?
 B: Well, you can turn off the water when you put shampoo in your hair.
 A: But it'll be cold, won't it?
 B: True, but you'll live!