

1A phrasal verbs: friendships

◀ page 9

1 A Read about a friendship. Match the phrasal verbs in bold with the meanings (1–9). Two of the phrasal verbs have the same meaning.

Claire and I didn't **take to** each other at first. We were only eleven when we met. I was new at the school and got on well with her best friend, so I suppose I **came between** them and their friendship. However, over time, we **warmed to** each other and by the time we started secondary school, we were really close. I **hung around** with her all the time and we only ever **fell out** once over something really silly. We **made up** after just a day of not talking to each other. Unfortunately, life took us in different directions after school and we **drifted apart**. We still see each other occasionally. I **invite her along** to my birthday celebrations every year and she **stops by** my flat if she's passing. We **bump into** each other in the supermarket, too. So, we're still friends, just not as close as we once were.

- 1 ask someone to go with you somewhere
- 2 gradually stop being friends
- 3 spend a lot of time with
- 4 have an argument
- 5 meet someone when not expecting to
- 6 make a short visit to a person or place
- 7 start to like
- 8 become friends again after an argument
- 9 cause trouble between people

B Which of the phrasal verbs in Ex 1A refer to relationships with friends? Which refer to socialising with friends?

2A Complete the questions with the correct form of the phrasal verbs in Ex 1A.

- 1 Who did you with most at school?
- 2 Are you still friends with this person or have you slowly over the years?
- 3 Have you ever with a friend and stopped speaking? Did you make up again?
- 4 Did you your closest friend instantly when you first met, or did it take time to them?
- 5 Where was the last place a friend you to?
- 6 Who was the last friend you in a shop?
- 7 Whose home do you to say hello if you're in the area?
- 8 What kinds of things tend to people who are friends?

B Work in pairs. Take turns to ask and answer the questions in Ex 2A.

1B urban spaces

◀ page 13

1 Read the sentences about some places in a city. Match the words in bold with the meanings (a–j).

- 1 The factory is located on a small **industrial estate** on the **outskirts** of the city.
- 2 A lot of old **slums** have been demolished in **inner-city** areas and replaced with modern apartment blocks.
- 3 Their apartment building is in a **residential** area of the city and is a beautiful example of eighteenth-century **architecture**.
- 4 We moved out of a **built-up** area in the city centre to a leafy **suburban** street.
- 5 This house is a beautiful new **residence**, built using modern **construction** methods.
- a describing part of a city where there are houses rather than factories or shops
- b a general word for the style of buildings
- c the parts of a city around the edge, away from the centre
- d poor-quality homes that are not in good condition
- e a house or flat that people live in
- f an area where there are a lot of factories
- g describing an area that is close to the centre of a city
- h the act of building something
- i describing an area in a city where there are a lot of buildings and not much green space
- j describing an area on the edge of a city where a lot of people live

2A Choose the correct words to complete the sentences.

- 1 I prefer modern **outskirts** / **architecture** to historic styles of building.
- 2 I wouldn't like to live in a **suburban** / **an inner-city** area because I'd have to travel into the centre every day for work.
- 3 I would hate to live close to an **industrial estate** / a **residential area** because of the noise and pollution.
- 4 I think it's disgraceful that there are still **residences** / **slums** in my city – everyone deserves a decent home to live in.
- 5 I think the **residential** / **construction** industry should do more to combat climate change.
- 6 I think governments should do more to create green spaces in **built-up** / **outskirts** areas.

B Work in pairs. Which of the sentences in Ex 2A do you agree with?



2A winning and losing

◀ page 20

1 Read the extracts from news reports (1–6) about winning, losing and cheating. Then answer the questions (a–d).

- 1 Sasha Brown is very inexperienced, so she's **the underdog** in this game. Her opponent **is** definitely **the favourite** and should win comfortably.
- 2 Was he really tripped, or did he **dive** to try and get a penalty?
- 3 I don't believe she's really injured. I think she's **playing for time** because the game's nearly over.
- 4 All this messing around by his opponent has definitely **put him off** and caused him to make mistakes. This kind of behaviour isn't against the rules, but it's definitely **bending the rules**.
- 5 Manchester United are having a great season – they're **unbeaten** in nine games now.
- 6 He can't win the game now, so he may choose to **concede**.
- a Which phrases refer to different ways of cheating or not playing fair?
- b Which phrases refer to how likely someone is to win or lose?
- c Which phrase describes someone who hasn't lost before, or for a long time?
- d Which verb means to admit that you have lost?

2A Complete the opinions with the correct form of the words and phrases from Ex 1.

- 1 I don't believe that anyone plays fair 100 percent of the time. Everyone a little bit to gain an advantage.
- 2 I hate it when tennis players shout when they play a shot. I'm sure they only do it to their opponent
- 3 It really annoys me when footballers in the penalty area or slow things down and at the end of a game. It really spoils the game for me!
- 4 In a sports competition, I'd rather and be expected to lose than and be expected to do well.
- 5 I think there must be a lot of pressure on sportspeople when they for a long time, and they know that everyone else wants to defeat them.
- 6 I hate it when sports games are very uneven and one player or team is winning too easily. The losing player or team should be allowed to before the end.

B Work in pairs. Which of the opinions in Ex 2A do you agree with?

2C work benefits

◀ page 26

1 A Read about the benefits a company offers its staff. Find definitions in the text of the phrases in bold.

When you join our company, you'll receive a number of **job perks** in addition to the usual employee benefits of a regular salary (note that we offer **equal pay** for all staff so everyone who does the same job is paid the same) and paid holiday. We offer excellent **health insurance** which will cover the costs of all your medical needs, and our **pension scheme** will help provide you with a good standard of living when you retire. We offer new mothers and fathers the opportunity to take a month's extra **maternity/paternity leave** on top of the national requirement for time off to spend time with their babies and we also have **on-site childcare** so parents can leave their children close by, in a safe environment, while at work. There are further **financial incentives** as we know that a bit of extra money can be both useful and motivating. There's our end-of-year **bonus scheme** where all staff receive a sum equal to a maximum of five percent of their annual salary, depending on the profitability of the company that year. We offer **tuition assistance** to help anyone wanting to take a formal course related to their work. Finally, there's a **mentor programme** for new members of staff. We pair you with a more experienced employee to help you during your first year at the company.

B Complete the sentences with the correct form of the phrases in bold from Ex 1A.

- 1 Joan had her baby last week. She's on for six months.
- 2 Dental care isn't included in our so we have to pay for it.
- 3 If the bosses want us to work more hours, they need to offer us some kind of so we can earn more.
- 4 My company offers, which is paying for my course.
- 5 I'm helping one of the new staff as part of the company's
- 6 Companies are required by law to offer to men and women doing the same jobs.
- 7 My company doesn't have any so I take my daughter to a local kindergarten.
- 8 All the staff are going to get an extra €250 this year, as part of the company

2 Work in pairs. Which of the benefits in Ex 1A do most companies offer their employees in your country? Of the others, which do you think they should offer?

3B idiomatic phrases: emotions

◀ page 35

1 A Replace the phrases in bold with the phrases in the box.

bursting with pride
down in the dumps made my day
on cloud nine pumped about
scared stiff shaken up
sick to death of

- 1 I'm **really excited about** the concert that's coming up in.
- 2 When Declan walked up on stage to get his prize, I was **feeling very proud**.
- 3 We were all **shocked and upset** after seeing the news report.
- 4 You've looked **fed up** for a few days now. Is there anything wrong?
- 5 I was **really happy** while we were winning. I'm not now that we're losing!
- 6 I'm **fed up with** listening to you complain all day every day. Give it a rest!
- 7 It was midnight and I was on my own, so I was **very frightened** when someone knocked on the door.
- 8 Hearing I'd got the maximum score possible in my test **made me very happy**.

- B Match the idiomatic phrases in Ex 1A with the emotions 1–5.
- 1 happiness
 - 2 excitement
 - 3 feeling fed up/sadness
 - 4 pride
 - 5 fear

- 2 What might someone in these situations say? Use the idiomatic phrases in Ex 1A.
- 1 You've found out you're getting a promotion at work.
 - 2 A fire broke out in a house just a few doors away. You had to help the family get to safety.
 - 3 Someone keeps sending you loads of messages every day when you're busy.
 - 4 You've been invited to a really cool party.
 - 5 You hate flying, but you have to fly somewhere.
 - 6 A member of your family just won an award for their charitable work.

3C persuading and motivating

◀ page 38

1 A Complete the table with the correct verbs related to the nouns. Use the verbs on page 38 to help you.

Verb	Noun	Verb	Noun
1	persuasion	4	pressure
2	motivation	5	coaxing
3	manipulation	6	drive

- B Choose the correct nouns to complete the sentences.
- 1 I hate it when friends put **pressure** / **coaxing** on me to go out.
 - 2 I think it's always better to use gentle **drive** / **persuasion** rather than get angry with people.
 - 3 I've got tremendous **drive** / **pressure** and enthusiasm for my work.
 - 4 No amount of **motivation** / **coaxing** from my friends would persuade me to sing in public!
 - 5 I would never use **manipulation** / **drive** to get someone to do something they don't want to do.
 - 6 I don't have the **persuasion** / **motivation** to exercise every day.

2 Work in pairs. Which of the sentences in Ex 1B are true for you?

4A photography

◀ page 46

1 A Read the tips on taking a great portrait. Which do you find helpful? What other tips could you suggest?

Top tips for portrait photos

- 1 Avoid holding your camera in your hand so you get photos that are **in focus** and not **blurred**.
- 2 Ask the person to stand in natural light and **pose** naturally.
- 3 Don't just focus on the person while taking the photo. Look at the whole **composition**. Make sure things in the background don't take attention away from the person in **the foreground**.
- 4 Take more than one **shot** to see what works best. **Zoom in** to get a nice **close-up** of the person's face and **zoom out** to get their whole body.
- 5 **Frame** your photo so the subject is in the centre, or a little to the left or right of centre. Don't cut off half their head!

- B Complete the definitions with the words in bold in Ex 1A.
- 1 If a photo is, things in it are unclear in shape.
 - 2 If a photo is, everything in it is very clear.
 - 3 The part of a photo closest to you is
 - 4 If you want to make the subject of a photo seem bigger, you
 - 5 If you want to make the subject of a photo seem smaller, you
 - 6 The way in which a photo is made up is its
 - 7 When you a subject in a photo, you put a border around them.
 - 8 An informal word for a photo is a
 - 9 A is a photo which is very close to the subject.
 - 10 When you for a photo, you sit or stand in a particular position.

2 Tell a partner about a portrait photo you have taken recently. What techniques did you use? Use the vocabulary from Ex 1A.

4C skills, abilities and experience

◀ page 50

1 A Complete the table with the words in the box.

competence experience experienced
incompetent proficiency skill
skilled untrained

Positive adjective	Negative adjective	Noun
1	inexperienced	2
competent	3	4
5	unskilled	6
trained	7	training
proficient		8

- B Choose the correct words to complete the questions.
- 1 How long do you think it takes to achieve **proficiency** / **proficient** in a language?
 - 2 Would you apply for a senior job even if you weren't very **experienced** / **unskilled**?
 - 3 Do you know anyone who often makes mistakes because they are **incompetent** / **trained**?
 - 4 Which **skilled** / **skill** would you most like to learn?
 - 5 Do you think someone should be paid less for doing a job if they are **competent** / **inexperienced**?
 - 6 Should medical staff be allowed to treat people before they are fully **trained** / **training**?

C Work in pairs. Ask and answer the questions in Ex 1B.

2 A Work in pairs. Write a questionnaire using the words in Ex 1A.

B Ask and answer questionnaires with another pair. What's the most interesting answer you heard?

5B the natural world

◀ page 59

1 A Complete the table with the words in the box.

breed conserve conservation instinctive environment
environmental migrate migratory poach poacher
prey on predatory reproduce reproductive

Verb	Noun (an activity or quality)	Adjective	Noun (a person or animal)
1	poaching		2
3	reproduction	4	
5	migration	6	migrant, immigrant
7	breeding		breeder
8	9		conservationist
	10	11	environmentalist
	instinct	12	
13		14	predator, prey

- B Complete the sentences with the correct form of the words in brackets.
- 1 Plastics should be banned because they cause a lot of damage. (environment)
 - 2 To protect animals, it is important to understand their habits. (reproduce)
 - 3 Climate change is making it difficult for some animals to (migration)
 - 4 Some animals seem to have an fear of water. (instinct)
 - 5 Farmers sometimes kill animals or birds that young farm animals. (predator)
 - 6 Some endangered animals can be in captivity and then returned to the wild. (breeding)
 - 7 of endangered animals should be punished severely. (poach)
 - 8 Humans have a duty to the natural world around them. (conservation)

2 Work in pairs. Discuss the sentences in Ex 1B. Can you think of examples to support or contradict each one?



5C social and environmental issues

page 62

1 A Match the news stories (1–3) with the topics below.

- climate change
- homelessness
- inequality

- 1 Local governments are working to ensure that there are **equal opportunities** for everyone who applies to work there, so that minority groups are not **neglected** and there is **diversity** within every department. This will ensure people from a variety of backgrounds are in charge of decision-making.
- 2 Activists are campaigning for the end of **deforestation** and the reduction of **fossil fuel** use in favour of renewable energy such as wind. They are also concerned about the amount of recyclable material ending up in **landfill sites** around the world.
- 3 A new charity has been set up to look after the **welfare** of people suffering financial **hardship** in order to stop them losing their homes. Local charities that fund **shelters** for people who end up **sleeping rough** on the streets have welcomed this new charity, hoping that it will reduce the number of people they have to help.

B Match the words and phrases in bold in Ex 1A with the meanings (1–10).

- 1 the cutting or burning of all trees in an area
- 2 a person's health and happiness
- 3 not looked after or paid enough attention
- 4 places where rubbish is buried under the ground
- 5 sleep outside because you have no home
- 6 a range of different people
- 7 something that makes your life difficult, e.g. lack of money
- 8 the same chances for everyone in employment
- 9 coal and gas, for example
- 10 places that provide safety and somewhere to sleep

2 Work in pairs. Are the issues in bold in Ex 1A issues in your area? Which are you concerned about? Why?

6B phrases with *right* and *wrong*

page 71

1 A Choose the correct options to complete the sentences.

- 1 I was sure I **was in the right / wrong** and everyone else was incorrect.
- 2 I can't stand this presenter. The way she says things really **rubs me up the right / wrong** way.
- 3 This knowledge is dangerous and must never **get into the right / wrong** hands.
- 4 Things are going well with the project. We're **on the right / wrong** track so far.
- 5 We were supposed to meet at the cinema, but Jane **got the right / wrong** end of the stick and waited for me at the bus stop.
- 6 The wedding was planned really carefully so that nothing would **go right / wrong** and everything would **go right / wrong**.
- 7 Once we know what mistake we made, we can **put it right / wrong**.
- 8 Tom believed that he was in charge, but I soon **put him right / wrong**!

B Match the highlighted phrases in Ex 1A with the meanings (a–i).

- a likely to lead to a correct or successful result
- b annoy somebody without intending to
- c succeed or happen correctly
- d misunderstand a situation
- e be discovered by someone who may want to cause harm
- f make someone understand the correct facts of a situation
- g have the best reasons/arguments in a disagreement
- h make a situation better
- i not succeed or happen incorrectly

C Work in pairs. Talk about at least five of these things.

- 1 A time you were in the wrong, but thought you were in the right.
- 2 Somebody or something that rubs you up the wrong way.
- 3 Something that shouldn't get into the wrong hands.
- 4 A time when something went wrong before it went right.
- 5 A time you had to put something right.
- 6 A time you had to put someone right about something.
- 7 Something in your life that you think is on the right track.
- 8 A time you got hold of the wrong end of the stick.

6C buildings and homes

page 74

1 A Read three bad reviews of holiday flats. Which one sounds the worst? Why?



Ellen S
14 hrs ago

The apartment block was really **run-down**, with paint peeling off the walls and one or two broken windows. Inside, the flat was really **cramped** – there was hardly room to move around, and nowhere to store our bags!

Date of stay: August 2022

Like Comments



947MaryJane
9 hrs ago

We were expecting a modern block of flats, but in fact the building was old and **crumbling** – I was worried it might collapse on us! Inside, the flat was dark and **dim**, even during the day – really depressing.

Date of stay: August 2022

Like Comments



59DolphinD
9 hrs ago

A dreadful flat! It obviously hadn't been cleaned because the floors were muddy and the bathroom was **filthy**! The heating wasn't working, so it was quite **chilly**, too.

Date of stay: August 2022

Like Comments

B Complete the sentences with the correct words in bold in Ex 1A.

- 1 I like a lot of space, so I'd hate to live in a small, _____ flat.
- 2 I can't stand being cold, so I wouldn't put up with a _____ flat.
- 3 A building must be solid – no one wants to live in an old building that's _____!
- 4 I always keep my flat clean. I don't know how people can live in _____ conditions.
- 5 A flat needs to have big windows, so it's nice and bright, not _____ and gloomy.
- 6 I don't mind if a building looks a bit _____ on the outside, as long as it's bright and modern on the inside.

2 Work in pairs. Discuss the questions.

- 1 Which of the sentences in Ex 1B do you agree with most strongly?
- 2 What else is important for you in a house or flat?

7B food and drink

page 83

1 A Complete the blog post extracts with the words in the boxes.

diet vegans vegetarians

@Dingam | 57 mins

comment | share

As well as ¹ _____ who don't eat meat, and ² _____ who avoid any animal-related products, there are also pescatarians. Pescatarians have a ³ _____ that includes fish, but no meat.

calories cholesterol nutrients

@Sandman2 | 51 mins

comment | share

A healthy diet isn't just about keeping the number of ⁴ _____ we eat at a sensible level, it's about consuming a variety of food types to get the ⁵ _____. We need to be healthy and making sure we don't eat too many of the types of food that can cause ⁶ _____ to build up in our blood.

binge on grab a snack junk food

@GailP | 30 mins

comment | share

I love to ⁷ _____ unhealthy foods on the odd occasion, but most of the time I eat healthily. I plan my meals, take lunch with me to avoid buying ⁸ _____ like burgers and chips and I don't bring unhealthy food into the house. That way, when I go to ⁹ _____, I'm forced to have an apple rather than biscuits.

in season organic out of season

@SheenaR | 17 mins

comment | share

When buying fruit and veg, I try to buy things that are ¹⁰ _____ rather than ¹¹ _____ and from abroad. That way, I know I'll be buying things that haven't travelled far to get to me. If I can afford it, I go for ¹² _____ alternatives as I know they're natural and no chemicals have been used to grow them.

B Work in pairs. Tell your partner about these things. Use as many vocabulary items from Ex 1A as possible.

- an alternative diet that you've tried, would like to try or would never try
- what you consider when buying food
- healthy eating habits and less healthy eating habits you have

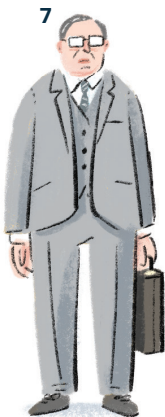


7C describing clothes

◀ page 86

1 Match the items in the pictures (1–8) with the adjectives describing them (a–h).

- a matching
- b chic
- c dull
- d striped
- e scruffy
- f waterproof
- g loud
- h baggy



2A Read the questions and make notes on your answers. Use adjectives from Ex 1 where possible.

- 1 How would you describe the clothes you wear on a regular basis?
- 2 How would you describe clothes you might wear for special occasions?
- 3 Are there any types of clothes you never, or would never, wear? Why?

B Work in pairs. Take turns to ask and answer the questions in Ex 2A.

8B science and technology

◀ page 95

1 Read extracts from six product reviews. Then match the adjectives in bold with the meanings (a–f).

- 1 I love my new muscle massager. This **hand-held** device is great for massaging tired muscles and helping my body to relax.
- 2 This microwave is really **user-friendly**. You don't need to read the instruction book at all.
- 3 This is an extremely **energy-efficient** heater, so it will save you lots of money.
- 4 The health tracker uses **state-of-the-art** technology to monitor a range of different aspects of your health.
- 5 One of the best things about this device is that it's completely **recyclable**, so there's no waste.
- 6 Unlike a lot of cleaning products, this one contains no **hazardous** chemicals, so it's definitely environmentally friendly.

- a able to be used again or be converted into new products
- b simple to understand and use
- c able to be operated by holding it in your hands as you move around
- d dangerous
- e not using very much energy
- f very modern

2 Work in pairs. Talk about:

- 1 a hand-held device that you have bought recently.
- 2 something you buy regularly that is recyclable.
- 3 a new device you would like to buy that uses state-of-the-art technology.
- 4 something you avoid buying because it contains hazardous materials.
- 5 a machine or device that you think should be more energy-efficient.
- 6 something you use regularly which isn't very user-friendly.

8C money

◀ page 98

1 Read what six people say about saving money. Then answer the questions (a–c) about the adjectives in bold.

- 1 I avoid buying designer brands because I think they're **overpriced** and not worth the money.
- 2 I drive a small car which is very **economical** on fuel.
- 3 My flatmates and I do our food shopping together because we find it's **cost-effective** to do it that way.
- 4 I never eat out in **pricey** restaurants.
- 5 I always keep an eye out for **complimentary** tickets to shows.
- 6 I tend to shop online and try to find things that are **discounted**, for example in the sales.

- a Which two adjectives mean that something is expensive?
- b Which three adjectives suggest that something is cheap, or cheaper than usual?
- c Which adjective means that something is free?

2 Work in pairs. Which of the sentences in Ex 1 are true for you?