

VOCABULARY

-ING/-ED ADJECTIVES

1 A Underline the correct alternative.

- In three days we cycled 250 km. It was really *exhausted/exhausting*.
- Everyone is very *worried/worrying* about losing their jobs.
- The instructions were so *confused/confusing* that no one understood them.
- I was *annoyed/annoying* because the class was cancelled again.
- The car was travelling at a *frightened/frightening* speed.
- I felt *embarrassed/embarrassing* about how untidy the house was.
- He was totally *confused/confusing* by the tax form.
- I'm going to have a nice, *relaxed/relaxing* bath.
- I'm not really *satisfied/satisfying* with the way he cut my hair.
- We were so *frightened/frightening* by the film we didn't sleep very well.

B Find adjectives in Exercise 1A to match definitions 1–8.

- feeling fear _____
- angry or irritated _____
- very tiring _____
- content, pleased _____
- unclear or difficult to understand _____
- feeling uncomfortable and shy _____
- unhappy and nervous _____
- calming, helping you to rest _____

READING

2 A You are going to read an article about why people get angry, and what happens. Before you read, number the events in the box according to categories 1–3 below.

- Reasons
- Consequences
- Solutions

You start to shout. 2
 You're irritated with someone. 1
 You throw things around.
 You do physical exercise.
 You're frustrated about something.
 You feel tense.
 You try meditation.
 People criticise you.
 You distance yourself from the situation.

B Read the article and check.

Stressed out?
TAKE CONTROL

We all know how it feels to get angry. Sometimes anger is mild, when you're just irritated with someone. But at other times anger can be more extreme, with explosive rages. You start to shout and throw things around. You lose control. Your blood pressure increases, your heart races and you can't think about anything else. But what exactly *is* anger?

Anger is a normal response to a situation where you feel you are being attacked, treated unfairly, let down by others, hurt or rejected. Anger can help you to defend yourself, deal with the problem and let others know how you feel. But anger can also cause problems. If you always lose control, people might start to avoid you. Friends and colleagues may be afraid of your temper and leave you alone. Getting angry might make you feel better; giving you energy and making you feel like you're in control. But it might also leave you feeling hurt and misunderstood. Also, getting angry doesn't usually solve the problem.

So, what can you do about your anger?

- 1 Work out what makes you angry** – You need to understand what situations make you angry. Is it when people make comments about your work or criticise you? Is it that you get angry when you're frustrated and can't do the things you want? Do you get angry when you're tired? Understanding what makes you angry can help you to deal with the problem.
- 2 Understand the signals** – Learn to identify the signs that you're getting angry. Do you start to shout and feel tense? Do you pace about the room? You need to recognise your own signs before you can change your behaviour.
- 3 Take control of your mind and body** – Try taking a step back and distancing yourself from the situation, both physically and emotionally. Check your breathing and take some deep breaths to slow you down and calm your heartbeat. Ask yourself, 'Am I overreacting?', 'Am I listening to what people are saying?' Can you find a way to be assertive, rather than aggressive? Try to speak calmly, rather than shout. Try the 'Is it worth it?' test. Ask yourself, 'Will it really matter in one month, one year?' Do some physical exercise, like going for a run or a swim. Or try some meditation or listen to music. Do whatever helps to calm you down.

3 Complete the statements with information from the article.

- When you get angry, your blood pressure _____ and your heart speeds up.
- Being angry about something can help others to _____ how you feel.
- Getting angry is not usually a good way to _____ problems.
- It's a good idea to understand what _____ make you angry.
- If you recognise the signs that you are getting angry, then you can start to _____ your behaviour.
- When you are angry, you should try to _____ yourself from the situation.
- Deep _____ will help to calm your heartbeat.
- Try to speak _____ rather than shout.

GRAMMAR

REAL CONDITIONALS

4 A Complete the sentences with the correct form of the verb in brackets.

- When Marianne _____ (find) a job, she _____ (leave) home.
- Thomas _____ (get) a promotion if he _____ (work) harder.
- If people _____ (exercise) regularly, they tend to _____ (live) longer.
- If we _____ (leave) early enough, we _____ (miss) the traffic.
- We _____ (start) the meeting as soon as everybody _____ (be) here.
- If the music _____ (be) loud, people always _____ (dance).
- When the weather _____ (be) good, we usually _____ (eat) outside.
- If you _____ (use) sun cream, you _____ (not get) burned when we go sailing.

B For each sentence in Exercise 4A, decide if the situation is general (what normally happens – zero conditional), or specific (a possible situation in the future – first conditional).

- specific – first conditional* _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

5 Tick two correct sentences. Correct the wrong sentences.

- If I find the book, I ^{will} send it to you.
- If you will go to England, you will improve your English.
- I'll tell him you called when I will see him.
- If you give the plant too much water, it will die.
- If they arrive early, will you to ask them to wait?
- If you will come to the party tonight, will you bring a friend?
- When I go to Krakow, I usually will see my aunt.
- I always call my sister when there's a problem.
- She will get angry if you will say that!
- I go to the doctor tomorrow if I feel worse.

VOCABULARY PLUS

MULTI-WORD VERBS

6 A Circle the correct option to complete the sentences.

- Don't forget to _____ when you've finished.
a) click on b) take off c) log off
- She's my best friend. We _____ really well.
a) get off b) get over c) get on
- I used to love Indie music, but then I _____ it.
a) went off b) got on c) logged off
- I _____ lots of different outfits, but I didn't like any of them.
a) tried off b) dressed up c) tried on
- You have to _____ your shoes when you go inside.
a) log off b) take off c) dress down
- He's nearly forty. It's about time he _____.
a) settled down b) went off c) got on
- Can you _____? I can't read what it says at the bottom of the screen.
a) scroll on b) scroll over c) scroll down
- I don't like going into bars on my own. I'm worried someone will try to _____.
a) get on with me b) chat me up
c) settle down with me



B Complete the multi-word verbs with a suitable particle.

- I'd love to settle _____ and have children.
- Unfortunately, I don't get _____ with his mother very well.
- A very good-looking young man started to chat me _____ in the nightclub.
- I think he went _____ me when he met my family!
- Why don't you try _____ this shirt? I think it will really suit you.
- Scroll _____ to the top of the page to find our contact details.
- Do you mind if I take _____ my jacket? It's boiling in here.
- Sorry, I didn't realise you needed the computer. I've just logged _____.

VOCABULARY

VERB-NOUN COLLOCATIONS

- 1 Complete the sentences with a verb from Box A and a noun from Box B.

A

watch jump hold get raise do cut

B

sale queue money hair experiments
programme seat

- The scientists in our lab _____ a lot of _____ to find cures for common illnesses.
- Did you _____ that _____ about UFOs on TV last night?
- If you don't get to the show early, you won't _____ a _____.
- The shop manager decided to _____ a _____ of last year's products.
- Excuse me, you can't _____ the _____ . Lots of people are waiting.
- I asked my sister to _____ my _____ because I couldn't afford the hairdresser.
- We're trying to _____ for Save the Animals. Our target is €10,000.

GRAMMAR

HYPOTHETICAL CONDITIONAL: PRESENT/FUTURE

- 2 Rewrite the sentences using the second conditional.

- Joe goes to bed at 2a.m. He feels tired all the time.
If Joe didn't go to bed at 2a.m., he wouldn't feel tired all the time.
- She doesn't play for the team – she isn't fast enough.
If she _____
- We can't drive to your house because we don't have a car.
We _____
- I have a supportive family. My life is so easy.
My life _____
- I'd love to buy that house, but I don't have the money.
If I _____
- I'm so lazy. I don't write to my friends.
I _____ lazy.
- You don't water your plants regularly. They look dry!
If you _____
- Tom and Dave never help in the house. Their mother doesn't ask them.
They _____
- I work on Saturdays. I can't come to the barbecue.
If I _____

- 3 Put the verbs in brackets into the correct form. Use *would* or the past simple.



Henrik



Lulu



Olly



Brigitte

If you could choose any three things, what three things ¹ *would make* (make) your life better? We asked this question to the public.

Henrik, 25, from Sweden, said, 'If I really ² _____ (have) a chance to change three things, they ³ _____ (be) the environment, poverty and peace. My priority? I ⁴ _____ (introduce) new laws to save the planet.'

Lulu, 30, from Edinburgh, had different ideas. She said, 'My life couldn't be better, but if I ⁵ _____ (have to) change something, I ⁶ _____ (change) the colour of my curtains – they're a horrible grey!'

Olly, 16, from London, said, 'OK, if I ⁷ _____ (be) able to change three things, first thing: I ⁸ _____ (be) Prime Minister. Second thing: I ⁹ _____ (make) rich people pay more tax. Third thing: I ¹⁰ _____ (not let) people smoke cigarettes because they give you cancer.'


Brigitte, 19, from Germany, immediately said, 'More money! If I ¹¹ _____ (be) richer, I ¹² _____ (not have) to work in this stupid shop! I could spend my days painting, which is my real dream!'

- 4 A 6.1 Listen and write the sentences you hear. Write contractions as one word.

- _____ (9 words)
- _____ ? (8 words)
- _____ (10 words)
- _____ (10 words)
- _____ ? (9 words)
- _____ (8 words)

- B Listen and repeat the sentences. Pay attention to the rhythm and the contractions.

LISTENING

5 A  6.2 Listen to the introduction to a radio programme. What is the topic?

B Look at the picture. Which people do you think are 'potential victims'? Why?



C  6.3 Listen to the rest of the programme and check.

D Listen again and complete the notes.

POTENTIAL VICTIM?

- 1 Woman with dog: No, because dogs are unpredictable.
- 2 Woman on mobile phone: _____, because she isn't _____.
- 3 Tourists looking at map: _____, because they are concentrating on the map, not _____.
- 4 Man leaving cashpoint: _____, because he didn't put the money _____.
- 5 Woman in mini-skirt: _____, because of her positive _____.
- 6 Big man in coat: _____, because he's looking at his feet and he doesn't know _____.
- 7 Couple leaving taxi: _____, because rule number one of the street is: if you have anything valuable, _____.

WRITING

AN EMAIL OF ADVICE; LEARN TO QUALIFY WHAT YOU SAY

6 A Read the problem and choose the best summary.

- a) Kathy doesn't want her friend to apply for a job because it is Kathy's 'dream job'.
- b) Kathy's friend is angry because they both want to apply for the same job.
- c) Kathy wants the same job as her friend, but she is worried their friendship will end if she gets it.

Last week my colleague and best friend Mariela saw a job advertised in the paper. She told me it's her 'dream job' and she intends to apply for it. Unfortunately, it's also my dream job and I really want to apply. I have more experience than Mariela and would probably have a better chance of getting the job. But if I got it, it would ruin our friendship. Should I apply? And if I do, should I tell Mariela?
Kathy

B Put the paragraphs in the correct order to make an email of advice.

Paragraph 1: _____

Paragraph 2: _____

Paragraph 3: _____

Paragraph 4: _____

Dear Kathy

- A How would you feel if you didn't apply, she did, she got the job and you spent the rest of your career in the same job bored and unhappy? Or how would you feel if, because of her getting this new job (which you *didn't* apply for), she lost daily contact with you and your friendship broke up anyway? Wouldn't that be much worse than both of you applying and supporting each other?
- B I know that close friendships can be ruined because one person becomes more successful than another. It happens all the time, and not only in Hollywood or on Wall Street. But this is no reason for you not to chase your dreams. Finally, here are a few questions for you.
- C If she knows this, then that's the end of your problem. All you have to do is be honest with her and tell her that you want to apply. Then see what she says. If she is really angry, perhaps she isn't such a good friend. If I were you, I would also support *her* application as much as you can. Maybe offer to read through her CV and her application letter. If she gets an interview, give her a 'good luck' card and buy her a new pair of earrings to wear on the day. It's possible that neither of you will get the job, but tell her you'll be happy if either of you gets it.
- D OK, so you work together and are best friends, too. This means that Mariela probably knows how you feel about your job and, in all likelihood, also knows your plans for your career. In all probability, she realises that this job is your dream job, too.

C Read paragraphs C and D again and underline six words/phrases for qualifying what you say. The first has been done for you.

D Read the problem. Write an email of advice (180–200 words).

In one month, an old friend of mine is getting married. He told me the date nearly a year ago. Unfortunately, I forgot this date and I have now booked a holiday with my new girlfriend on exactly the same day. I can't change the dates of the holiday because my girlfriend can only have this one week off. Her boss says she can't change the date. I really don't know what to do. Help!
Stefan

VOCABULARY

LIFE EVENTS

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

split lost pass won bought accident degree
offered place promoted engaged failed


- Did you _____ all your exams?
- Sam had an _____ at work and had to go to hospital.
- My boyfriend gets on so well with my boss that he even _____ him a job!
- Are you going to apply for a _____ at university?
- Liz and Tony have been _____ for years, but they still aren't married.
- Tom _____ his job at the factory.
- I _____ my driving test six times!
- My parents _____ up when I was three.
- She _____ an international dance competition.
- Helen got _____ to manager.
- He's got a _____ in physics.
- Last year they _____ a house on the beach in Brazil.

B Match 1–6 with a)–f) to make phrases.

- | | |
|------------|-------------------|
| 1 pass | a) an accident |
| 2 get | b) your job |
| 3 win | c) with a partner |
| 4 have | d) a competition |
| 5 lose | e) promoted |
| 6 split up | f) exams |

FUNCTION

GIVING NEWS

2 A  6.4 Listen and match conversations 1–8 with situations A–H.



B Cross out one unnecessary word in each sentence. Then listen again and check.

- Bad news, as I'm afraid.
- I'm sorry for to have to tell you, but we lost the match.
- I've got some good unfortunately news for you.
- I'm afraid of I've got some bad news.
- There's something who I've got to tell you.
- You'll never guess what is happened.
- It's unfortunately, we were burgled last night.
- I've got something for to tell you.

LEARN TO

RESPOND TO NEWS

3 Complete the words in the responses.

- A: I've just passed my motorbike test!
B: C _____! That's f _____ news.
- A: Maciej's had an accident.
B: That's t _____! I'm really s _____ to hear that.
- A: I've just won the race!
B: W _____ d _____. That's g _____ n _____.
- A: He was attacked outside his house.
B: That's a _____! Do they know who did it?
- A: Amazing! I've just found €100 in an old coat pocket.
B: H _____ you? You l _____ thing!
- A: Unfortunately, he didn't get a place at university.
B: That's a sh _____, I'm sorry to hear that.
- A: I just bumped into Samantha on my way here.
B: You're j _____! What's she doing here?