


LISTENING

1 A Read about the signs of addiction to social networking. Which ones are physical symptoms?

ARE YOU ADDICTED TO SOCIAL NETWORKING? THE SIGNS:

- forgetting to eat
- ignoring friends and family
- anxiety
- lying to spend time doing it
- very bad headaches
- always thinking about doing it
- sleep problems
- problems with school or work
- dry or aching eyes
- not taking proper breaks

B  **4.1** Listen to five people talking about their addictions. Write the number of the speaker (1–5) next to the signs in Exercise 1A. There may be more than one possibility.

C Listen again. Make two changes to each of the sentences (1–5) so they match what you hear.

- 1 I actually found it quite strange talking to their face because I'm much more used to interacting with people online.
- 2 It's the quizzes and other applications that interest me, like there's always a new quiz or test for something.
- 3 I would often miss lunch so I could continue chatting.
- 4 To be fair, she probably asked me directly first but I suppose I'd got so involved in the site that I didn't hear her.
- 5 When a chat message arrived, I couldn't resist. I'd stop what I was doing and join the chat.

VOCABULARY

FREE TIME

2 A Put the letters in the correct order to make verbs. The first letter is underlined.

- 1 whtcis ffo _____
- 2 ocsuf no _____
- 3 llcih _____
- 4 rcerhgae _____
- 5 dni pu _____

B Complete the text with the correct form of the words in Exercise 2A.

My childhood was fairly happy. Our family wasn't well off and we lived in a small crowded house but that was OK. We had lots of arguments and fights but a lot of fun, too. Everything changed at school though. I couldn't deal with the discipline. I was always getting into trouble. I wouldn't ¹ _____ on the activities the teacher gave us – it wasn't that the class was boring but I just couldn't concentrate. I used to ² _____ just at the time that I needed to pay attention. Then of course, I couldn't keep up with the other students. Worse than that, because I was the only student who didn't know what was happening in class, the other students used to ³ _____ me _____ so that I'd get angry. Of course the teachers punished me for shouting at the other students. They would send me out of the class to ⁴ _____ and calm down. As an adult, I still have these problems, but I know how to deal with them now. When I find myself losing focus, I go somewhere quiet to ⁵ _____ and get some mental energy back. Then I come back to the task again – in a way, it's a bit like what happened at school.



GRAMMAR

PRESENT AND PAST HABITS

3 Underline the correct alternative.

- 1 I *didn't use to/don't usually* spend time with lots of people – I prefer to be alone.
- 2 I *used to/would* think I was right about everything, but these days I'm *used to/'m usually* more prepared to admit I'm wrong.
- 3 I *used to/would* like my little sister but now she's grown up it's so annoying – she's *always/used to* using my stuff.
- 4 I *often have/'m often having* trouble understanding the local accent, so I think my English is worse than it *used to/would* be.
- 5 My friends and I would *take/taking* long walks and we used to *stay/staying* out late every night.
- 6 Before I moved to this country, I used to *eating/eat* early. Here everyone eats very late, so I'm always *starving/starved* by the time I eat in the evening.
- 7 You're *always/used to* leaving your boots at the bottom of the steps. You *used to be/are always being* really tidy.
- 8 I *used to/'m used to* write letters by hand, but now I'm *usually doing/usually do* everything on the computer.
- 9 **A:** Where's Dad?
B: He'll *be/is always being* in the garden. He's *always gardening/used to garden* nowadays.
- 10 Before my divorce my wife *would/was used to* cook all my meals, but I generally *trying/try* to cook for myself now and I'm getting better!
- 11 **A:** I hate always *having/have* to wear a uniform!
B: What did you *use/used to* wear in your last school?
- 12 Mark and Amy were really competitive, they *would/'ll often* fight over little things. They'll *still argue/are arguing* about small things even today.

4 **4.2** Listen to the phrases and underline the main stress in each sentence. Then listen and repeat.

- 1 I used to love it.
- 2 I didn't use to discuss it.
- 3 We'd always eat together.
- 4 We'd always argue.
- 5 He's not used to it yet.
- 6 They'll be in the park.
- 7 I was always getting into trouble.
- 8 He'll be at the office.

5 Complete the forum answers with the correct forms of *used to* or *would* and the verbs in brackets. Use *would* where possible.

DO YOU FIND IT EASY TO CHANGE?

JonB	We moved to Canada earlier this year and we've found it difficult to cope with the cold winters. Before then we ¹ _____ (live) in New Mexico where the winters ² _____ (not be) so cold. The best piece of advice I was given was to invest in a very warm coat and hat!
Alex	Two months ago my doctor told me needed to eat less salt. Up to then I ³ _____ (put) about a spoonful of salt on a lot of things I ate. I ⁴ _____ (think) food was tasteless without it and I ⁵ _____ (enjoy) meals without salt. At first it was difficult but now whenever we eat out the food tastes too salty.
Vicki 2015	We've got a new baby. Just two weeks old. We love him to bits but he doesn't sleep at night. We ⁶ _____ (have) at least eight hours' sleep. Now we're lucky if we get two hours before he wakes us up. We ⁷ _____ (stay) in bed until mid-morning at the weekend – not now. In fact we don't have a weekend any more!
Chloe OK	I've just started my first job after university and it's been a shock to the system! At university I ⁸ _____ (get up) at about nine o'clock and now I have to be at work at nine. I also ⁹ _____ (work) when I felt like working. Not now – my boss says when I work and when I have a break.
New Hubby	I got married last month and we've moved into our first flat. I ¹⁰ _____ (live) alone, so it's strange for me to share everything with someone, even my wife. Before, I ¹¹ _____ (do) the washing-up whenever I wanted to, but my wife hates the mess, so I have to do it right away. Sometimes I wonder if I ¹² _____ (clean) my place regularly enough or if my wife is too tidy.

WRITING

AN OPINION ESSAY; LEARN TO USE LINKERS

6 A Read the opinion essay. Which two paragraphs develop the positive side (P) of the argument and which paragraph develops the negative (N)?

A LIFELONG PARTNER SHOULD BE SOMEONE WHO HAS SIMILAR VALUES, PERSONALITY AND INTERESTS. DO YOU AGREE?

- 1 Can you imagine being married to someone who is very different from you, in terms of their personality, beliefs or interests? In my view, it would be a recipe for disaster!
- 2 a) I believe it is vital that two people in a long-term relationship share the same basic values. b) If one of you believes that it is acceptable to read the other person's diary or emails and the other one doesn't, this could cause real problems.
- 3 c) I feel it is important that people have similar personalities and interests. d) Imagine you are an extrovert person who loves going out but you are married to someone who prefers to spend their evenings at home. Or e) consider a situation where one of you spends hours on their hobby but neglects their partner. The resulting tensions could put a serious strain on the relationship.
- 4 f) It is true that people can learn a lot from their differences. g) An outgoing person might help their shyer partner become more comfortable in social situations and therefore have more varied experiences than they might otherwise. This can lead to both people developing much more than they might if both of them were similar.
- 5 h) Although it is said that 'opposites attract', it seems to me that the basis of a long-lasting relationship is having similar ideas, personalities and interests.



B Complete the essay with the linkers in the box. Write a)–h) next to the appropriate linker. Some can go in more than one position.

to sum up, for example, as another example, at the same time, in addition to this, furthermore, to start with, for instance,

C Write an opinion essay (200–250 words) on the following topic.

A true friendship is hard work. Do you agree?

READING

1 A Read the article quickly and write the paragraph number next to topics a)–e).

- a) more recent developments
- b) history and background
- c) why you should read the article
- d) space tourism for people who aren't rich
- e) space hotels

B Read the article again and write true (T), false (F) or not given (NG) next to sentences 1–8. Underline the part of the article that helped you.

- 1 The writer thinks that business entrepreneurs are crazy.
- 2 Dennis Tito spent a week in space.
- 3 The Virgin Galactic flights stop at a space station but don't stay overnight.
- 4 The writer thinks that Tito should have bargained better.
- 5 The International Space Station doesn't have very luxurious facilities.
- 6 The Galactic Suite space hotel rotates to create gravity.
- 7 Some people think commercial space travel will be more and more competitive.
- 8 The writer recommends getting a job as an air steward or stewardess.

C Find words and phrases in the article that match definitions 1–8.

- 1 the kind of thing that something is made of (paragraph 2)

- 2 people who doubt whether something is true or right (paragraph 2)

- 3 started thinking about how to solve a problem (paragraph 3)

- 4 following a path which does not go fully around the earth (paragraph 3)

- 5 thought of (paragraph 4)

- 6 aiming at (paragraph 4)

- 7 the normal cost (paragraph 5)

- 8 aggressive (paragraph 5)

SPACE TOURISM IS HERE!

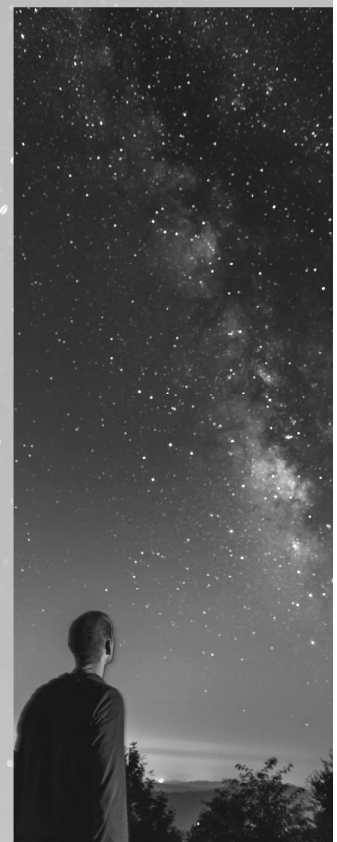
1 Fed up with the usual week-long holiday on the beach or walking through museums and old buildings that you only pretend to be interested in? Well, consider the ultimate in niche tourism: a new frontier, 'the final frontier' in fact: space tourism.

2 It wasn't long ago that space hotels were the stuff of science-fiction and space tourism was a concept that only the craziest of business entrepreneurs talked about seriously. But since the 2001 flight of Dennis Tito, an American businessman, aboard a Russian Soyuz rocket, even sceptics have had to regard space tourism as an area with real commercial potential. In the first few years, a space tourist like Tito paid \$20 million for a trip which included a week-long stay on the International Space Station.

3 It was only a matter of time before the entrepreneurs got on the case, and UK entrepreneur Sir Richard Branson and his Virgin Galactic company have begun offering online bookings for sub-orbital flights aboard their SpaceShipTwo. Tickets start at \$200,000, but are expected to come down in price to somewhere around \$20,000 – almost a bargain compared to what Tito paid. But the Virgin flights are only two-and-a-half hours, taking passengers just beyond the 100-kilometre altitude that is the internationally defined boundary between earth and space. Space tourists experience a few minutes of weightlessness and a view of the stars before heading back to earth and gliding in for a landing. A German company has been working on providing a similar service called Project Enterprise.

4 What about accommodation? A number of companies have come up with plans to develop space hotels that can offer more luxurious surroundings than the International Space Station, which was designed for research purposes, not for tourists. The Space Island Group planned a ring-shaped spacecraft, much like the one in the film *2001: A Space Odyssey*, situated about 640 kilometres from earth. The ring would rotate in order to create a gravitational pull so that tourists don't spend their space holiday floating in the air. Galactic Suite Ltd was at one point targeting 2012 as the opening date for its luxury space hotel, with three-night stays going for \$4.4 million – but that includes six weeks of training! And at least one international hotel chain has also expressed an intention of getting into the space hotel business.

5 So is there a hope for ordinary folk who have run out of earthly destinations for their holidays but can't afford the going price for a seat on SpaceShipTwo or a few nights at the Galactic Suite space resort? Space enthusiasts are optimistic and encourage any would-be space tourist to keep saving up and expect prices to keep coming down as competition gets more vicious. And for those who can't dream of putting together the money to meet the price tag, there's always the prospect, however unlikely, of getting a job in one of the space hotels. How does that sound for a year working abroad?



VOCABULARY

POSITIVE ADJECTIVES

2 Add vowels to complete the adjectives.

The ¹st__nn__ng Dingle Peninsula, sticking out into the Atlantic Ocean, is one of the most ²d__l__ghtf__l regions in Ireland. Only 320 km from Dublin, it is famous for its ³s__gn__f__c__nt archaeological sites and is one of the least densely populated areas in the country. Castlegregory (population 205!), located on the north coast between Tralee and Dingle is ⁴p__rf__ct for walking. You can also wander along the ⁵s__p__rb sandy beaches along the water's edge or explore the ⁶__xc__pt__n__l Maharee islands. Why not try the ⁷cl__ss_c walk up Mount Brandon, the second highest mountain in Ireland. From its summit, you can enjoy ⁸br__t__ht__k__ng views of the Blasket Islands, a tiny group of islands just off the coast. However, due to its closeness to the Atlantic, you might experience bad weather conditions as the weather can change suddenly, so make sure you're warmly dressed!

GRAMMAR

FUTURE FORMS

3 Correct the mistakes in the underlined phrases. One is correct.

A: Sue will take a year off work, but she hasn't decided yet.

B: What is she doing if she does take the year off?

A: She said she 's thinking to travel a bit.

A: Look, they say there 's likely to be bad weather tomorrow.

B: I suppose they 're postponing the outdoor concert then.

A: Maybe. I 'm phoning and asking before we 'll leave.

A: Their boat will get in just after nine.

B: So when are we going eating?

A: After they will arrive, I guess.

4 Rewrite the sentences using the words in brackets. Do not change the form of the word.

1 It will probably be hot tomorrow. (likely)
It _____

2 Chris wants to find a new job. (hoping)
Chris _____

3 I want to see Ingrid and then I'll leave. (before)
I _____

4 They're meeting at 3 o'clock tomorrow. (planning)
They _____

5 Barcelona are certain to win the championship. (definitely)
Barcelona _____

6 Don't be late. We've got to be at the theatre at eight. (due)
Don't be late. We _____

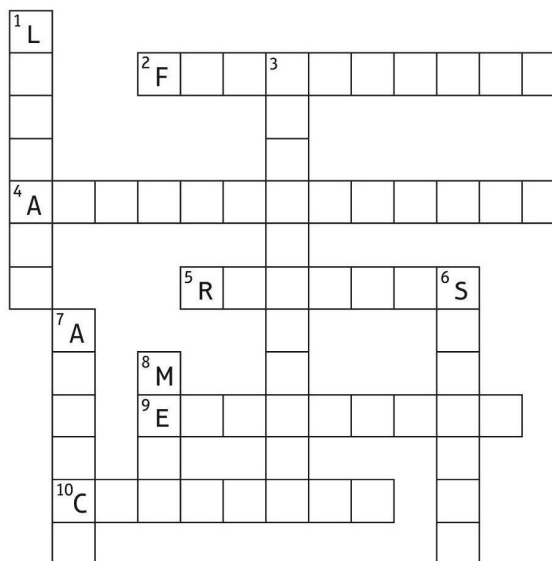
7 There's a good chance that she'll get her work permit tomorrow. (likely)
She _____

8 I'm not likely to see you tomorrow. (probably)
I _____

VOCABULARY PLUS

UNCOUNTABLE AND PLURAL NOUNS

5 Complete the crossword.



Across

- 2 a 4-star hotel has more of these and they're better
4 a place to sleep or stay for a while
5 what's left of an ancient building
9 e.g., in sport, a tennis racket, golf clubs
10 all the things in your bag

Down

- 1 suitcases
3 everything you find out when you ask questions
6 the view of natural features, for example out of a train window
7 suggestions
8 _____ of transport

FUNCTION

DESCRIBING PROCEDURES

1 A Complete the rules for the game with the phrases in the box.

what happens after way the first thing key thing
the point aim

Basically, the ¹_____ it works is that you draw a grid of 5x5 squares on a piece of paper. There are two players and the ²_____ of the game is to complete the sequence 'SOS' in a straight line as many times as you can. So ³_____ you do is one of you writes an 'S' or an 'O' in one of the squares. Then the other player writes an 'S' or an 'O' in another square.

Whenever one of you completes an 'SOS', you get another turn and ⁴_____ is not to let your partner succeed because ⁵_____ is that one player gets an 'SOS' and then blocks the other player. It's easy to lose track of who's winning so the ⁶_____ is to keep score of who gets how many 'SOS's. Then, ⁷_____ you've finished (once the grid is full), the winner is the player with the most 'SOS's.



B ▶ 4.3 Listen and check your answers.

3 Complete the sentences with the correct form of the words in Exercise 2.

- 1 You need to call an electrician. I can't fix the light, I don't have the _____.
- 2 I wouldn't tell Jeff any jokes, he doesn't have _____.
- 3 Hey Carol, you're _____.
Have you been going to the gym?
- 4 That's a lovely poem, you're really _____.
- 5 Jake's got a really bad temper, but Fatima is completely the opposite, she's very _____.
- 6 I'm not very _____.
I could never write a book, for example.
- 7 Professor Cook has got the _____ of anyone I've ever met. He can solve maths problems really quickly.
- 8 If you feel upset, you should speak to Belinda. She _____ and she's a very good listener.

LEARN TO

USE MIRROR QUESTIONS

4 A Write mirror questions to check the words or phrases in *italics*.

- 1 A: Look up the idiom *under the key word*.
B: Look up the idiom where?
- 2 A: You should see *the deputy director*.
B: _____
- 3 A: I last spoke to her *on Christmas Eve*.
B: _____
- 4 A: You can use a question word *to clarify*.
B: _____
- 5 A: *The cast* is waiting backstage.
B: _____
- 6 A: The rain's *lashing down*.
B: _____
- 7 A: You'll find us *in the green room*.
B: _____
- 8 A: The *lectern* is too high.
B: _____

B ▶ 4.4 Listen and check your answers.

C Listen again and underline the main stressed word in each question.

D Listen and repeat, paying attention to the stress and intonation.

Look up the idiom where?

VOCABULARY

ABILITIES

2 Find eight words or phrases for abilities in the wordsearch.

B	W	Y	W	E	R	A	T	I	N	V	E	W	F	H	J	K	L	A	S	I
K	A	G	O	O	D	S	E	N	S	E	O	F	H	U	M	O	U	R	P	N
M	G	W	F	D	S	H	M	L	K	J	P	M	N	E	R	T	I	N	G	G
N	G	F	B	L	S	A	W	Y	W	E	K	N	O	O	E	R	T	I	N	R
B	E	R	W	S	D	R	E	W	O	R	N	B	W	Y	W	E	R	T	I	E
F	R	W	E	R	T	P	G	T	C	O	O	L	H	E	A	D	E	D	Z	A
A	S	H	J	U	T	M	D	S	H	J	W	N	M	L	K	J	H	G	F	T
I	N	V	E	N	T	I	V	E	N	E	H	E	W	Y	W	E	R	T	I	S
Y	W	X	N	M	L	N	Y	P	S	R	O	V	E	W	U	L	D	S	H	H
F	H	R	G	O	O	D	W	I	T	H	W	O	R	D	S	P	K	X	S	A
J	G	K	F	H	J	K	L	H	S	D	F	G	H	J	S	R	W	E	R	P
U	N	D	E	R	S	T	A	N	D	H	U	M	A	N	N	A	T	U	R	E