

01

Identity



1A VOCABULARY AND SPEAKING

Compound adjectives (personality), personality adjectives and values, fixed expressions

- 1 ★ Complete the fixed expressions in bold with the prepositions from the box. Some prepositions can be used more than once.

about by for into out with

- 1 I really **get a kick out** of renovating furniture.
- 2 He **is nuts** remote control cars.
- 3 She **sets great store** good table manners.
- 4 Their salaries should be increased **in line** inflation.
- 5 It was a tough choice, but I finally **plumped** the blue one.
- 6 Your results **say a lot** how hard you must have worked.
- 7 I'm just **not that** cooking, it's too much effort.
- 8 I **clicked** her straightaway and we've been friends ever since.

- 2 ★★ Replace the underlined parts of the sentences with the fixed expressions from Exercise 1. Make any necessary changes.

- 1 He was really excited to see his photo in the newspaper.
really got a kick out of seeing
- 2 We hit it off with each other from the start.
- 3 She really loves salsa dancing.
- 4 The way you deal with failure really indicates something about your character.
- 5 I just can't decide which cake to choose. They both look delicious.
- 6 I'm far from enthusiastic about sport.
- 7 I've never considered money very important.
- 8 The results were similar to what we would expect.

- 3 ★★ Complete the sentences with the compound adjectives from the box.

absent-minded forward-looking highly strung
high-spirited kind-hearted laid-back like-minded
narrow-minded streetwise strong-willed
thin-skinned tight-fisted

- 1 She's so *tight-fisted* that when she opens her purse, moths fly out!
- 2 I joined this club hoping to meet _____ people I'd have something in common with.
- 3 She's always been really _____. Once she makes up her mind, there's no shifting her.
- 4 He's so _____ that some people take advantage of it.
- 5 Their dog is rather _____. He barks whenever anyone walks past the house.
- 6 I'm so _____ I can't find my glasses even when they're on top of my head!
- 7 Because he was brought up in a small village, he isn't very _____.
- 8 Be careful what you say to her. She's really _____ and can't take criticism at all.
- 9 She smiled as she watched her _____ daughter doing cartwheels across the grass.
- 10 This business is stuck in the past. They need a more _____ approach.
- 11 Why won't you at least try the food? You're so _____! You might actually love it.
- 12 He never seems to worry about anything - he's so _____.

4 ★★★ Read the definitions and complete the words with one letter in each gap.

- 1 *Spontaneity* is the quality of being natural and not planning in advance.
- 2 C _____ is a willingness to devote time and energy to something you believe in.
- 3 F _____ is a kind of honesty and straightforwardness.
- 4 A _____ is the quality of being confident and not afraid to say what you want or believe in.
- 5 S _____ is a situation which you can trust will not change.
- 6 T _____ is the ability to give feedback without upsetting anyone.
- 7 S _____ is the quality of being genuine and speaking from the heart.
- 8 D _____ is the ability to keep a secret.
- 9 M _____ is being able to forgive someone who you have authority over.
- 10 I _____ is the quality of including many different types of people and treating everyone fairly and equally.
- 11 H _____ is the quality of not being too proud about yourself.

5 ★★ Complete the sentences with the correct adjectives formed from the nouns in Exercise 4.

- 1 I'm sorry, but we need to have a *frank* discussion about your negative attitude.
- 2 It wasn't very _____ to comment on the size of her feet.
- 3 I don't feel that you are sufficiently _____ to this job. You turn up late almost every day.
- 4 The King did not believe in being _____ to his enemies, and treated them harshly.
- 5 If I tell you this, can you be _____ and keep it to yourself?
- 6 I didn't realise he was famous. He's so _____ he never mentioned it.
- 7 Do you have to plan everything in such detail? What's wrong with being _____?
- 8 The government advises against travel until the political situation is more _____.
- 9 We need to be more _____ so that everyone has the opportunity to access the programme.
- 10 He sounded _____, but my instinct told me he wasn't telling the truth.
- 11 If you don't want to do it, just say so! You need to be more _____.

6 ★★★ USE OF ENGLISH Complete the text with the correct words formed from the words in bold.

PEOPLE DON'T CHANGE – OR DO THEY?

Have you ever had the ¹*sensation* (**SENSE**) while looking at a photo of your younger self that the person in the image is somehow almost a different person?

Of course, we change physically as we grow up, and as we grow older, but it seems that our personalities may also go through a ² _____ (**TRANSFORM**). It's not just that we're no longer nuts about collecting toy cars, or that we are perhaps a bit more ³ _____ (**TACT**) as we grow more aware of other people's feelings, but that, over time, we become completely different

people. Psychologists call this process 'personality maturation' and it appears to begin in our teenage years and continues until we are in our seventies. By the time we retire, not only are we perhaps a bit more ⁴ _____ (**ABSENT**) and forgetful, but, somewhat more surprisingly, we are also likely to have become more ⁵ _____ (**HEART**) and generous. It seems that, on average, negative personality traits are diminished and we will probably be less ⁶ _____ (**HIGH**) and more ⁷ _____ (**LAI**) than in our younger years.

This is fascinating both because of how much more malleable personality is than we may have thought, and because it turns on its head the stereotype of the grumpy old person who becomes more ⁸ _____ (**NARROW**) as they age, and sets great store by doing everything 'their' way.

Despite the tendency to become more agreeable with age, how our personalities develop will, of course, be moulded by our upbringing and later life experiences. There is also some evidence that as we go into very old age, our personalities may undergo something of a reversal, and we may become more ⁹ _____ (**THIN**) and quick to take offence as well as less tolerant and ¹⁰ _____ (**INCLUDE**), as we face the greater challenges of this particular stage of life.

7 ON A HIGH NOTE Write a paragraph about your personality as a child and how you think it has changed since then.



1B SPEAKING AND VOCABULARY



1 Read the phrases. How do you say them in Polish?

SPEAKING | Paraphrasing what you hear

CHECKING UNDERSTANDING

To put it another way, your personality changes over the course of adult life.

In other words, personality is the first thing that should be considered.

If I'm hearing you correctly, you can always get more qualifications, but it's hard to change who you are fundamentally.

So you're saying (that) personality is more important than qualifications?

Let me get this straight – you always start the session with some psychometric tests.

SUMMARISING

Essentially, they can't see a connection between their studies and their future career path.

Simply put, it's vital for you to understand yourself better.

In a nutshell, these tests are pretty comprehensive.

So, what it boils down to is that my job suits me, but I need to make sure I keep getting new challenges.

2 Match the two parts of the sentences.

- 1 Essentially,
- 2 So, what it boils
- 3 Let me
- 4 In other
- 5 To put it
- 6 Simply
- 7 If I'm hearing you
- 8 In a
- 9 So you're saying

- a get this straight – Grandma wants to travel the world?!
- b down to is that it's a personal choice.
- c put, I would avoid it at all costs.
- d nutshell, it's not advisable.
- e words, it's a disaster.
- f another way, we need to start again.
- g that there's a chance?
- h they are amateurs.
- i correctly, you decided to drop out of school?

3 Complete the conversation with the words from the box. There are two extra words.

boils essentially hearing nutshell ~~saying~~ simply straight

Jess I'm really nervous about this interview tomorrow. I think I'm prepared, but what if they spring something on me?

Luke So, you're ¹~~saying~~ they might ask you something you don't know?

Jess Well, yes, they might, but it's more that they might do something I'm not expecting at all. I was reading about these interview techniques where they try and find out about you in sneaky ways. ² _____, they test you by doing something like dropping a pen on the floor and seeing if you pick it up.

Luke Let me get this ³ _____. You're worried the interviewer might drop their pen?

Jess In a ⁴ _____, it's a way of seeing if you're a nice person, you know, kind-hearted and empathetic.

Luke Really? What else did you read about?

Jess Well, another technique was to get someone to show you around. They'd be really friendly, but secretly they'd be trying to find out what you're really like. You know, if you're actually a bit of a wet blanket or whatever.

Luke So, what it ⁵ _____ down to is that you're worried they'll find out what an awful person you are? Come on, Jess, that's ridiculous. Just be yourself and don't obsess about it. You're such a smart cookie. You'll do fine.

Jess Fingers crossed!

4 Find and correct one mistake in each sentence.

- 1 To put it other way, it's just too expensive. *another*
- 2 On a nutshell, we need to plump for something different.

- 3 Let me put this straight. _____
- 4 If I'm listening to you correctly, we have a serious problem. _____
- 5 Simply taken, he's just too highly strung. _____
- 6 So, that it boils down to is that there's no money left.



- 7 In another words, he's nuts about her. _____
- 8 So you're speaking that it's impossible? _____

5 ON A HIGH NOTE Choose three idioms from the box. For each idiom, write a short dialogue where someone explains what they mean by using the idiom. Use the phrases from the Speaking box.

a cold fish a dark horse a go-getter
a mover and shaker a smart Alec a smart cookie
a soft touch

- A *He's a bit of a cold fish, isn't he?*
- B *So, you're saying that you don't like him very much?*
- A *Not exactly, no. Essentially, he just isn't very warm and friendly.*

1C LISTENING AND VOCABULARY

1   2 Listen to a psychology lecturer talking about his experience of being a twin. Complete the sentences with the information from the recording.

- 1 There have been more twins born in recent years than in the past.
- 2 According to the lecturer, _____ of twins are not identical.
- 3 Even identical twins are not born with the same _____.
- 4 According to the lecturer, it is a _____ that twins skip a generation.
- 5 There is no evidence that having identical twins is _____.
- 6 There is _____ between identical twins than between other siblings who are close in age.
- 7 It is suggested that twins may understand each other well due to the many _____ they have in common.
- 8 The lecturer implies that stories about telepathy between twins should _____.

Vocabulary extension

2 Read the sentences from the recording in Exercise 1. Replace the underlined words with their synonyms from the box.

clashed fluke inquisitive popped skip

- 1 And then maybe a little bit curious – they always want to ask questions. *inquisitive*
- 2 Now, let me see if I can guess the first question that came into your mind. _____
- 3 Many people believe that, as a rule, twins miss a generation. _____
- 4 My twin and I are both quite strong-willed, so we fought a fair bit as kids. _____
- 5 Are examples like these just a coincidence? _____

3 Complete the phrases with the word *rule* which you heard in the recording in Exercise 1, with one word in each gap.

- 1 Many people believe that, _____ a rule, twins skip a generation.
- 2 It seems as if twins might be an _____ to the rule.
- 3 Perhaps I shouldn't rule it _____.

4 Complete the sentences, which contain more phrases with the word *rule*, with the words from the box.

~~band~~ make petty thumb unwritten

- 1 He would never actually break the rules, but he's perfectly prepared to band them if it suits him.
- 2 I _____ it a rule to get up the same time every day, even at the weekend.
- 3 A good rule of _____ is to wait until the water starts to boil before adding the pasta.
- 4 There's a(n) _____ rule that if you bring in biscuits, you have to share them.
- 5 I'm a free spirit! I don't take any notice of _____ rules and restrictions.



Pronunciation


5 Look at the extract from the recording in Exercise 1. Which word is stressed in the underlined compound adjectives, the first or the second?

My twin and I are both quite strong-willed, so we clashed a fair bit as kids. Of course, he's far more highly strung than me.

ACTIVE PRONUNCIATION

Word stress in compound adjectives

In compound adjectives, the stress is usually on the second word. However, compound adjectives with no hyphen, or which are formed with a noun + gerund or past participle are usually stressed on the first word (e.g. *carefree*, *eye-catching*, *tongue tied*).

6  3 Decide which word is stressed in the following compound adjectives. Choose 1 for the first word or 2 for the second word. Listen, check and repeat.

- | | |
|---------------------|-------|
| a quick-witted | 1 / 2 |
| b streetwise | 1 / 2 |
| c absent-minded | 1 / 2 |
| d thought-provoking | 1 / 2 |
| e tight-fisted | 1 / 2 |
| f time-saving | 1 / 2 |
| g mouth-watering | 1 / 2 |
| h record-breaking | 1 / 2 |
| i thin-skinned | 1 / 2 |
| j world-famous | 1 / 2 |

1D GRAMMAR

Continuous and perfect tenses

1 ★ Match sentences 1-10 with their meanings a-j.

- 1 I've been trying to work for hours now.
- 2 He'd been sitting there for hours. It was time to go.
- 3 I'm learning to ski.
- 4 By August, I'll have been living here for two years.
- 5 Next time I see you, I will have had my hair cut short.
- 6 I've built up a lot of muscle.
- 7 The water was pouring down the side of the bath.
- 8 This time tomorrow, I'll be flying over the Atlantic.
- 9 I can't exercise because I've broken my leg.
- 10 I had been there before.

- a a temporary situation in progress now
- b an action that will be in progress at a specific time in the future
- c an action in progress up to the present moment
- d an action in progress before a certain point in the past
- e an action completed at a non-specified time before now
- f a recent action with a result in the present
- g an action in progress up to a certain time in the future
- h an action that will be completed before a certain point in the future
- i an action in progress at a certain time in the past
- j a completed action which happened before a certain point in the past

2 ★ Choose the correct options to complete the sentences.

- 1 I've been trying to call you *all day / several times*.
- 2 You're keen! That's the third time you've *run / been running* this week.
- 3 Have you been eating a lot of fruit *last week / this week*?
- 4 How many glasses of water *had you drunk / had you been drinking* by midday today?
- 5 *You've been sitting / You've sat* at that desk for hours. Get up and move about a bit!
- 6 I couldn't believe it when I saw Jerry - *we'd just been talking / we'd just talked* about him.

3 ★★ Complete the sentences with the correct Present Perfect Simple or Present Perfect Continuous forms of the verbs in brackets.

- 1 It *'s been raining* (rain) all day. I'm fed up with it.
- 2 I _____ (have) a headache ever since I woke up this morning.
- 3 I hope you _____ (not wait) long.
- 4 How long _____ you _____ (be) ill?
- 5 How long _____ you _____ (feel) sick?
- 6 He's bright pink because he _____ (sit) in the sun too long.
- 7 Someone _____ (eat) my sandwich - they've taken a big bite out of it!
- 8 She's too laid-back about her work - she _____ (chat) on the phone most of the day.

4 ★★ Choose the correct forms to complete the mini-conversations.

- Priya** Are you free next Friday?
Scott What time? Not in the afternoon because I'll ¹ _____ a marathon.
Priya Wow! That's impressive.
a be running **b** run **c** have run
- Doria** Do you fancy going out tonight?
Uli No, sorry, I've got to get this essay finished.
Doria Don't be such a wet blanket. You ² _____ working on it for hours. You deserve a break.
a are **b** 've been **c** 'll have been
- Kosmo** I tried to call you several times last night. Where were you?
Felix Sorry, I didn't answer the phone because I ³ _____ asleep.
a was falling **b** fell **c** 'd fallen
- Euan** You're a bit of a dark horse, aren't you?
Yang What do you mean?
Euan You didn't tell anyone you ⁴ _____ for plays. How are you getting on?
Yang I actually got a part in a show last night.
Euan Well done!
a 'd been auditioning
b 'll be auditioning
c 'd auditioned
- Lucy** I think I'm addicted to social media. So far today I ⁵ _____ my phone twenty-seven times.
David You've only been awake for half an hour!
Lucy Exactly.
a 'd checked **b** 've checked **c** 'm checking
- Leo** I'm just so disorganised. I keep forgetting to hand in my work on time.
Liam I used to be like that. Let me show you this app I use. It's great. In a few weeks you ⁶ _____ so organised that you won't recognise yourself!
a 'll have become **b** 've become **c** became



- 5 ★★★ Complete the sentences with no more than three words in each gap.
- I've just **been** walking in the hills. It's gorgeous out there.
 - Next week I _____ working here for five years.
 - It _____ raining as we left the cinema, so I reached for my umbrella.
 - Don't call me at eight o'clock tonight. I _____ watching the next episode of *Glow Up*.
 - I _____ going to bed too late recently. I must get an early night tonight.
 - I _____ studying Spanish at the moment in preparation for a trip to Madrid next month.
 - I _____ seen you for ages! Where have you been hiding?!
 - I know Edinburgh pretty well, but I _____ to Glasgow before this trip. It was great.
- 6 ★★★ USE OF ENGLISH Complete the second sentence using the word in bold so that it means the same as the first one. Use between three and six words, including the word in bold.
- We intended to get fit this spring, but life got in the way. **DECIDED**
We **had decided to** get fit this spring, but life got in the way.
 - You are a smart cookie. This is your best work to date. **EVER**
You are a smart cookie. This is the best work _____.
 - There is no decision from the government yet. **HAS**
The government _____.
 - I don't expect to finish until tomorrow. **FINISHED**
I probably _____ tomorrow.
 - This time tomorrow, I plan to be in conversation with all the movers and shakers at the conference. **TALKING**
This time tomorrow, _____ to all the movers and shakers at the conference.
 - Both my parents have regular piano lessons. **BEEN**
Both my parents _____ piano lessons.
- 7 ★★ Complete the conversation with the correct forms of the verbs in brackets.
- Luke** Congratulations on winning that race, Macy! That was impressive. You ¹**were running** (run) so fast you just looked like a blur! ²_____ (you/train) really hard recently?
- Macy** No, not really, if I'm honest. I think it was mostly a fluke. I ³_____ (start) eating a bit better lately though.
- Luke** Ah, maybe that's it. You know, you are what you eat.
- Macy** That would make me a banana then - I ⁴_____ (eat) loads of those recently.
- Luke** Ha ha, very funny ... ⁵_____ (you/run) next Thursday as well?

- 8 ★★★ Complete the text with the correct perfect or continuous forms of the verbs from the box.

come do live notice prioritise



WHY THE BRAIN RESISTS CHANGE

One of the key reasons why people fail to change their bad habits is quite simply a lack of patience. They usually try to start a new habit, but give up when, after a few days or weeks, they ¹**haven't noticed** any dramatic changes.

Since the days when we ²_____ in caves, the brain ³_____ survival. From a biological perspective, if we are still alive, what we ⁴_____ must be working for us, so there is no need to change it.

For this reason, the brain naturally resists change. It rarely works to try and change everything overnight. Therefore, we should make incremental changes, until one day we look back and see how far we ⁵_____.


- 9 ON A HIGH NOTE Write a paragraph about a habit you would like to give up.

- What impact is it having on your life?
- How will your life be different in six months' time if you succeed?

1E READING AND VOCABULARY

1 Read the article. Which of the following cultural differences does the author NOT mention?

- a speaking a different language
- b different kinds of foods
- c the way people dress
- d what is considered good manners

2  Read the article again and match questions 1–7 with paragraphs A–D. Each paragraph may be chosen more than once.

In which paragraph does the author ...

- 1 reflect on the long-term impact of her travels?
- 2 mention being attached to a culture that may not be there any more?
- 3 highlight a disadvantage of limiting contact with the host culture?
- 4 point out the potentially serious consequences of culture shock?
- 5 emphasise that cultural acclimatisation is likely to be an ongoing process?
- 6 mention a possible reason why culture shock may not be immediately apparent?
- 7 list some social norms that resulted in her being initially confused?

Vocabulary extension

3 What do the underlined words in the sentences from the article imply? Choose A for a judgement arrived at after some time or B for an immediate judgement.

- 1 It requires strenuous effort to deduce all the unspoken rules. A / B
- 2 It's at this point that many people conclude that living in this new culture is not for them. A / B

4 Complete the sentences with the highlighted words from the text.

- 1 She's very touchy-feely, always hugging everyone.
- 2 It's hard to _____ so much information so quickly.
- 3 The accident looked bad at first, but in fact the damage was only _____.
- 4 I used to live in the countryside, so found it difficult to _____ myself to big city life.
- 5 She's physically quite small and slight, but rather _____ when she's angry.
- 6 She screamed at the top of her voice, as a way of releasing all the _____ frustration.
- 7 In the fog, I felt a strange sense of _____, with no idea which way was which.
- 8 When you are exhausted, _____ in judgement are only to be expected.
- 9 The trip to the Uffizi Art Gallery in Florence was a culturally _____ experience.
- 10 Even after twenty years of marriage, he was still completely _____ with her.
- 11 He is a better film actor than on stage, where the _____ of his facial expressions may be missed.
- 12 Having forgotten his torch, he didn't _____ into the dark cellar.

ACTIVE VOCABULARY

Verbs with -ize or -ise endings

Many verbs in English can be spelt with either the suffix -ise or the suffix -ize. In most cases, both are acceptable, though you should be consistent in the spelling you choose.

Note that a few verbs are always spelt -ise (e.g. *advise, improvise, arise, compromise, despise, disguise*), and a very small number of verbs are always spelt -ize, (e.g. *seize, prize, capsized*).

5 Complete the sentences with the correct verbs formed from the words in the box. Be consistent in your spelling. Use a dictionary if necessary.

accessory advice agony ~~climate~~ custom fiction
ideal jeopardy priority

- 1 The footballers arrived a few days before the match to acclimatise/acclimatize to the humidity.
- 2 People often _____ their childhood, remembering it as always sunny and happy.
- 3 She _____ her black dress with a simple silver necklace.
- 4 She _____ him to work harder if he wanted to pass the exam.
- 5 You need to _____ your work. There will be plenty of time for fun later.
- 6 Rather than creating a documentary, they decided to _____ what had happened.
- 7 Having _____ over what to do for several days, he finally decided that he would have to confess.
- 8 The software can be _____ to meet your exact requirements.
- 9 If she fails this exam, it could _____ her whole future.

6 ON A HIGH NOTE Write a paragraph giving advice to someone visiting your country. What aspects of your culture do you think people from other cultures might find hard to adapt to?



THE SHOCK OF A DIFFERENT CULTURE?

01

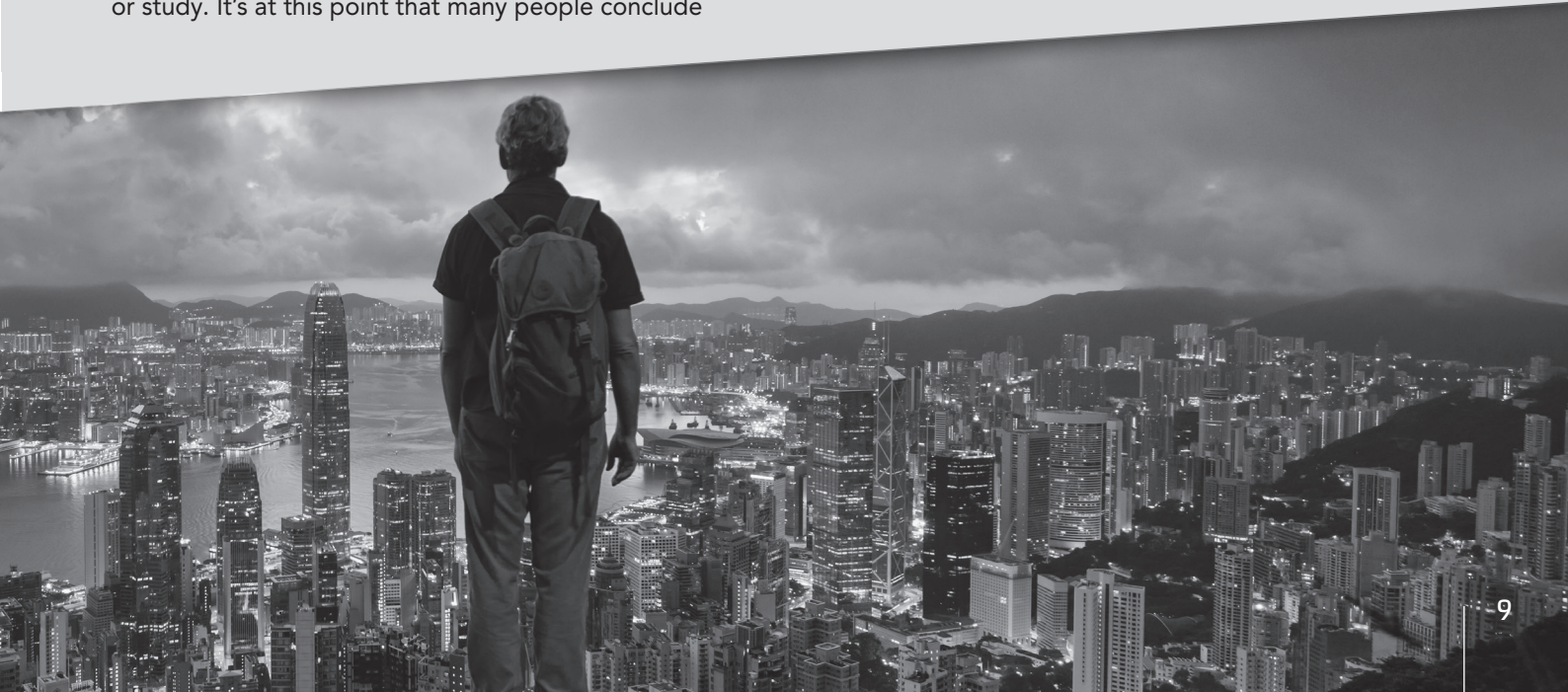
A I was well-brought-up, and frankly, I always assumed I had good table manners until I went to live in Brazil. Food is almost always eaten there with cutlery – and that includes chips, sandwiches and cake. If you absolutely have to use your hands, you hold the food in a napkin at all times. It's charming, and probably a lot more hygienic, but it's certainly very different, if not a little intimidating. It also took me a remarkably long time to fully comprehend that when a Brazilian invites you to their house for eight o'clock, it is considered impolite to turn up until at least thirty minutes later. These are just a couple of classic examples of the kinds of (often quite subtle) differences that can lead to a feeling of disorientation and culture shock when we travel abroad to work, live or study.

B At first, it can be hard to recognise what is going on, not least because the immediate impact of arriving in an alien culture may be overwhelmingly positive. Known as the 'honeymoon stage', everything is new and exciting. We may become infatuated with the food, the language, the people, the surroundings. On a short trip, we may never leave the honeymoon stage, and look back fondly on our time there. If we stay longer, however, small frustrations may start to creep in. Nothing is ever as easy as it was back home. You can't grasp the nuances of getting things done, and you are increasingly irritated by the way everyone pushes into the queue ahead of you. Everything seems to take longer and it requires strenuous effort to deduce all the unspoken rules. Excitement may give way to pent-up feelings of homesickness.

C This stage, often referred to as the 'negotiation stage', can kick in around the three-month mark within the host culture. You may find that your sleep is negatively impacted, and you may even develop physical symptoms such as headaches or stomach aches. Lapses in concentration are also common, which is particularly challenging if you are in the country to work or study. It's at this point that many people conclude

that living in this new culture is not for them, and make plans to return home. Alternatively, they may decide to bury themselves as much as possible within the expat community, and venture out as rarely as they can. Tempting as this approach may seem, it is likely to leave you in a permanent state of culture shock as you never give yourself the opportunity to fully acclimatise or adapt to the new culture. For those who pass through the negotiation stage successfully, after six to twelve months they may expect to adjust to the new culture. It is likely that this will still be relatively superficial, and they may continue to come up against deeper cultural differences in the longer term. Gradually however, they will assimilate themselves into the culture, in some cases coming to see themselves as bicultural, particularly if they create family ties within the new culture.

D Strangely enough, it has been found that reverse culture shock, when the person returns to their home culture, can be even more challenging to deal with than the original culture shock. Perhaps even more surprisingly, it seems that those who found the most difficulty in assimilating are often those who suffer the most from reverse culture shock. It may be that they have created an idealised version of their home culture, in which none of the problems of the alien culture exist. Equally, if they have been away from home for some years, they may find that things have moved on at home, and that the culture there is no longer just as they remember it. I adjusted relatively quickly to life in Brazil, but did indeed struggle to a degree with reverse culture shock. Back home, people felt somewhat cold and unfriendly, and I found myself perceived as overly 'touchy-feely'. The experience of living in another culture profoundly changed me, and while I have probably reverted somewhat to my 'Britishness' since, I'm sure that much of that change was permanent. I have no regrets whatsoever, and believe that the experience was nothing if not enriching.



1F WRITING AND VOCABULARY | A blog post about the past

Give your blog post a catchy title.

Begin by introducing the memory.

Give some background information. How old were you? Where did this happen?

Use time linkers to show when things happened.

Describe the main events of the memory.

Comment on the memory from your present day perspective and explain why it is important to you.

A SWEET MEMORY

One of my fondest childhood memories is the day that, much to my delight, sugar rationing ended in Britain. It was February 1952, seven years after the end of the Second World War, and I was just six years old. I didn't even remember the war but, ¹ __, sweets and chocolate had been things that were only available in very small quantities, as a special treat ² __.

Suddenly, sugar was freely available, and we were all determined to make the most of it. I clearly recall a van pulling up outside the school, and men coming in with armfuls of free lollipops. I didn't have a clue why this was happening, but I was very sure that I liked it a lot! That evening, my father came home from work with an enormous box of chocolates for my mother, and we were all allowed to eat as many as we wanted.

Of course, ³ __ I realise that the nation was probably considerably healthier during those days of rationing. Rationing was introduced in 1940 and lasted fourteen years. ⁴ __, life expectancy increased by six or seven years, far more than the average increase one might expect.

⁵ __ I eat pretty healthily, and I don't have a particularly sweet tooth, but ⁶ __ I see my grandchildren getting excited about sweets, it brings all the memories flooding back. I've never forgotten the wild joy of suddenly being able to have all the sugar I wanted.

1 Read the blog post and answer the questions.

1 Why is the memory significant for the author?

2 How did they feel at the time? _____

3 How has their perspective changed? _____

2 Find any phrases that are used to introduce a memory or to explain why the memory is significant.

3 Match time phrases a-f with gaps 1-6 in the blog post.

a for as long as I could remember

b Nowadays

c whenever

d During these years

e on rare occasions

f with hindsight

4 USE OF ENGLISH Complete the second sentence using the word in bold so that it means the same as the first one. Use between two and five words, including the word in bold.

1 I very rarely wore a tie. **OCCASIONS**

I only wore a tie *on rare occasions*.

2 Between 1990 and 1999 I lived in France. **DURING**

_____ I lived in France.

3 Looking back, I can see that I was often lonely. **HINDSIGHT**

_____, I can see that I was often lonely.

4 When I think of that time, it evokes so many memories. **FLOODING**

When I think of that time, the memories _____.

5 It affected me deeply. **PROFOUND**

It had a _____.

5 WRITING TASK Write a blog post about a memory. Imagine yourself in old age looking back on a different time in your life.

ACTIVE WRITING | A blog post about the past

1 Plan your blog post.

- Decide on the memory you will describe.
- Say why the memory is significant for you.
- Describe how you felt and what you thought at the time.
- Describe how your perspective may have changed in old age.

2 Write the blog post.

- Start by introducing the memory.
- Describe what happened.
- Say why it is significant.
- Reflect on the memory from your perspective as an old person.

3 Check that ...

- you have used time markers effectively.
- it is clear why you have chosen to describe this memory.

UNIT VOCABULARY PRACTICE

1 1A VOCABULARY AND SPEAKING Complete the email with one word in each gap.



Dear Lucia,

How great that we're going to be penpals 😊! So, let me tell you a bit about myself. I'd say I'm quite ¹*laid-back*, I don't easily get upset, and I'm definitely not ²*h*____s____. I'm not that ³*i*____ having loads of friends, I'd rather just spend time with a couple of good friends. Once I ⁴*c*____ with someone we tend to be friends for life. Perhaps that ⁵*s*____ a lot about me, I don't know!

I'm ⁶*n*____ a____ the theatre. I really ⁷*g*____ a k____ o____ of being in a show. It doesn't have to be a big part or anything, I'm quite ⁸*h*____! Are you interested in acting or the theatre at all?

What else? Well, I value my family a lot. My mum is great, really ⁹*k*____-h____, and always there for me. I also have a younger brother, Calum. He's very ¹⁰*h*____-s____ and makes me laugh a lot.

Anyway, enough about me. What about you? Write back and tell me all about yourself and your family.

Best,
James

2 1B SPEAKING AND VOCABULARY Complete the sentences with appropriate idioms.

- 1 Don't expect him to give you a hug. He's such a *cold fish*.
- 2 The company is looking for investment and the _____ are all showing an interest.
- 3 You didn't say he could borrow the car yet again, did you? You're such a _____.
- 4 Don't be such a _____. You're too clever for your own good!
- 5 I had no idea you wrote poetry - you're a _____, aren't you?
- 6 Don't worry about the exams too much. You're a _____, you'll do fine.
- 7 We're looking to recruit a real _____ who is willing to work hard and be committed.

3 1C LISTENING AND VOCABULARY Replace the underlined words with their synonyms from the box.

destiny disposition hereditary imply moulded
offspring proponents trait vulnerabilities

- 1 Her children obviously take after her. *offspring*
- 2 Did he suggest that you had been tactless? _____
- 3 Inevitably people are shaped by their experiences.

- 4 Supporters of this theory are usually quite forward-thinking. _____
- 5 His ability to laugh at himself is an endearing characteristic. _____
- 6 I want to be in charge of my own future. _____
- 7 She has a very good-natured character. _____
- 8 Is the shape of your ears genetic? _____
- 9 Genetics may lead to certain inherited weaknesses.

4 1E READING AND VOCABULARY Choose the correct words to complete the sentences.

- 1 It was so complicated I found it hard to *deduce* / *grasp* what she was saying.
- 2 I needed some time to *reflect* / *consider* on what to do next.
- 3 I can't *conceive* / *perceive* how someone could behave that badly.
- 4 From what I can *recognise* / *gather*, the project was a great success.
- 5 From the clues left behind the police are attempting to *gather* / *deduce* what happened.
- 6 I'm *contemplating* / *reflecting* changing my degree subject.
- 7 Female athletes are often *perceived* / *concluded* to be less robust.
- 8 I don't think she fully *comprehends* / *considers* the importance of this situation.
- 9 We shouldn't *assume* / *grasp* anything until we have all the facts.

5 1F WRITING AND VOCABULARY Complete the sentences with one word in each gap.

- 1 Much to my *delight*, my book was given the award.
- 2 It _____ as a bit of a shock to realise that he was twenty years older than I had imagined.
- 3 No _____ where I went, there he was.
- 4 Stupidly, I had _____ to realise that the clocks had changed to summer time.
- 5 He greeted me by name, but embarrassingly I didn't have a _____ who he was!
- 6 Can you just keep an _____ on the pasta and make sure it doesn't boil over?
- 7 I've eaten so much cake now I might as _____ finish it.

6 ON A HIGH NOTE Write a paragraph. What interests and hobbies do you consider to be part of your identity?

GRAMMAR AND VOCABULARY

1 Replace the underlined words with the words from the box. There are three extra words.

frank live wire merciful narrow-minded smart cookie
soft touch strong-willed ~~tight-fisted~~ wet blanket

- Have you noticed that Marta never buys anyone else a coffee – she's so mean! **tight-fisted**
- If you ask him to tell you the truth, you can be sure he'll be honest.
- She has been very determined ever since she was a baby!
- He graduated with the highest grade in the year. What a clever man!
- My brother was the energetic one and I was the quiet, shy one.
- My dad is such a kind person – I can easily get what I want from him.

/ 5

2 Choose the correct words to complete the mini-conversations.

- Amy** Come on, hurry up and choose!
Sue I can't decide which flavour to ¹*plump / pump* for.
- Raj** I'm just too tired to go out tonight.
Celia Don't be such a ²*damp / wet* blanket, it'll be fun.
- Jim** Be careful what you say to her, she's really ³*thin / fine* -skinned.
Kurt Oh, I know, she took offence last time I made a joke.
- Norm** I'm just looking for a pay rise that's in ⁴*line / lane* with inflation.
Aarav That's understandable, but the economic situation is very tricky at the moment.
- Tina** ⁵*Much / Such* to my delight, I've been awarded a prize.
Felicity That's amazing! Congratulations!

/ 5

3 Complete the sentences with the forms from the box.

had been walking had walked ~~have been walking~~
was walking will be walking will have walked

- Recently, I have been walking upstairs instead of taking the lift.
- By the time I finish walking the South Downs Way, I _____ 100 miles.
- I _____ for about an hour before I gave up and rang for a taxi.
- I _____ the route before, but last time I was on my own.
- Pack some proper hiking shoes, we _____ a lot.
- I _____ down the street when I bumped into an old friend of mine.

/ 5

4 Complete the diary entry with the correct perfect or continuous forms of the verbs in brackets.

Recently, I ¹*ve been trying* (try) to drink more water. I'm always so busy that I get to lunchtime and then realise that I ² _____ (not have) a drink since I got up. I read somewhere that when you ³ _____ (feel) thirsty, that's a sign that you are already too dehydrated. Apparently, you should drink before you get to that stage. So, this morning I had a big glass of water as soon as I got up and felt very pleased with myself because I ⁴ _____ (already/make) a good start. And then I forgot all about it again and wondered why I ⁵ _____ (feel) thirsty. I'm a bit frustrated with myself – I ⁶ _____ (forever/make) the same mistake!

/ 5

USE OF ENGLISH

5 Complete the sentences with the correct words formed from the words in bold.

- This is a complex situation and it's an *oversimplification* to just blame the government. **SIMPLE**
- The film allows us to see the fears and _____ of the characters. **VULNERABLE**
- He won't tell anyone, he has a great deal of _____. **DISCREET**
- He has a complete lack of _____. **SPONTANEOUS**
- I expressed doubts about the _____ of her offer. **SINCERE**

/ 4

6 Choose the correct words a-d to complete the text.

HOW MEMORY WORKS

With multiple studies published recently about the abilities of our brain, more and more scientists ¹ _____ to comprehend how our memories are stored.


The sensory memory ² _____ information for less than a second before transferring what it considers to be important to the short-term memory. It's there where we can ³ _____ on it for a while. Then a small percentage of that information may be transferred to the long-term memory.

It is not yet fully understood why some people are more ⁴ _____ -minded than others, and it may be that a good memory is hereditary. However, even those of us who set great ⁵ _____ by having a good memory probably don't remember as clearly as we think. It's likely that by the time they finish reading this text, they ⁶ _____ most of it.


- | | |
|-------------------------|------------------------|
| 1 a begin | b are beginning |
| c began | d were beginning |
| 2 a gathers | b deduces |
| c concludes | d assumes |
| 3 a perceive | b recognise |
| c reflect | d comprehend |
| 4 a narrow | b like |
| c strong | d absent |
| 5 a importance | b store |
| c value | d priority |
| 6 a will have forgotten | b will be forgetting |
| c have forgotten | d have been forgetting |

/ 6

/ 30


1  Przetłumacz na język angielski fragmenty podane w nawiasach, tak aby otrzymać zdania logiczne i gramatycznie poprawne. Wymagana jest pełna poprawność ortograficzna wpisywanych fragmentów zdań. W każdą lukę możesz wpisać maksymalnie sześć wyrazów.

- 1 She _____ (jest z natury osobą pełną współczucia), you can tell her anything.
- 2 Fondness for fine art _____ (jest tym, co ich nakręca).
- 3 I _____ (zawsze podziwiałam jego wyluzowaną postawę), I wish I was more like him!
- 4 _____ (Wyjaśnijmy to sobie), you haven't told him about the meeting, have you?
- 5 The man had to give back the estate that _____ (który odziedziczył po) his uncle.
- 6 _____ (Gdy tylko zaginęła), the police started searching for her.
- 7 Josh _____ (jest w centrum uwagi) of his family ever since he was born.
- 8 Scientists nowadays _____ (mają wiele dowodów na to) a sedentary lifestyle is harmful for our health.
- 9 She _____ (nie miała innego wyboru, jak tylko) confront her critics and force them to admit she was right.
- 10 By the age of three, most children _____ (nie wykształci nawyku) of going to bed at consistent times.
- 11 Old photographs _____ (zawsze przywołują wspomnienia) – both good and bad.
- 12 Some character traits _____ (są nam przekazywane) from our parents.


2  Uzupełnij luki (1–5), wpisując jedno słowo w każdą lukę w taki sposób, aby powstał spójny i logiczny tekst. Wymagana jest pełna poprawność gramatyczna i ortograficzna wpisywanych wyrazów.

It's good to be a sports fan

For die-hard fans, sport isn't just mere entertainment. Supporting a team can improve your self-image and make you more cheerful, even when your team loses. In ¹ _____ words, there are benefits to be had regardless of the result. Researchers who have ² _____ studying 'fandom' have come to the conclusion that being a sports fan is good for you psychologically. Fandom connects you with like-minded people who are passionate ³ _____ the same things. It provides a feeling of belonging, of being part of a family or a tribe. In addition, research ⁴ _____ fandom suggest that sports fans have higher self-esteem, feel less lonely and are happier with their lives in comparison to people who have no interest in sports. This is due to fans' greater access to social support, help and resources. ⁵ _____ put, community support leads to better health.

3  Uzupełnij zdania, wykorzystując podane wyrazy w odpowiedniej formie. Nie należy zmieniać kolejności podanych wyrazów. Trzeba natomiast – jeżeli jest to konieczne – dodać inne wyrazy, aby otrzymać logiczne i poprawne gramatycznie zdania. W każdą lukę możesz wpisać maksymalnie sześć wyrazów.

- 1 My neighbour _____ (always / play / trumpet) when I hit the books – it's so annoying!
- 2 I'm terribly sorry, I missed the bus. I hope _____ (audition / not / start) yet.
- 3 Stan _____ (cook / pasta) so the kitchen was still hot and steamy when we came in.
- 4 Before I got a job at the leisure centre, I _____ (take / course) meditation.
- 5 When my dad pulled over, I realised we _____ (drive / hours) without a break.
- 6 When I finish the competition, _____ (I / swim) one hour nonstop.
- 7 Since she _____ (work / Spanish company) before, we thought her Spanish was fluent.
- 8 Did you know that our sports teacher _____ (be / nut / sports cars)?
- 9 The capital of Bhutan? Wait! It's _____ (tip / tongue).
- 10 Mike said that he _____ (owe / deal) Sasha for helping him master the basics of chess.

4  Wykorzystując wyrazy podane drukowanymi literami, uzupełnij każde zdanie z luką, tak aby zachować sens zdania wyjściowego (1–7). W każdą lukę można wpisać maksymalnie sześć wyrazów, wliczając wyraz już podany. Nie zmieniaj formy podanych wyrazów.

- 1 I went swimming a short while ago and now my hair is still wet. **JUST**
My hair is wet because _____ swimming.
- 2 She's got a new job, so by the end of summer she'll be living in London. **MOVED**
She's got a new job, so by the end of summer she _____ London.
- 3 Next month, it'll be three years since I started working here. **WORKING**
Next month, I _____ three years.
- 4 People like him because he's charming to everyone he talks to. **MATTER**
People like him because he's charming _____ he talks to.
- 5 Following the burglary at our home, all we could do was wait for the police to arrive. **CHOICE**
Following the burglary at our home, we _____ wait for the police to arrive.
- 6 My parents really value good manners and a respectful attitude. **STORE**
My parents _____ good manners and a respectful attitude.
- 7 Since we're preparing for the same exam, we should study together. **MIGHT**
Since we're preparing for the same exam, we _____ together.