14 Choices

VOCABULARY

too much, enough, not enough

1 Read the questionnaire and circle the answers that are most true for you.

Is your lifestyle good for you?

1 How much coffee or tea do you drink a day?
   A none  B between one and three cups  C more than three cups

2 How much exercise do you do?
   A 30–60 minutes every day  B 30–60 minutes a week  C none

3 How many hours do you sleep?
   A 6–8 hours a night  B 8–11 hours a night  C 3–4 hours a night

4 How much water do you drink?
   A more than one litre a day  B less than one litre a day  C none

5 How many hours do you work?
   A 20–35 hours a week  B 35–40 hours a week  C 50–60 hours a week

6 How often do you eat fast food or sweets?
   A never  B fewer than four times a week  C more than four times a week

7 How often do you eat fish?
   A more than two times a week  B fewer than two times a week  C never

2 Complete the profiles. Write too much, enough or not enough.

Your profile:

IF YOU CHOSE MOSTLY A
You have a very good lifestyle. You get 1 _______ sleep and exercise, and you don’t have 2 _______ junk food or coffee. You drink 3 _______ water and you eat 4 _______ fish.

IF YOU CHOSE MOSTLY B
Your lifestyle is OK. Try to do more exercise and stop eating fast food and sweets!

IF YOU CHOSE MOSTLY C
Your lifestyle is not very good for you. You have 5 _______ work and 6 _______ sleep. You don’t drink 7 _______ water or eat 8 _______ fish. You eat 9 _______ junk food.

Over to you

Look at your questionnaire answers and write your profile. My lifestyle is quite good. I eat ...

For more practice, go to Unit 14 of the Self-study DVD-ROM.
3 Complete the text about the changes in Anneke’s life using the past simple of the verbs in the box.

eat get get get go have have leave move start take up

The choices I made

Anneke Kliegel, Switzerland, writes about the changes in her life and her hopes for the future.

I left school when I was 16 and I got a job in a fast-food café. I married to a lorry driver when I was 18 and got a baby when I was 19. I had a very unhealthy lifestyle – I ate lots of junk food and didn’t do any exercise, and I didn’t use my brain. Then I divorced from my husband and decided to change my life. I became a vegetarian and took up yoga. I went to India for two years, where I took lessons in yoga and meditation. When I came back to Switzerland three years ago, I started teaching yoga and stress management. I’m a much happier person now, and my daughter, Prisca, is happier, too.

In the future? I’m going to spend three months in India next summer, and I’m hoping to open my own yoga centre in a few years. And I’d like to have another child, a brother or sister for Prisca.

4 Look at these people’s hopes and plans for the future. Write ‘m, ’d or to in the correct place.

I’m going to study in the States for six months.
I’m hoping get married in the future.
I’m hoping to go to university next year.
I like to take up a new sport, but I don’t have time at the moment.
I’m going to start a new job next month.
I’d like have children in the future.

Over to you

Write three sentences about your hopes and plans. Use I’m going to … , I’m hoping to … and I’d like to.

Who is more certain of his/her plans?
1 Thom or Gemma?
2 Anne-Marie or Javier?
Luisa and Ruth are planning their holiday. Put the words in the correct order to complete the conversation.

Luisa: OK, so are we about to do / going what are we going to do about our holiday this year? We need to start planning.

Ruth: I don’t know. I like to / would / you go / to / Where? I don’t like to / would / you go / to / Where?

Luisa: Maybe somewhere like the north of Europe? Somewhere not too hot.

Ruth: Good idea. When can you go? I can be free in June or July. I think it’s too / I / busy in August. And really accommodation is / expensive.

Luisa: June looks me to / good. I’m not too busy then. What would you like to do when we’re there?

Ruth: sightseeing / to / like / I’d / do / some I’d / do / some and maybe relax, too.

Luisa: Yeah, OK. Fine. Let’s look at some websites this afternoon.

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Exercise your brain! Can you do these puzzles?

1 What’s the missing letter? J ? M A M J J A S O N D

2 Which is bigger: half of a quarter or a quarter of a half?

3 Cross out six letters. What word is left? B S A I N X L E A T N E A R S

4 What do an island and the letter T have in common?

5 What goes around the world but stays in a corner?

6 Put the letters in the right order. What do the words have in common? T A R C O R O O N I N E T L E C T U O T A O T P C O B C R O I L

7 You have 50 spiders. How many legs and eyes do you have?

8 Write the two signs of the zodiac that contain these letters: CO R

9 This sentence has two mistakes. What are they?

10 Some months have 30 days, some have 31. How many months have 28 days?
Read the web page on short holidays on page 79 and find the information.

1 Which holiday is the shortest?
2 Which holiday is the longest?
3 Which holiday is the most expensive?
4 Which holidays can you NOT go on all year?
5 Which holidays include flights from the UK?
6 Which holidays can you ask for specially?

Are these sentences about the holidays true or false?

1 You can see mountains and the sea on holiday A. TRUE / FALSE
2 You only stay in bed and breakfasts on holiday B. TRUE / FALSE
3 You don’t stay in a hotel on holiday C. TRUE / FALSE
4 You stay in a city on holiday D. TRUE / FALSE
5 You stay in different places on holiday E. TRUE / FALSE
6 You travel on a bus on holiday F. TRUE / FALSE

Choose a holiday for each of these people.

1 Daniel is 28. He likes sports and nature and would like to visit the UK. He wants to go on holiday in May or June.
   Holiday

2 Jess and Colin are a couple. He likes nature and animals. She enjoys going to the gym and relaxing. They live in the UK.
   Holiday

3 Melanie and Serena are students. They want a sightseeing holiday that includes historical and natural sights. They would like to travel with a group.
   Holiday

4 Ulrike is 43 and single. She can only have three or four days’ holiday and wants to relax. She would like to meet the local people in the country she visits.
   Holiday

Choose a holiday for Luisa and Ruth (see Exercise 6).

The web page asks people to review holidays they have been on. Look at what Kate Heneghan says and match the questions below (a–d) to her answers (1–4).

Over to you
Choose one of the holidays for you! Say where you would like to go and when.

How would you rate your holiday overall?
What was the most memorable or exciting part of your holiday?
Did you feel that your holiday benefitted local people and minimised impacts on the environment?
What tips would you give other travellers booking this holiday?

Which holiday did Kate go on?

Answer the questions in Exercise 12 about a holiday you’ve been on.
**Short-break holidays**

Choose an original short-break holiday idea, weekend getaway, romantic short break or short-break adventure from specialist, responsible tour companies. All our short-break holidays are from the UK.

<table>
<thead>
<tr>
<th><strong>Orca watching in Norway</strong></th>
<th><strong>Cycling holidays in England</strong></th>
<th><strong>Provence cooking and walking holidays</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>in brief: North of the Arctic Circle are the Lofoten Islands. In November, when the days are short, and the Northern Lights often shine over the snow-covered mountains, this is one of the best places in the world to see these beautiful whales.</td>
<td>in brief: A range of cycling breaks for people who want to explore England’s countryside by bike. Accommodation in bed and breakfasts or small, family hotels.</td>
<td>in brief: Live with the local people and meet their friends in rural France, cook and eat regional products, see the beautiful countryside and experience French culture from the inside.</td>
</tr>
<tr>
<td>type of trip: Small group, November</td>
<td>price: From €990 (4 days) excl. flights</td>
<td>type of trip: All year on request</td>
</tr>
<tr>
<td>price: From €990 (4 days) excl. flights</td>
<td><strong>Birdwatching short break to Hungary</strong></td>
<td><strong>Short break to St Petersburg, Helsinki and Tallinn</strong></td>
</tr>
<tr>
<td>in brief: On the south slopes of the Bukk National Park in Eastern Hungary, Eger is the perfect place to see Hungary’s spectacular bird life. Stay in a hotel with sauna, massage and fitness room.</td>
<td>in brief: Enjoy three classic cities of the Finnish Gulf. Travel by local transport, stay in central hotels, see the most important sights, and meet local people.</td>
<td>type of trip: All year on request</td>
</tr>
<tr>
<td>type of trip: Small group, January–October</td>
<td>type of trip: All year on request</td>
<td>price: From €750 (6 days), excl. flights</td>
</tr>
<tr>
<td>price: €285 (4 days), incl. UK flights</td>
<td>price: From €750 (6 days), excl. flights</td>
<td><strong>Petra and Wadi Rum: short break to Jordan</strong></td>
</tr>
<tr>
<td><strong>Cycling holidays in England</strong></td>
<td><strong>Short break to St Petersburg, Helsinki and Tallinn</strong></td>
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<td>in brief: Enjoy three classic cities of the Finnish Gulf. Travel by local transport, stay in central hotels, see the most important sights, and meet local people.</td>
<td>in brief: From the capital, Amman, explore the hills and rocks of Wadi Rum valley by 4WD. Includes a visit to Kerak castle. Sleep in a Bedouin-style camp, then go to Petra, the ancient, rose-red city.</td>
</tr>
<tr>
<td>type of trip: All year on request</td>
<td>type of trip: All year on request</td>
<td>type of trip: Small group, all year</td>
</tr>
<tr>
<td>price: From €265–€440 (3–5 days) excl. flights</td>
<td>price: From €750 (6 days), excl. flights</td>
<td>price: From €875 (5 days), incl. UK flights</td>
</tr>
</tbody>
</table>
Before you watch, match the activities (1–3) with the photos (a–c).

1 parachuting ☐  2 teaching English ☐  3 making radio programmes ☐

Watch Mainda, Salvatore and Leo talking about what they are hoping to do in the future. Who talks about each activity? Write M (Mainda), S (Salvatore) or L (Leo).

1 parachuting ☐  2 teaching English ☐  3 making radio programmes ☐

Watch Mainda again (00:10–00:52). First tick (✓) the topics that she mentions.

health ☐  child care ☐  education ☐  work ☐

Now tick (✓) the training she has done.

getting information for the programme ☐  using music ☐
structuring the programme ☐  presenting the programme ☐
working with sound ☐  asking good questions ☐

Watch Salvatore again (00:53–01:20) and circle the correct answers.

1 Salvatore has always wanted / decided recently to do a parachute jump.
2 He thinks it’s frightening / exciting to see the world under you.
3 He is planning to do a solo jump / jump with an instructor.

Watch Leo again (01:21–02:06). Complete the text about his work and studies using the words in the box.

classroom learned opportunities teach training university work

Leo started 1 _______ as an English language teacher and later received full 2 ___________ and education from a 3 ________ in the UK. He would like to use what he has 4 _________ at university in the 5 _________ . He also thinks teaching English as a foreign language gives teachers 6 ___________ to travel round the world.

He would love to 7 _________ in Cambodia.

Can you remember what the people say? Match the beginnings and endings of the sentences. Watch the video again to help you.

Mainda a teach English.
1 I am hoping to ... b work at my community radio station.
Salvatore c do it.
2 I’m planning to ... d apply what I’ve learned.
Leo
3 I would like to ...
4 I would really love to ...

Describe something you hope to do in the future. Try to use some expressions from Exercise 6.

GLOSSARY

issues (plural noun): important subjects or problems that people are discussing
and so forth (expression): an expression that means and things like that or etc.
gather (information) (verb): to find and collect (information)
apply /əˈplaɪ/ (verb): to use something in a practical situation
in tandem (expression): If you do something in tandem, you do it at the same time as another person.
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