

Excerpt
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UNIT /01: DAILY LIFE

IN THIS UNIT YOU WILL LEARN HOW TO

- understand activities that people do in their daily routine
- use present simple and adverbs of frequency
- read multiple texts to choose the correct answer
- write about a daily routine
- read to guess meaning from context
- listen to information about a student exchange trip
- speak about your day



LEAD-IN

01 Look at the pictures of daily activities. Which of these activities do you do every day? Write five other activities you do every day.



get up



exercise



work



study



catch the bus



watch TV



go online



relax with friends



go to bed



have breakfast

02 In pairs, compare your answers and talk about what time you do each activity.

VOCABULARY AND SPEAKING

- 03** ▶ Read the sentences about a boy who is doing a language course in the UK.
Choose the best answer, A, B or C.



- 0 Ping _____ at 7:30am every morning and has breakfast with his host family.
Answer: A
A gets up B stands up C stays up
- 1 At 8:30am, he _____ the bus to his language school.
A goes B catches C travels
- 2 During the day, Ping studies English and _____ to his classmates.
A laughs B chats C tells
- 3 Everyone speaks English in his class because the students all _____ from different countries around the world.
A arrive B live C come
- 4 After Ping finishes school at 3:00pm, he often _____ some sightseeing in the city with his friends.
A does B makes C has
- 5 In the evening, Ping relaxes with his host family, _____ TV or goes online.
A watches B sees C looks

- 04** ▶ In pairs, discuss the questions.

- 1 Do you do any of the activities in Exercise 3?
- 2 What time does your school, college or job start and finish?
- 3 What do young people like to do in the evenings in your country?

READING: CHOOSE THE CORRECT ANSWER

- 05** You are going to read an article about the daily life of three teenagers from different countries. Skim the text once quickly. Underline the activities that you do in your daily routine.

A DAY IN THE LIFE

Three college students from around the world tell us about their daily routine

AVA AUSTRALIA



I'm from a small town in Queensland. Most people in Australia live near the coast, but we live on a cattle farm in the centre of the country. I get up at around 7am and have breakfast. My mum teaches at my college, so I usually go with her in the car instead of taking the bus. College starts at 8:30am and **finishes at 4pm**. When I get home, **I help my dad on the farm** for a few hours. In the evenings, I try to watch TV but I'm usually too tired. I go to bed at about 10:00pm.

NINA NORWAY

I live in a village on Norway's Atlantic coast. I get up at 7:30am and walk to college. Classes begin at 8:30am and **finish at 3pm**. After that, I go to one of the college clubs. These are not very expensive and there are lots to choose from. I do athletics and football but you can also do things like folk dancing and cross-country skiing. **When my parents come home from work, my dad makes dinner** and we all eat together. After that, my mum takes me out for a driving lesson. I've got my test soon and I need to practise!



MICHAEL BRAZIL



I live in Rio de Janeiro. I get up at 6am and catch a bus to college at 6:30am. Lessons start at 7:20am. We have a break at 9:50am and **then study until 12:30pm**. I get home at about 1:40pm. After that, I often go to the beach with my friends to swim in the ocean or play beach volleyball, but I also sometimes just stay at home to sleep or study. In the evenings, **I cook dinner for my family**, then we watch TV or listen to the radio before bed. I switch off my light at about 10pm.

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06 Read the article again and the sentences. Choose the best answer, A, B or C.

- 0 Who finishes studying before 1pm? Answer: B
A Ava B Michael C Nina
- 1 Who works with a member of their family after college? _____
A Ava B Michael C Nina
- 2 Who goes out in the car in the evenings? _____
A Ava B Michael C Nina
- 3 Who gets a lift in a car to college most mornings? _____
A Ava B Michael C Nina
- 4 Who prepares the evening meal for the family? _____
A Ava B Michael C Nina
- 5 Who pays to do extra activities in the afternoons? _____
A Ava B Michael C Nina
- 6 Who finds it difficult to watch TV in the evenings? _____
A Ava B Michael C Nina
- 7 Who lives a long way from the sea? _____
A Ava B Michael C Nina

TIP 06
In this kind of exam task, there is often information about the question in more than one text. Look at the information in green. Think about why B is the correct answer here.

06.1 MINI TIP Look at the information in yellow in the article about family members. Which one answers the question correctly?

GRAMMAR AND SPEAKING

07 Read the Grammar box. Then, match questions 1–3 with answers A–C.

	Group 1	Group 2	Group 3	Group 4
Present simple	Regular verbs	Verbs ending in -s, -ch, -sh, -x	Verbs ending in consonant -y	Verbs ending in -o, -ss, -ch, -sh
I/you/we/they he/she/it ...	get up early gets up early	watch TV watches TV	try hard tries hard	go, wash goes, washes
Adverbs of frequency				
Never 0%	Sometimes	Often	Usually	Always 100%

- 1 What do we use the present simple for? A -s
- 2 Why do we use adverbs of frequency? B to talk about every day routines and habits
- 3 What do verbs for he/she/it end in? C to say how often we do something

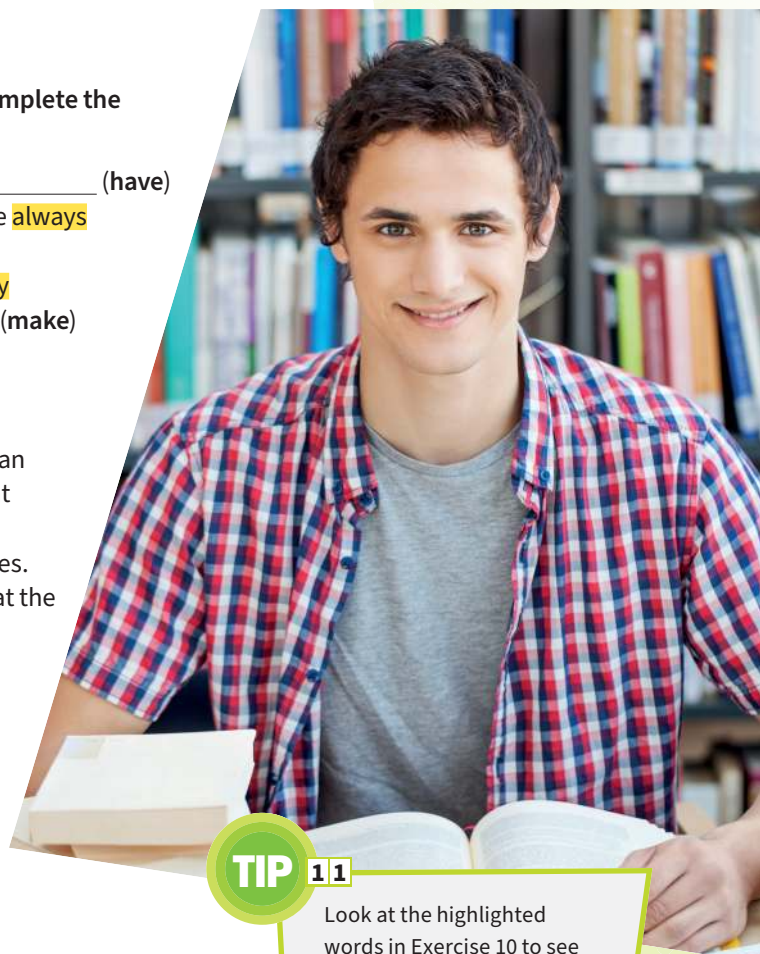
08 In pairs, find examples of the verb groups 1, 2, 3 and 4 in the Lead-in and Reading in Exercise 5.

09 You are going to speak about the magazine article in Exercise 5. Read the task and make notes about what you could say. Then, in pairs, do the task.

- Work in pairs A and B.
- Student A, close your book. Student B, make sentences about Ava, Michael or Nina. For example: *She has breakfast at 7:00 am.* or *She goes to clubs after college.*
- Student B, can you say who Student A is talking about?
- After 5 minutes, swap roles.

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[More Information](#)**READING: SENTENCE COMPLETION****10** Read about the daily routine of a student at a UK university. Complete the information using the verbs in brackets in the correct form.

Dan **usually** 1 _____ (get up) at 8am, 2 _____ (have) a shower and 3 _____ (eat) breakfast. After that, he **always** 4 _____ (get) his books ready and then 5 _____ (go) to his lectures until midday. He **usually** 6 _____ (return) home and 7 _____ (make) lunch for himself at about 12:30pm. Then, he **sometimes** 8 _____ (watch) a bit of TV. At about 3pm, he **often** 9 _____ (meet) a friend for coffee. At 3:30pm, they **sometimes** 10 _____ (go) to the library together. Dan **always** 11 _____ (study) for a few hours and then at around 6:30pm he 12 _____ (go) home. He **usually** 13 _____ (cook) dinner for himself and his flat mates. In the evening, he **sometimes** 14 _____ (exercise) at the gym or goes for a run. After that, he relaxes in front of the TV or 15 _____ (see) his friends. He **never** goes to bed early, but **usually** 16 _____ (fall) asleep at around midnight.

**TIP 11**

Look at the highlighted words in Exercise 10 to see how often Dan does his activities. Remember to use these words when describing your routine.

WRITING: DESCRIBING A DAILY ROUTINE**11** Look again at the information in Exercise 10. Write about your daily routine and the activities you do every day.

I sometimes do the laundry. I never make dinner. My brother often takes out the bins.

READING: MATCHING**12** Read the text and match the phrases that have similar meanings.

I often help a lot around the house and I usually help my mum do the laundry. My brother is lazy and he never washes his clothes. He always leaves them in a pile on his bedroom floor. In the evening after school, I always tidy up my room. I put things away and get my schoolbag ready for the next day. My dad sometimes washes up after dinner. We don't have a dishwasher at the moment because our old one broke down, so he has to clean the dishes by himself. My sister likes cooking, so she often helps mum make lunch and dinner. She prepared a delicious meal of roast chicken at the weekend. Sometimes my brother puts the rubbish out, but he usually just leaves it by the back door instead of taking it to the bins. We all usually try and help and do the cleaning. When the housework is done, we always relax and watch TV.

- | | |
|-----------------------|---------------------|
| 1 do the laundry | A take out the bins |
| 2 tidy up | B prepare a meal |
| 3 wash up | C wash the clothes |
| 4 make lunch/dinner | D put things away |
| 5 put the rubbish out | E do the housework |
| 6 do the cleaning | F clean the dishes |

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WRITING: A DESCRIPTION

13 Look at the pictures of Julia Grant, a volunteer on a science project. Using the pictures, write a description of Julia's daily routine. In your description, you should:

- begin like this: *Julia Grant is 21 years old and works as a volunteer on a science project in Fiji. Every morning, she ...*
- write what activities she does and what time she does them.
- use sequencing words: *After that ... /Next ... /Then ...*
- use adverbs of frequency.



14 In pairs, compare your texts about Julia Grant. Work together to correct any mistakes with spelling, grammar or punctuation.

GO ONLINE AND COMPLETE UNIT 1 EXERCISES 1-6



LISTENING: MATCHING

15 Read the information from a website offering student exchange programmes. Decide if the sentences are true (T) or false (F).

Spend a term or a whole year in another country

Stay with a host family and go to a local college. Learn all about the culture, and maybe learn a new language. Make new friends and have a great time. You need to pay for flights and take some pocket money, but that's all. Host families are not paid. All they ask is that you help with jobs around the house and join in with family activities.

Go to student_exchange.com and explore our website to learn more!

STUDENT EXCHANGE

- 15.1 MINI TIP** How long does a term normally last at school? It's less than a year.

- 15.2 MINI TIP** What should students bring with them?

- 15.3 MINI TIP** What does 'join in with' mean?

- | | |
|--|-----|
| 1 All students spend at least a year abroad. | T F |
| 2 Host families give students pocket money during their stay. | T F |
| 3 Students should do housework and be involved with family activities. | T F |

Excerpt
[More Information](#)**16** You are going to listen to two friends, Carlos and Jack, talking about a student exchange trip. Listen and decide which countries Carlos and Jack come from.

02

17 Listen again. What activity does each member of Jack's family like doing? For questions 1–5, write a letter A–H next to each person.

02

Person	Activity
0 Jack	A cooking
1 Jack's brother	B going to the gym
2 Jack's sister	C taking care of the garden
3 Jack's mum	D doing art
4 Jack's dad	E repairing things
5 Jack's grandmother	F reading books
	G shopping
	H playing team sports

18 In pairs or small groups, talk about the student exchange trip in Exercise 17 and ask and answer the questions.

- 1 Would you like to go to another country to study?
- 2 If no, why not? If yes, which country would you go to?
- 3 What do you like doing at home? What do your friends and members of your family do?

SPEAKING: TALKING ABOUT YOUR DAY**19** Read the task. What would you say? Spend two minutes thinking about what you could say and make some notes. In pairs, compare your ideas.

Describe what you usually do on an average day.

You should say:

- what you do.
- who you do it with.
- where you do it.

Explain what you enjoy most about your day and why.

20 Read the instructions and complete the task in Exercise 19.

- Work in pairs.
- Student A: speak for 1–2 minutes about your day.
- Student B: as you listen, write *yes* or *no* beside sentences 1–6.

- 1 The talk is easy to understand. _____
- 2 The speaker often pauses. _____
- 3 The speaker stays on the topic of the question. _____
- 4 The talk is too long. _____
- 5 The talk is too short. _____
- 6 The talk is interesting. _____

21 Swap roles and repeat the steps in Exercise 20. Compare your feedback with each other and discuss how you can improve.**17.0 MINI TIP** Jack says he likes volleyball and basketball, so the answer to this question is 'team sports'. Notice that the answer does not always contain the words you hear, but the meaning is the same.**17.1 MINI TIP** Be careful! You hear something about the gym, but it isn't the correct answer here.**17.4 MINI TIP** Pay attention for words with similar meanings. What's a similar word to 'fixing'?**TIP 19**

You should write only short words or phrases. If you write full sentences and then read them out, you will lose marks.

TIP 19

The first three points are factual. Don't worry if you can't think of anything to say that is true – you can invent something if you need to.

GO ONLINE AND COMPLETE UNIT 1 EXERCISES 7–10

UNIT / 01

GRAMMAR AND VOCABULARY

01 Match the digital times with the times in words.

- | | |
|----------|-----------------------------|
| 1 05:15 | A It's five past ten. |
| 2 08:20 | B It's ten to nine. |
| 3 06:45 | C It's ten past nine. |
| 4 14:30 | D It's twenty past eight. |
| 5 20:50 | E It's quarter to seven. |
| 6 09:10 | F It's twelve o'clock. |
| 7 15:35 | G It's five to five. |
| 8 10:05 | H It's quarter past five. |
| 9 12:00 | I It's twenty-five to four. |
| 10 16:55 | J It's half past two. |

02 Unscramble the letters in brackets to complete the text.

When I get up in the morning, the first thing that I do is **1** _____ (avhe) a shower. I then go to the kitchen and make breakfast. After breakfast, I **2** _____ (bhusr) my teeth. Then I **3** _____ (emte) my friends and we **4** _____ (chact) the bus to the college. At college, we study all day, but we have a break for lunch at 12 o'clock. At four o'clock, we **5** _____ (vlaee) the college and **6** _____ (og) home by bus. In the evenings, I usually **7** _____ (cwaht) TV, unless I have a lot of homework. I always **8** _____ (od) my homework in the evenings. At night, I always **9** _____ (og) to bed and **(10)** _____ (lafl) asleep straight away.

03 Complete the table using the words in the box.

a mess the cleaning the beds dinner some homework
the laundry a noise the shopping the housework lunch

Make	Do

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walk	leave	have	finish	get up
catch	go out	work	meet	live

To: Sam
From: Harry

Hi Sam,

I'm having a great time here in France. I'm learning lots of French. My host family are very nice. They **1** _____ in an apartment in an area called Pantin and they both **2** _____ as journalists. They **3** _____ very early in the morning and **4** _____ the house before me. I **5** _____ breakfast at about 8am and then go to the language school. I usually **6** _____ there, but if I'm late I **7** _____ the bus. Lessons at the school **8** _____ at 4pm and we can go home. The other students are very nice and I have made lots of new friends. We **9** _____ after school in a cafe or **10** _____ in the evenings to the cinema.

Harry

05 Complete the sentences using the verbs in brackets.

- 1 My dad _____ (wash) his car every weekend.
- 2 Jim _____ (watch) too much TV.
- 3 Adrian's baby _____ (cry) a lot.
- 4 My brother is good at chess and _____ (practise) every day.
- 5 Olga _____ (go) jogging most evenings after work.
- 6 Tom's wife cooks and Tom _____ (do) the washing up.
- 7 Anna _____ (catch) the 253 bus to college each morning.
- 8 Nadia _____ (relax) by doing yoga.
- 9 I think our teacher _____ (give) us far too much homework.
- 10 My brother _____ (switch off) his light at about midnight.

06 Read the sentences and underline the correct answer.

- 1 My brother **works** / **work** for a computer company in the city.
- 2 My friends and I often **play** / **plays** basketball together at the weekends.
- 3 I go to a college where everyone **study** / **studies** different languages.
- 4 My grandparents **come** / **comes** from a small village in Germany.
- 5 In Britain, most school students **wear** / **wears** a uniform.
- 6 In the evenings, I **like** / **likes** to chat to my friends online.
- 7 In my family, only my sister **gets up** / **get up** before 6am.
- 8 I **have** / **has** a dance class every Wednesday evening.
- 9 My friend is good at baking and **make** / **makes** amazing cakes.
- 10 My lunch break **begin** / **begins** at 12pm and **finish** / **finishes** at 12:45pm.

Excerpt
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- 1 the / my / room / friend / tidies
_____.
- 2 play / I / the / football / weekend / at
_____.
- 3 a / to / lunch / I / sandwich / for / take / college
_____.
- 4 six / past / up / wake / I / at / half
_____.
- 5 every / his / my / checks / minutes / brother / phone / five
_____.
- 6 in / I / a / have / evening / shower / the
_____.
- 7 try / 9pm / to / I / studying / before / stop
_____.
- 8 every / go / to / months / I / the / dentist / six
_____.
- 9 my / the / housework / of / does / father / most
_____.
- 10 visit / at / I / my / the / family / weekends
_____.

08 Complete the email using the words in the box.

shouts work (X2) opens enjoy start
fill clean take tidy tells finish gets

Reply Forward

To: Hannah
From: William

I have got a new job! It's in a supermarket and I **1** _____ there every Saturday. I **2** _____ at 8am and the shop **3** _____ at 9am. I **4** _____ the shelves with food products and **5** _____ the shopping baskets by the entrance. I **6** _____ the floors and **7** _____ at the checkout. My manager is very nice. She **8** _____ me what to do and never **9** _____. The other workers are really friendly, too. We **10** _____ three breaks a day and we **11** _____ at 4pm. It's hard work because the shop **12** _____ very busy, but I really **13** _____ it.

