



VOCABULARY

THINGS I DO

1 What is a perfect day for you? Discuss in pairs.

- Is it on holiday, at the weekend, at the beach or in the city?
- Are you alone or with friends or with family?
- Do you go shopping, relax at home or do sport?

2 Look at the people in the photos. Match the photos A–F with the activities in the box.

go shopping    play or watch sport    play video games  
relax at home    spend time alone  
spend time with friends



3 008 Listen to four people talking about their perfect day. Match the speakers with the photos.

Speaker 1 .....  
Speaker 2 .....  
Speaker 3 .....  
Speaker 4 .....

4 008 Answer the questions. Then listen again and check your answers.

- 1 Where does Speaker 1 like to be on her perfect day?
- 2 What does Speaker 2 do when he and his friends get tired?
- 3 What does Speaker 3 enjoy doing on his perfect day?
- 4 What does Speaker 4 do with her friends in the evening at the end of her perfect day?

5 Do you do any of the things in the photos? When do you do them?

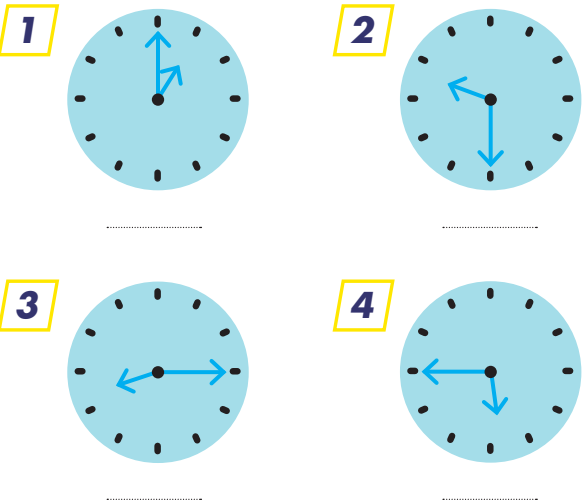




LISTENING  
ROUTINES

1 Write the correct time under each clock.

quarter past eight    half past nine  
one o'clock    quarter to six



2 P 009 Listen and repeat these times.

at half past six    at quarter to seven  
at half past two    at quarter past nine  
at quarter to four    at quarter past eleven

3 P 009 Listen again and answer the questions.

- 1 Which words are stressed?
- 2 Which letter is silent in the pronunciation of *half* (/hɑ:f/)?
- 3 How do we pronounce the unstressed *o* in *to* (/tə/) and the unstressed *a* in *at* (/ət/)?

4 Where are you at these times on weekdays (Monday to Friday)? Tell your partner.

- 1 8.00 in the morning
- 2 1.30 in the afternoon
- 3 7.45 in the evening

5 010 Listen to Amy talking about her day and answer the questions.

- 1 What's her job?
- 2 What's her sister's job?
- 3 Where do they live?

6 011 Now listen to the whole interview. Are these statements true (T) or false (F)? Correct the false statements.

- 1 Amy wakes up at 7.30.
- 2 She gets dressed after she has breakfast.
- 3 Amy usually goes to work by bus.
- 4 She starts teaching at 8.45.
- 5 Amy often has lunch with her friends from work.
- 6 She gets home at 5.15.
- 7 After dinner, she always watches TV.

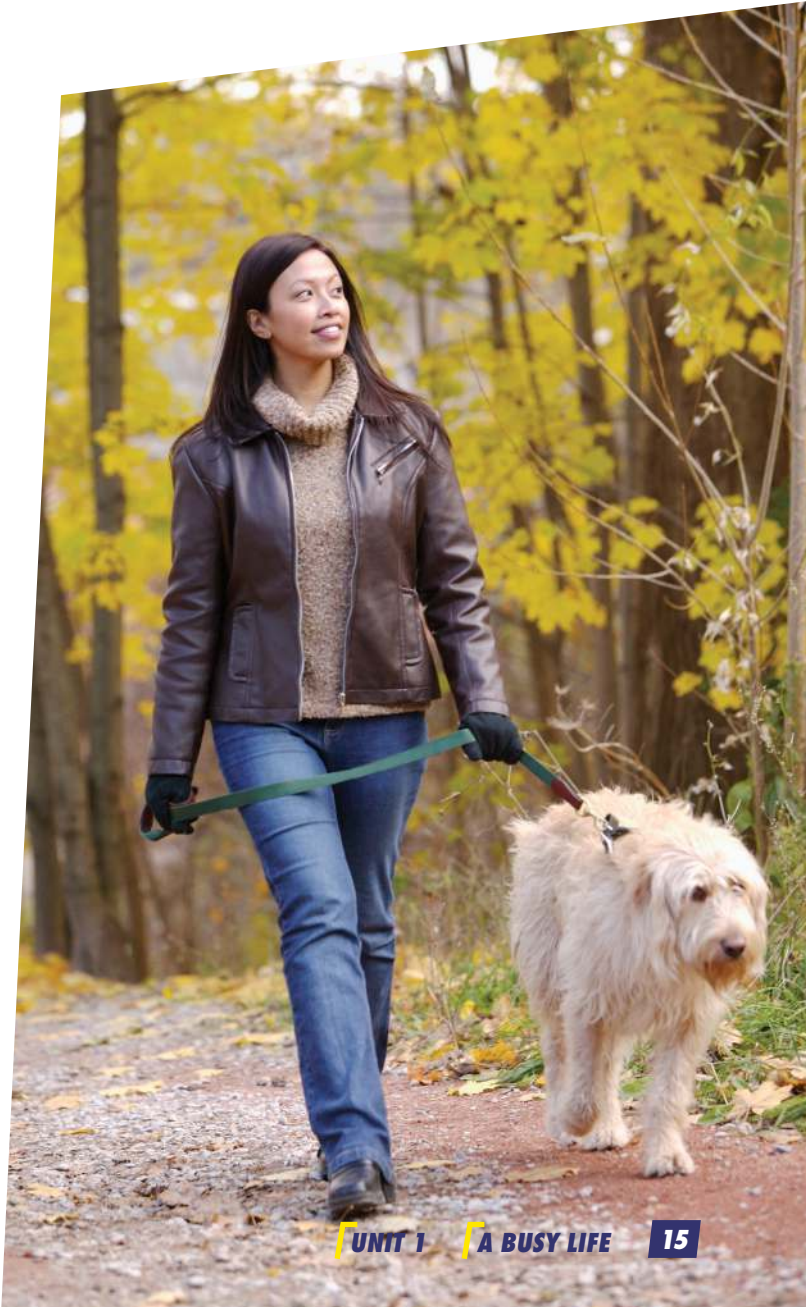
7 Complete the sentences with the verbs in the box from Amy's interview.

get dressed    get on    get up  
put on    take off    wake up

- 1 My brothers have a lot of clothes and they take a long time to ..... in the morning.
- 2 Please ..... your shoes when you come inside.
- 3 Before you ..... the bus, ask the driver if it stops at the correct bus stop.
- 4 Sometimes I ..... during the night and can't go back to sleep again.
- 5 The teacher told us to ..... our sports clothes and go to the gym.
- 6 It's Sunday, so we don't need to ..... early. We can stay in bed.

BEFORE AND AFTER

I do my homework **after** school. (First I go to school, then I do my homework.)  
I put on my shoes **before** I go to work. (First I put on my shoes, then I go to work.)



GRAMMAR

PRESENT SIMPLE



GRAMMAR ON THE MOVE

Watch the video



1 Read the sentences and then choose the correct options to complete the rules.

I usually **wake up** at quarter past seven, but I **don't get up**!  
No, she **doesn't catch** the bus. She **goes** by car.  
We both **drink** coffee for breakfast. We **don't like** tea.

- 1 We use the **present simple** to talk about things that happen regularly/at the moment of speaking.

2 We also use the **present simple** to talk about things that are always true/happening now.

**Positive** I/you/we/they + verb

**Negative** I/you/we/they + don't + verb

**Question** **Do** I/you/we/they + verb?

**Short answers** Yes, I/you/we/they **do**.  
No, I/you/we/they **don't**.

Go back to page 11 for he/she/it.

➔ **GRAMMAR REFERENCE** / page 198

2 Choose the correct options to complete the information about Olivia's day.

I <sup>1</sup>*don't/doesn't* have the same working hours every day. Sometimes I start work at 6.00 am and so I <sup>2</sup>*get up/gets up* at 4.00 am! After breakfast, I drive to the police station and <sup>3</sup>*meet/meets* my partner, Joe. Joe <sup>4</sup>*don't/doesn't* like getting up early. He <sup>5</sup>*feel/feels* very tired!

All the police officers <sup>6</sup>*has/have* a meeting at the beginning of the day. After that, Joe and I <sup>7</sup>*go/goes* to the police garage and collect our car. We <sup>8</sup>*don't/doesn't* come back to the police station until the afternoon.



3 Complete the sentences, questions and short answers with the verbs in the box in the correct form.

catch go have not eat  
not get dressed not write walk

- 1 My sister ..... when she gets up. She puts on her clothes after breakfast.

2 He usually ..... a cup of coffee for breakfast, but no toast or cereal. He ..... in the morning.

3 My dad doesn't have a car, so he ..... to the station every day at 7.30 and catches the train to London.

4 '..... you ..... to work by train, too?'  
'No, I ..... the bus.'

5 I ..... emails to my friends. I text them or talk to them on the phone.

4 How is your weekend different from your week?  
Tell your partner:

- what you do during the week that you don't do at the weekend.
- what you do at the weekend that you don't do during the week.

QUESTION FORMS

5 Read these questions and complete the rules.

What time **do** you **get up**? I *get up at half past seven.*  
How **does** Olivia **go** to work? She *goes by car.*  
Where **do** you **have** lunch? I *have lunch in a café.*

- 1 To make questions with the present simple we use **do** and ..... in front of the main verb.

2 We use question words such as **Who, Where, When, Why,** ..... and ..... at the beginning of the question.

➔ **GRAMMAR REFERENCE** / page 198

6 Match the questions (1–6) with the correct answers (a–f).

- 1 What job do you do?

2 Where do your friends work?

3 How does your sister get to school?

4 Who do you have lunch with?

5 When does your brother finish work?

6 Why do you go for a walk after dinner?
- a I eat with my colleagues in the café.

b She walks or catches the bus.

c Late – just before midnight.

d Because it helps me to sleep.

e I'm a teacher.

f In the city centre.



**7** Write questions with *do* and *does* for these answers about a young man called Sergio.

**NAME: SERGIO AGUZZI    AGE: 21**

- 1 What \_\_\_\_\_ ?  
He's an apprentice.
- 2 Where \_\_\_\_\_ ?  
He works for a telephone company in Rome.
- 3 Where \_\_\_\_\_ live?  
He lives in a small flat near the university.
- 4 Who \_\_\_\_\_ with?  
He lives with two friends. They're students.
- 5 How \_\_\_\_\_ work?  
He cycles. He doesn't like walking.
- 6 What time \_\_\_\_\_ work?  
He starts work at 9.00 am and finishes at 5.00 pm.
- 7 What \_\_\_\_\_ evening?  
He watches TV or listens to music. He doesn't like studying for his job after 9 pm.
- 8 Why \_\_\_\_\_ his job?  
He likes it because it's interesting.



- 4 Tell your partner. What do you like/love/not like doing at the weekends/at school/at work?
- 5 Interview your partner and use the question words from Exercise 7. Ask them about their job, school or university.

Where do you work/study/go to school?

How do you go to school?

Why do you like/don't you like your school?

- 6 Look at the photos (A & B). Where are the people? What jobs do they do?



**SPEAKING**

**WHAT YOU DO AND WHAT YOU LIKE**

- 1 012 Listen to Sergio and complete the sentences.

- 1 I like \_\_\_\_\_ TV and I love \_\_\_\_\_ to music.
- 2 I don't like \_\_\_\_\_ in the evenings. And I hate \_\_\_\_\_ .

- 2 Look at the verbs which follow *like*, *love* and *hate* in Exercise 1. Complete the rule.

After the verbs *love/like/hate*, the second verb in the sentence ends in \_\_\_\_\_ .

- 3 Complete the text with a verb in the box.

dancing    having    listening to    meeting  
playing    shopping    staying    watching

At the weekend, I love <sup>1</sup>\_\_\_\_\_ in bed in the morning. I like <sup>2</sup>\_\_\_\_\_ music and then going downstairs and <sup>3</sup>\_\_\_\_\_ a big breakfast. On Saturdays, I like going into town and <sup>4</sup>\_\_\_\_\_ my friends. In the evening, we like going to clubs and <sup>5</sup>\_\_\_\_\_ . On Sundays, I like <sup>6</sup>\_\_\_\_\_ sports or <sup>7</sup>\_\_\_\_\_ a film. I also buy food for the week. I hate <sup>8</sup>\_\_\_\_\_ for food, so I usually only go to the supermarket once a week.

- 7 Work in pairs. Student A, turn to page 192, Student B, turn to page 194. Read the information. Take turns to ask and answer questions to complete the missing information.

READING PART 2 TRAINING

- 1 Do you know anybody who works at night? What job do they do? What are the good things and the bad things about working at night?
- 2 Look at the photos below and match the jobs with the people. Then read and check your answers.

the DJ    the security guard    the nurse

**A** I don't like working at night, but it's part of my job. I'm a nurse at a large hospital in Valencia. **I work five nights a month**, from 11 pm to 7 am. The hospital isn't busy at night and I like the quiet. I have more time for the patients and like talking to the ones who can't sleep. I don't usually feel hungry during the night so I just have a sandwich or some fruit at 2 or 3 am.



Bridget

**B** I work at the Divo Club, Berlin. **I work four nights a week** from 10 pm to 6 am. I'm a DJ and I love playing music. I also enjoy working at night. I like being awake when most other people are asleep! I see a different side of Berlin. I never have time to eat at work, but I have a big breakfast in the morning when the club closes. I often go to a café with the others from the club and watch the sunrise.



Tobi

**C** I work from 10 pm until 8 am at the Plaza shopping Mall in Reno, Arizona. **I sometimes work six nights a week, but usually I work five.** I'm often busy until midnight but after that, it's very quiet. I have time to write my book – I'm a writer as well as a security guard. I stop to eat at 2 am and I always go to the all-night burger restaurant. It's the only time I speak to other people! But that's OK. I'm happy working alone.



Pablo

- 3 Look at question 1 below and read the tip. Then read questions 2–6 and choose the correct answers.

- 1 Which person doesn't always work the same number of nights?

Look at the three texts and find the sentence where the people talk about how many nights they work. This is what they say: Bridget works 'five nights a month'. Tobi works 'four nights a week'. Pablo says he 'sometimes' works 'six nights a week' but he 'usually' works 'five'. So C is the correct answer.

Bridget    Tobi    Pablo  
A            B            C

- 2 Which person likes working at night?
- 3 Which person has breakfast after finishing work?
- 4 Which person enjoys talking to people at work?
- 5 Which person has more than one job?
- 6 Which person doesn't eat a lot at work during the night?

A	B	C
A	B	C
A	B	C
A	B	C
A	B	C

- 4 Discuss in pairs.

- 1 Can you think of any other jobs where people work at night?
- 2 Would you like to work at night? Why?/Why not?



GRAMMAR

ADVERBS OF FREQUENCY



GRAMMAR ON THE MOVE  
Watch the video



1 Read the sentences and choose the correct options to complete the rules.

I *sometimes* work six nights a week.  
I *don't usually* feel hungry.  
I'm *often* busy until midnight.

We use **adverbs of frequency** to say how often something happens. In a sentence, the adverb of frequency comes:

1 before/after all verbs except the verb **be**.  
2 before/after the verb **be**.  
3 before/between/after **don't** or **doesn't** and the main verb.

always	usually	often	sometimes	never
100%	←	←	50%	→ 0%

➔ GRAMMAR REFERENCE / page 199

2 Complete the sentences about Bridget, Tobi and Pablo with these words.

always   never   often   sometimes   usually

- 1 Most of the time, Pablo works five nights a week, but he \_\_\_\_\_ works six nights.
- 2 Tobi \_\_\_\_\_ eats at work – he's too busy.
- 3 Pablo \_\_\_\_\_ eats at a fast food restaurant – he goes there every night.
- 4 Most of the time, Bridget doesn't want to eat much during the night. She isn't \_\_\_\_\_ very hungry.
- 5 After he finishes work, Tobi \_\_\_\_\_ has breakfast with his friends. He does this a lot.

3 Now complete these sentences about you. Then tell your partner.

- 1 I don't usually \_\_\_\_\_ at the weekends.
- 2 I never \_\_\_\_\_ in the evenings.
- 3 I sometimes \_\_\_\_\_ in the summer.
- 4 I don't always \_\_\_\_\_ in the morning.
- 5 I often \_\_\_\_\_ on holiday.

ONCE/TWICE A ...

4 Read the interview with Tobi and complete the rules.

**Interviewer:** How often do you exercise, Tobi?  
**Tobi:** Well, I sometimes dance all night! But I also go to the gym **once** or **twice** a week.  
**Interviewer:** Do you ever leave the city and visit the beach or mountains?  
**Tobi:** Not very often. I like the city! I go to the countryside **three** or **four times** a year.

We can answer the question **How often?** with an adverb of frequency, or we can say how many times we do something **a day/a week/a month/a year**.

one time = 1 \_\_\_\_\_ two times = 2 \_\_\_\_\_  
three/four/five times, etc.

5 Tell your partner about how often you do these things.

- go running
- go to the beach
- go to the cinema
- buy new clothes
- cook a meal
- dance

I don't often go to the cinema – maybe twice a year.

I go out dancing about once a month.



VOCABULARY

JOBS

1 013 Listen to these people talking about their jobs. Number the photos in the order you hear them and write the jobs.

mechanic   photographer   pilot   police officer



2 Complete the descriptions with the correct jobs.

- 1 A \_\_\_\_\_ repairs machines.
- 2 A \_\_\_\_\_ takes interesting photos.
- 3 A \_\_\_\_\_ flies planes.
- 4 A \_\_\_\_\_ helps to keep people safe.

PUSH YOURSELF B1

VOCABULARY: APPLYING FOR A JOB

**So you want to be a journalist?** For many young people it seems a glamorous job but remember the **salary** is low and the hours are long, especially at the beginning! You can study to get a **qualification** in journalism at some universities, but the most important thing really is to get **experience** writing articles for a small local or student newspaper, or for an online magazine or blog. Newspapers usually select new **employees** using recruitment web sites first, so it's important to write a good **CV** too. An interesting CV that gets the employer's attention is the thing that gets you a personal **interview**, then at the interview you can show them some of your writing and hope they like it!



Read the text about how to become a journalist. Match the beginnings of the definitions (1–6) with the endings (a–f).

- 1

A job interview is a meeting where you have to answer questions
- 2

Your salary is the money
- 3

You have experience of something
- 4

An employee is a person
- 5

Your CV is a written description
- 6

A qualification is something you get
- a

when you have done it before.
- b

who is paid to work for a company.
- c

of your education and other jobs.
- d

you get for doing your job.
- e

after you pass an exam.
- f

to show that you are the right person for a job.

LISTENING PART 1 TRAINING

- 1

Discuss the questions in pairs.
- 1

What's your idea of a perfect job? Why?
- 2

What is important for you in a job?
- 2

014 You are going to hear a journalist on the radio asking some people about work. Listen and choose the correct answer for question 1.
- 1

What job does the woman want to do when she finishes her studies?



Read the question carefully. The woman will talk about all three jobs, but the question is asking about when she finishes her studies. Listen to the recording.

**A** is wrong because she is studying to be a nurse now but she doesn't want to work as a nurse. **B** is wrong because she will only become a teacher if she can't make any money as a DJ. **C** is correct because she wants to become a DJ after her course ends.

DID YOU KNOW?

American English speakers say **sales clerk** instead of **shop assistant**.

- 3

015 Look at questions 2 and 3. In each question underline the important information you need to listen for. Then listen and choose the correct answer.
- 2

What does the police officer do first when he gets home from work?
- A
- B
- C
- 3

What time does the man get up in the morning?



WRITING

AN EMAIL ABOUT A JOB

- 1 How do you communicate with friends and family who you don't see every day? Who do you send emails to? Is there anyone you send emails to in English?
- 2 Read the email from **Tori**, a student, to a friend. What's her new job? Why does she like it?


To: Emily

From: **Tori Kotzamani**

Subject: My job

Reply

Forward



Hi Emily,

How are you? I'm really happy because I've got a new job! Of course I still go to college, but from Thursday to Saturday I work in a pizza restaurant from 5.00 to 10.00 pm. I'm a waitress so I wear a uniform – a pink and white shirt and jeans. It's hard work but it's fun. I like talking to the customers.

Next year, I want to go to the police college and study to become a police officer. My parents want me to be a teacher but I don't want to work with children and I hate working inside. I like helping people, so I think it's the perfect job for me.

What about you? Tell me about your job. What do you want to do in the future? Write soon!

Love, Tori.

- 3 Read the email again and underline the expressions **Tori** uses to begin and end her email. Add them to the table.

BEGINNING AN EMAIL	ENDING AN EMAIL
Dear Hello	Best wishes All the best

- 4 You are a student and work as a shop assistant in a games store at the weekends. You want to be a photographer in the future. Write to **Tori** and tell her about the job you do now and the job you want to do in the future. Complete these notes.

	YOUR JOB NOW	THE JOB YOU WANT TO DO
What's the job?	Shop assistant	
Where do you work?	In a games store	
What time do you start/finish?	9 am/5 pm	
Do you wear a uniform?	Yes	
Do you work inside/outside/with people/alone?	Inside, with people	
What do you like/not like about this job?	I like playing new games I don't get a lot of money	
Why do you want to do this job?	.....	

- 5 Write an email in reply to **Tori**. Use this plan to help you.

Begin:

Dear Tori,  
Let me tell you about my job ...

Paragraph 1:

Your job now:  
I work in/at, I work from ... to ...

Paragraph 2:

The job you want to do:  
In the future I want to ... because ...

Paragraph 3:

Ask Tori to tell you about her free time and what she does at weekends when she's not working:  
What about you ...? What do you ...?

End:

Ask Tori to write soon and end your email.



# EXAM FOCUS

## READING PART 2

### EXAM FACTS

- You read three short texts.
- You answer seven questions about the texts.
- The answer to each question will be A, B or C.

### EXAM TIPS

- Read the questions carefully.
- Underline or highlight words in the texts that mean the same as words in the questions.
- For each question (1–7), find the answer (A, B or C) which answers the question.
- Remember that the question may not use the same words as the text, but it will have the same meaning.

For each question, choose the correct answer.

	Marta	Gia	Rosa
1 Which person plans her day during her journey?	A	B	C
2 Which person starts her journey earlier than she needs to?	A	B	C
3 Which person enjoys having time alone while she's travelling?	A	B	C
4 Which person hates being late for work?	A	B	C
5 Which person never uses her phone during her journey?	A	B	C
6 Which person works while she's travelling?	A	B	C
7 Which person reads the news while she's travelling?	A	B	C

## My journey to work



### Marta

I travel to work by train. When I first started, I left home at eight and hurried to get to work by nine. I was never late, but I didn't enjoy hurrying. So now I make sure I'm out of the house by seven thirty. I go slowly, buy a coffee and chat to people in the coffee shop. On the train I use my phone to send emails, which saves time when I get to the office.



### Gia

I usually have to run to the station to catch my train – I should probably plan my mornings better and get up earlier! My train isn't busy, and it's nice to be on my own for a while, just to think or read a book. I know lots of people play games or read the news on their phones, but I just check mine quickly when I get to work. And I don't work on the train – I'm a nurse, so I can't do that!



### Rosa

I like to read about what's happening around the world, so I use the internet to do that when I'm on the train – usually on my phone. I can't really work on the train, but I make a list of the things I have to do when I get to work, and I think about what I'm going to do first. The worst kind of day for me is when there are delays on the trains, and I arrive after the time I should. That makes me really angry.

LISTENING PART 1

EXAM FACTS

- You listen to five short conversations.
- For each conversation, you read a question and choose the correct picture, A, B or C.
- You hear each conversation twice.

EXAM TIPS

- Before you listen, read the questions carefully.
- Make sure you listen to the whole conversation before you choose your answer.
- Remember, the speakers may talk about all three pictures, but only one is the correct answer to the question.
- When you listen the second time, check your answers.

016 For each question, choose the correct answer.

1 What time does the man start work?



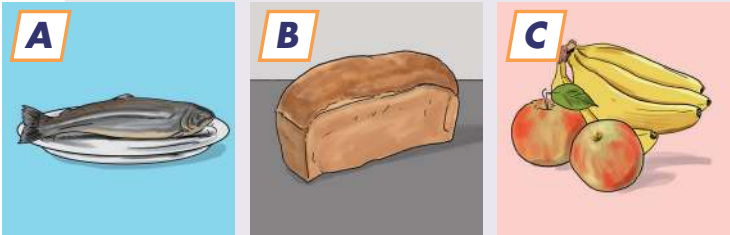
2 Where did the woman go with her friend?



3 How should the man contact Eva?



4 What does the man need to buy?



5 Why was the woman late for work?



HOW WAS IT?

- Gave it a go ☐
- Getting there ☐
- Aced it! ☐



REAL WORLD

TALKING ABOUT YOURSELF IN ...  
MEXICO CITY



- 1

Look at the photos (A–C) of Mexico city. What can you see? What do you know about Mexico City?
- 2

Work in pairs. What can you learn when you stay with a family in another country? Discuss and then read the information about homestays. Which of your ideas does it talk about?
- 3

Read about four families you can stay with in Mexico City. Which family ...

1

doesn't have any children?

2

has a pet?

3

wants to show you the city?

4

lives near some places that are popular with tourists?



FAMILY HOMESTAY

Everyone likes visiting other countries. But staying in hotels isn't always fun because you don't learn about the country you are in. At Family Homestay, we can find the perfect family for you. We check all our families carefully, so we know they will look after you well.

With our families, you can:

- learn the language of the country
- make new friends
- enjoy the food that people in the country eat
- get help with any problems you have
- understand the way local people live

Book [here](#) to find your perfect Family Homestay.



A Hi! We live in a big apartment right in the middle of the city, and it's within walking distance of many of the tourist sites like the National Palace and all the museums. We have three children, all teenagers. All meals are included in the price.



B Hello. There are four people in our family. We live in a small house in a quiet part of the city. We do a lot of things together, and we always eat together in the evenings. We know a lot about the city. We can take you to visit some interesting places and tell you about them. We also offer airport pickup.



C We are the Ruiz family from Mexico City. There are five people in our family, me, my husband, our two children and our little cat. We love having students from other countries living in our home! We live in the south of the city. There's good public transport, like buses and trains, so you can get to the city centre easily.



D We are a young couple in Mexico City. There are just the two of us, so our home is very quiet. We would love to welcome you. Your room has a bed and a desk, and you have your own bathroom. We have wi-fi at home, and there's a very nice park nearby. You can enjoy our home cooking, or you have free use of the kitchen to make your own food.





4 Find the phrases in the text and choose the correct definitions.

- 1 within walking distance  
a it's too far to walk there  
b you can walk there
- 2 all meals are included  
a you don't pay extra for meals  
b you pay extra for meals
- 3 airport pickup  
a we live near the airport  
b we can come and meet you at the airport
- 4 good public transport  
a lots of buses and trains  
b we have a good car
- 5 the city centre  
a the middle part of the city  
b the area outside the city
- 6 enjoy our home cooking  
a cook your own food in our home  
b eat food that we cook at home

5 017 Listen to three conversations. Where is the student in each conversation? There is one extra answer which you do not need to use.

- a at a party  
b at the airport
- c on public transport  
d with the host family

6 017 Complete the phrases with the correct words in the box. Listen again and check.

allergic from I'll I'm staying I've got  
really like student very excited

PHRASES YOU MIGHT USE

- 1 ..... be here for five weeks.
- 2 ..... with a family.
- 3 ..... one brother.
- 4 I'm ..... to be here.
- 5 I'm not ..... to anything.
- 6 I'm ..... Harrow, in the UK.
- 7 I'm a .....
- 8 I ..... the city.

7 Sometimes people use words and phrases that you don't know when they ask about you. Choose the correct definitions.

PHRASES YOU MIGHT HEAR

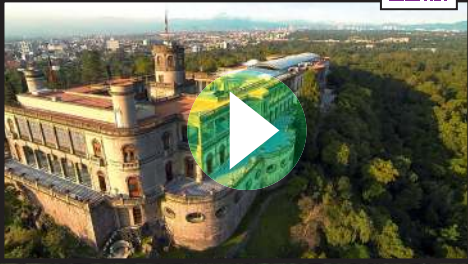
- 1 What's the purpose of your visit?  
a Why are you here?  
b How long will you be here?
- 2 Is that convenient for you?  
a When would you like to do that?  
b Is that OK for you?
- 3 What do you think of Mexico?  
a Do you like Mexico?  
b Why did you choose to come to Mexico?
- 4 Maybe we should go and get some food.  
a Do you have any food?  
b Would you like some food?

8 Watch the video. What do you learn about these things? Make notes.

- Mexico City
- family life
- homestays

9 Compare your notes. Watch the video again to check your ideas.

WATCH



LIFE COMPETENCIES

COMMUNICATION, UNDERSTANDING AND CULTURE

- 10 Work in groups and make a list of the most important things for people to know if they come to live in your city. Compare your ideas with other groups.