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SECOND EDITION

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ISBN 978-1-292-34223-8



WIDER WORLD SECOND EDITION

4

Workbook

Damian Williams

Damian Williams

BBC

WIDER WORLD

SECOND EDITION

Workbook

4



Pearson



45-55 B1/B1+

WIDER WORLD

SECOND EDITION

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VOCABULARY

Relationships | School | Using everyday technology | Holidays and travel | Transport | Hobbies and free time activities

GRAMMAR

Present Simple | Adverbs of frequency | *Wh-* questions | Comparatives and superlatives | Present Continuous | Past Simple | Present Perfect | *For* and *since*

Relationships | Present Simple | Adverbs of frequency | *Wh-* questions | School | Comparatives and superlatives

GRAMMAR A

Present Simple, adverbs of frequency, *wh-* questions

Present Simple

I **live** in London. She **likes** acting.
I **don't like** doing sports. She **doesn't do** First Aid classes.
Do you **live** near your cousins? Yes, I **do**./No, I **don't**.
Does she **go** to your school? Yes, she **does**./No, she **doesn't**.

Adverbs of frequency

always, never, usually, often, rarely, sometimes

Wh- questions

Where do you live?
When do you **see** friends?
Who do you **hang out** with?
Which school **do** you **go** to?
Why do you **like** your home?
What sports **do** you **play**?
How often do you **visit** your relatives?

GRAMMAR B

Comparatives and superlatives

Comparatives

The new library is **bigger than** the old one.
Art is **more interesting than** Science.
Practical exams are **better/worse than** written exams.

Superlatives

The classrooms have **the latest** technology.
The first day back at school is **the most difficult**.
It's **the best/worst** school in the area.

1 Write the correct word for each definition.

- someone who studies with you in the same class: c l a s s m a t e
- a member of your family: r _____
- your mother's mother: g _____
- your father's or mother's sister: a _____
- someone who lives near you: n _____
- a girl with only one parent the same as yours: h _____-s _____

2 Complete the dialogue with the Present Simple form of the verbs in brackets.

- Kay: Hi, I'm Kay. ¹Do you go (you/go) to this school?
- Jan: Yes, I do, but it's my first day here.
- Kay: Don't worry! I ²_____ (love) studying here. Everyone is really friendly. My older sister ³_____ (study) here too, but she ⁴_____ (not always/walk) to school with me.
- Jan: I see. So, where ⁵_____ (you/live)? Is it near here?
- Kay: Yes, it is. I ⁶_____ (usually/walk) to school, but I ⁷_____ (sometimes/ride) my bike.
- Jan: Oh, that's nice. Who ⁸_____ (you/hang out) with here?
- Kay: Those are my friends. They ⁹_____ (always/arrive) early. Come on. I'll introduce you.
- Jan: Great, thanks!

3 Choose the correct option.

- Physics / *History* is my favourite subject at school. I like all the science subjects.
- Do you think we can work on our *practical exam* / *project* together?
- We need to *revise* / *learn* for the test tomorrow.
- It's lunchtime! Let's go to the *canteen* / *library*.
- What did you *revise* / *learn* at school today?

4 Complete the sentences with the comparative or superlative form of the adjectives in brackets.

- Our school is the best (good) school in the area.
- I think Maths is _____ (difficult) subject.
- Our new classroom is _____ (big) than the old one.
- The new computer room has _____ (late) technology.
- My new school is _____ (exciting) than my old school.

GRAMMAR Present Continuous

He's **studying** Turkish this year.

I'm **not learning** very fast.

Are you **exploring** the city? Yes, I **am**./No, I'm **not**.

Time expressions

at the moment, now, right now, this month, this year, today

1 Choose the correct option.

1 **Are / Do** you reading anything good at the moment?

No, I'm **not** / I **don't**. I'm too busy with homework.

2 What are you doing **exactly / right** now? Are you busy?

No, I **not** / I'm **not** doing anything important.

3 What are you **studying / study** in History class this year?

We / We're learning about the American Civil War.

4 **Are / Do** you having a good time?

Yes, fantastic! I'm **talk** / **talk**ing to lots of interesting people.

2 Complete the sentences with the Present Continuous form of the verbs below.

call enjoy ~~have~~ not look forward to study watch

- I'm **having** lunch right now. Can I call you back?
- What _____ (Jo and Ian) on the TV? It looks interesting.
- Gary _____ English class because he hasn't done his homework.
- We _____ the Romans in History this month.
- Where _____ (you) from? It sounds noisy.
- _____ (your sister) her new school?

3 WORD FRIENDS Label the pictures with a verb from box A and a word/phrase from box B.

A

chat download ~~make~~ post text write

B

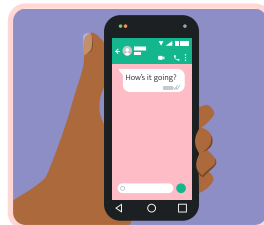
an app a blog ~~a video~~ on social media someone with people



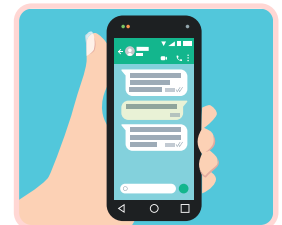
1 make a video



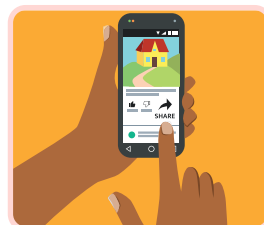
2 _____



3 _____



4 _____



5 _____



6 _____

4 Choose the correct option.

- I'd like to **write** / **upload** a blog, but I don't have enough time.
- I prefer **messaging** / **writing** people to phoning them.
- How often do you **watch** / **go** online to check your email?
- For homework, we have to **write** / **film** a video of ourselves speaking English.
- How can I **download** / **watch** songs to listen to on my phone?
- When you take pictures, do you **download** / **upload** them to a website or just keep them for yourself?

GRAMMAR Past Simple

They *stayed* in a hotel. (regular verb)

We *had* a great holiday. (irregular verb)

They *didn't stay* in a campsite.

Did you *hire* a car? Yes, I *did*./No, I *didn't*.

When *did* he *come* here?

Time expressions

earlier this morning, in 2020, last summer, over a year ago, the day before yesterday, yesterday, when she was ...

- 1 Mark the photos T (means of transport), H (type of holiday), A (accommodation) or Ac (activity). Then complete the words.



1 city break



2 f_____



3 h_____



4 c_____



5 c_____

- 2 Write the Past Simple form of the verbs.

1 come <i>came</i>	6 spend _____
2 leave _____	7 stay _____
3 hire _____	8 meet _____
4 go _____	9 travel _____
5 have _____	10 make _____

- 3 Complete the text with the Past Simple form of the verbs in brackets.

My last holiday



Last summer we

¹ *went* (go) on

holiday to the south of France. We ² _____

(stay) on a campsite near the beach and we

³ _____ (not do) much, just sunbathing.

I ⁴ _____ (read) a lot of books and it

⁵ _____ (be) very relaxing. I also ⁶ _____

(make) a lot of friends my age, and in the day,

we ⁷ _____ (hang out) together around

the swimming pool. One day we ⁸ _____

(not meet) at the swimming pool. Instead, we

went to a local art market and ⁹ _____

(not come) home until the evening. The next

morning, my parents asked me, 'Where

¹⁰ _____ (you/go) yesterday?' When

I ¹¹ _____ (tell) them, they ¹² _____

(not be) happy. So, I ¹³ _____ (draw) them

a nice picture of the town where we were.

They really liked it and they weren't angry

with me anymore.

- 4 **WORD FRIENDS** Match the sentence halves.

- | | |
|---|--------------------------------|
| 1 <input checked="" type="checkbox"/> b | At what age can you drive |
| 2 <input type="checkbox"/> | I would love to fly |
| 3 <input type="checkbox"/> | Hurry up! We need to catch |
| 4 <input type="checkbox"/> | My uncle taught me how to sail |
| 5 <input type="checkbox"/> | Can we ride |
| 6 <input type="checkbox"/> | Let's take |
- a the bus in ten minutes!
 b a car in your country?
 c a bus – it's cheaper than the train.
 d a horse on the beach today?
 e a helicopter one day.
 f a yacht on holiday last year.

GRAMMAR Present Perfect

Affirmative

He **has** (just/already) **directed** a film.

They **have moved** to England.

Negative

I **haven't** (ever) / I **have never lived** in the US.

He **hasn't taken** part in a marathon (yet).

Questions

Have you (ever) **visited** the US? Yes, I **have**. / No, I **haven't**.

Has she (ever) **run** a 5K race? Yes, she **has**. / No, she **hasn't**.

For and since

They've lived in England **for** a year. (a period of time)

She's been here **since** April. (a point in time)

- 1 WORD FRIENDS** Complete the sentences with the correct form of the verbs below.

direct discover hang out ~~run~~ take (x3)

- I **ran** a race at sports day today, but I didn't win.
- Excuse me, could you _____ a photo of us in front of that building?
- My dad _____ part in the London Marathon last year.
- What I love about this city is that you can always _____ new places you didn't know existed.
- Jo's mum _____ a film when she was at university.
- I want to _____ up a new hobby, but I'm not sure what. Any ideas?
- I'm going to _____ with my friends all weekend.

- 2** Complete the sentences with *for* or *since*.

- I've known Hannah **since** we were three years old.
- We've been at this school _____ six months.
- Carla hasn't read a book _____ last February.
- I've had my cat _____ nearly ten years.
- I haven't eaten anything _____ lunchtime.
- They haven't watched a film at the cinema _____ ages.



- 3** Use the prompts to make sentences in the Present Perfect.

1 you / ever / study / abroad / ?

Have you ever studied abroad?

2 Fiona / not do / her homework / yet

3 my parents / already / meet / my new friend from school

4 Mark / feed / the cat / yet / ?

5 we / not go / camping / for two years

6 the programme / just / start

- 4** Complete the second sentence with the word in bold so that it means the same as the first one. Use no more than three words.

1 We moved here in 2021 and we live here now. **HAVE**

We **have lived here** since 2021.

2 I haven't been to China at any time in my life. **NEVER**

I _____ to China.

3 We are still waiting for the class to start. **YET**

The class has _____.

4 I liked comedies when I was younger and I still like them now. **ALWAYS**

I _____ comedies.

5 James met Fiona six months ago and they are friends now. **FOR**

James has known Fiona _____.

6 Was there any time in your life when you had a pet cat? **EVER**

Have _____ a pet cat?

7 I last saw my whole family at my birthday party. **NOT**

I _____ my whole family since my birthday party.

VOCABULARY

Adjectives of emotion | Verbs of success and failure | Phrasal verbs for achieving goals | Phrases for achieving goals | Immigration | Personality adjectives

GRAMMAR

Present tenses | Past Simple, Past Continuous and Present Perfect

Vocabulary

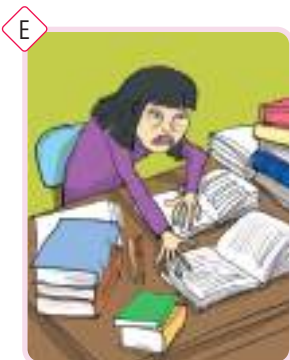
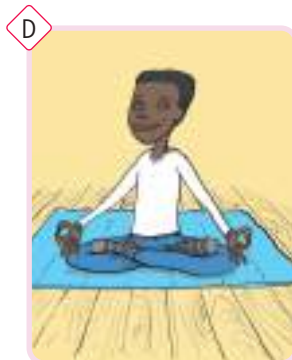
Success, failure and goals

- 1 ● Match the adjectives below with pictures A–F. There are two extra adjectives.

calm cheerful ~~confused~~ delighted exhausted stressed surprised upset



confused



- 2 ●● How would you feel in each situation? Complete the adjectives of emotion.

- You think you do well in an exam, but then you get a bad mark. c o n f u s e d
- You've just received the smartphone you wanted as a present. d _ _ _ g _ t _ _ _
- You're lying on the beach on holiday. c _ l _ _
- You're just about to do an important exam. a _ _ i _ _ _ _
- You have lots of homework to do and don't have much time. s _ _ _ s _ _ d
- Your friend visits you and you weren't expecting it. s _ _ p _ _ s _ _
- You work hard on a project and get a good mark for it. p _ _ _ s _ _
- You've had a really long day at school. e _ h _ _ _ t _ _

- 3 ●● Choose the correct answer.

- I feel ___ after I have a nap.
 a calm b stressed c anxious
- Anna was ___ with herself when she failed the exam.
 a pleased b calm c disappointed
- Gwen's such a ___ person. She always has a smile on her face.
 a cheerful b confused c surprised
- After spending weeks on their project, Ava and Noah were ___ when they finished.
 a anxious b pleased c upset
- People gave me lots of different advice about the exam, which made me feel ____.
 a delighted b cheerful c confused
- James was really ___ when he had a big argument with his parents.
 a calm b upset c exhausted

4 ● **WORD FRIENDS** Choose the correct option.

- 1 try / take it easy
- 2 make / do progress
- 3 make / do your best
- 4 put / get things done
- 5 give / get something a go
- 6 make / do decisions
- 7 make / do mistakes
- 8 make / take something seriously
- 9 make / do the most of something
- 10 take / get something right/wrong

5 ●● Complete the sentences with the words below.

achieve aims go improve made making
managed mistakes reach succeed take (x2)

1 Nick won't achieve his goals if he doesn't _____ them seriously.

2 Sometimes it's good to make _____ because you can learn from them and _____.

3 You might not always _____ when you try something new, but it's important to give it a _____.

4 Gillian has _____ a lot of progress at school this year. I'm amazed at what she's _____ to do.

5 I'm terrible at _____ decisions. That's why I never _____ my targets!

6 Our team always _____ to win. That's why we never _____ it easy in training!

6 ● Match the sentence halves.

- 1 b You can't put your homework
- 2 Come on, you can do this. Don't give
- 3 Carla's had a great year in Maths. I hope she keeps
- 4 If you've got something big to do, try breaking it
- 5 That's enough TV for now – it's time to get
- 6 That player's brilliant. I just can't work
 - a on working like this next year.
 - b ~~off any longer.~~
 - c on with your cleaning.
 - d down into smaller tasks.
 - e up!
 - f out how he does it.

7 ●●● Choose the correct option.



My thirty-day vegan challenge

This month I'm getting out of my comfort zone! How? I'm ¹aiming / *achieving* / *failing* to stop eating meat and animal products for thirty days. I'm not a vegan. In fact, I really like meat, but recently I read about the way many animals are treated and it made me feel really ²*delighted* / *upset* / *exhausted*. I decided to ³*make* / *get* / *take* this seriously and ⁴*give* / *get* / *make* a vegan diet a go.

I'm a bit ⁵*cheerful* / *anxious* / *calm* about eating plant-based products all the time and I'm worried about getting hungry, but I really don't want to ⁶*fail* / *succeed* / *reach*, so I'm going to ⁷*make* / *get* / *do* my best.

I've just finished my first day and I had lots of grains and nuts with soy milk for breakfast. I've made the ⁸*progress* / *mistake* / *decision* to have a cooked lunch every day now. In the evening, I had a salad with chickpeas and nuts. The good news is that I think I've ⁹*got* / *taken* / *given* things right with what to eat. A positive first day, I think, so I feel ¹⁰*stressed* / *pleased* / *exhausted* with myself!

Come back tomorrow to read about day 2!

GRAMMAR

Present tenses

Present Simple

I always **press** 'Snooze' when my alarm goes off. (routine)
I **don't find** it easy to get up. (permanent situation)

Present Continuous

Lots of people **are listening** to this podcast right now. (present action)

This term I **'m trying** to change my routine. (temporary situation)

He **'s making** progress this term. (changing situation)

State verbs

belong, know, prefer, etc.

I **know** you're always at school early. NOT ~~I'm knowing~~

State and dynamic verbs

I **think** I need help! (state verb: opinion)

What **are** you **thinking** about? (dynamic verb: mental process)

1 ● Match the verbs in bold in sentences 1–5 with functions a–e.

- c I **know** the answer.
- Chris **is doing** his homework.
- Sara **works** in a hospital.
- I **'m working** at a restaurant for the summer.
- I **get up** at 7 a.m. on weekdays.

- a temporary situation
- a present action
- a state verb
- a routine
- a permanent situation

2 ●● Choose the correct option.

- My aunt and uncle (have) / *are having* two children. They *go* / *'re going* to the same school.
- I *don't agree* / *'m not agreeing* with the government's new education policy. What *do you think* / *are you thinking*?
- I *don't watch* / *'m not watching* TV at the moment. I *do* / *'m doing* my homework.
- We *stay* / *'re staying* in a different hotel this year because the place where we *usually stay* / *'re usually staying* is closed for the summer.
- I *never ask* / *'m never asking* Phil for the answer. He *doesn't know* / *isn't knowing*.

3 ●● Complete the sentences with the Present Simple or Present Continuous form of two of the verbs in brackets.

- I **hear** you **'re learning** to play the drums. Is that true? (hear/learn/prefer)
- I usually _____ for the school bus, but this morning I _____ a lift from my dad. (get/take/wait)
- How much _____ your rucksack _____? It _____ really heavy. (weigh/look)
- Quick, the film _____! You _____ the best part! (finish/miss/start)
- I _____ my football coach because she always _____ me to do my best. (encourage/give/like)

4 ●●● Complete the email with the Present Simple or Present Continuous form of the verbs below.

close do enjoy have (x2) love ~~not know~~
not work practise sell stay want



Hey, Ben!

How are things?

I ¹ **don't know** if you know, but I've got a summer job in Munich. I ² _____ with my cousins who live here. It's great and I ³ _____ myself a lot.

I'm working in a small shop which ⁴ _____ designer clothes and the other people who work in the shop are really nice. We always ⁵ _____ lots of fun in the day. In the evening, when the shop ⁶ _____, we usually all ⁷ _____ dinner together somewhere. I ⁸ _____ Munich! It's a really interesting city and I ⁹ _____ my German too!

What ¹⁰ _____ (you) this summer? ¹¹ _____ (you) to come and visit me in Munich? It would be great to see you again and there's lots of space at my cousins' house, so you can stay with us. I ¹² _____ at weekends, so we could spend some time together. Let me know!

Harry

A new life abroad

1 Match the words below with the definitions.

new arrival explore face a challenge immigrant
migrant miss population stereotype support
translate

- 1 someone who comes to a place: *new arrival*
- 2 the number of people living in a particular area or country: _____
- 3 someone who enters a country to live there: _____
- 4 have to deal with a difficult situation: _____
- 5 change written or spoken words into another language: _____
- 6 travel around an area to find out more about it: _____
- 7 someone who moves to another area or country, especially in order to find work: _____
- 8 a belief about what a group of people or things are like, often not true: _____
- 9 feel sad because you don't have or can't do something you had or did before: _____
- 10 encouragement or help from other people: _____

2 Read the article quickly and answer the question.

Which countries are mentioned?

3 Read the article again and complete the sentences. Write no more than three words in each gap.

- 1 Connor came to Andalusia because he wanted to travel far *away from home*.
- 2 In Spain, you can eat tapas in a _____.
- 3 People speak about _____ dialects of Spanish in Mexico.
- 4 In China, Connor worked as an _____.
- 5 For him, the best thing in China was the _____.
- 6 He disagrees when people say that Americans always _____.

CONNOR'S WORLD

Travelling can be a challenge.

We asked travel blogger Connor Jones about his experiences.

At the moment Connor is in Andalusia, a region in the south of Spain. It's famous for its beaches, festivals, flamenco and for its delicious tapas. A tapa is a snack that you can get in a bar or restaurant. Connor has come here because he wanted to travel far away from home. Another reason was to practise the Spanish he learned in Mexico last year, but the Spanish here is different from the Spanish in Mexico, as many arrivals from the USA quickly learn.

In Mexico, although Spanish is widely spoken, it varies a lot. There are about 350 local dialects. So understanding everything as he travels around Spain is one of the challenges he faces. However, people are very friendly to foreigners, so he gets a lot of support. The cost of living is also very cheap – he gets a meal in an average restaurant for around five euros.

You may wonder where he gets the money for his travels. The answer is easy: he works as an English teacher. 'My first teaching job was in China and it was a dream come true!' he says. He went to Shanghai and he thought everybody knew some English. But he was wrong and had to learn Chinese really fast. It's a difficult language and the Chinese letters, called characters, are quite complicated. And like in Mexico, there are different languages and dialects. His favourite thing about China, though, was the transport. Public transport in the main cities is good. It's also easy to explore different parts of the country and discover new places.

It's interesting for Connor to find out what people around the world think of Americans. One thing he doesn't like is the stereotypes about American people, mainly that they all eat junk food, which just isn't true. Connor always tries the local food when he visits a place. He thinks this is important.

GRAMMAR

Past Simple, Past Continuous and Present Perfect

Past Simple

In 2014 she **reached** the top of Mount Everest. (finished action)
The temperature often **fell** as low as -35°C . (repeated action)

Past Continuous

It **was raining** on Sunday afternoon. (background description)
At three o'clock we **were watching** a film about Poorna Malavath. (action in progress)

Past Simple and Past Continuous

The teacher **was speaking** when some officials **came** into the classroom. (a longer action interrupted by a shorter one)

Present Perfect

She **has become** famous. (result in the present)
She **has climbed** Mount Aconcagua. (experience)

Present Perfect and Past Simple

Poorna **has climbed** many mountains. She **climbed** Mount Everest in 2014.

- 1 ● Choose the correct option. Then mark the sentences PS (Past Simple), PC (Past Continuous) or PP (Present Perfect).

- Roshan *has had* / **was having** dinner with his family at 8 p.m. last night. **PC**
- I *got up* / *was getting up* early every day last week. ____
- Did you ever have* / *Have you ever had* an unusual pet? ____
- When we left the cinema, it *rained* / *was raining*, so we took the bus home. ____
- My older brother *became* / *has become* a father in 2020. ____

- 2 ●● Use the prompts to make sentences in the Past Simple, Past Continuous or Present Perfect.

- I / get / home / half an hour ago
I got home half an hour ago.
- my sister / start / school / last year

- you / ever / play / baseball / ?

- we / talk / about Maisie / when / she / walk / in

- it / snow / when / I / wake up / this morning

- when / I / be / little, / I / not like / broccoli

- 3 ●●● Complete the second sentence with the word in bold so that it means the same as the first one. Use no more than four words.

- I first met Tom when I was five.
I **have known Tom since** I was five. **KNOWN**
- Jay started watching a film at 7.30 p.m. and finished at 9 p.m.
Jay _____ at 8 p.m. **WAS**
- Fiona isn't here now because she went to school earlier.
Fiona _____ to school. **GONE**
- I started having a shower, but then the water went cold.
I _____ when the water went cold. **HAVING**
- She didn't eat all morning and she didn't eat this afternoon.
She _____ all day. **EATEN**

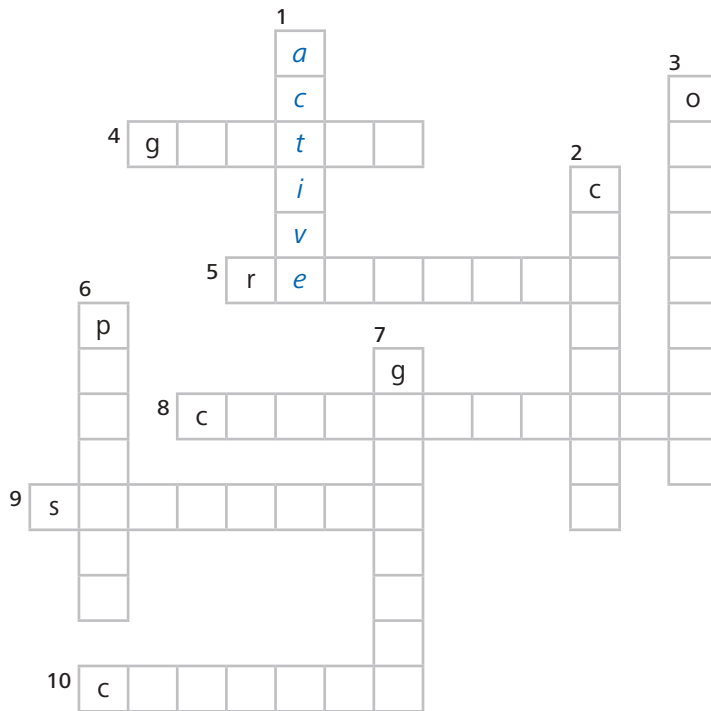
- 4 ●●● Complete the dialogue with the Past Simple, Past Continuous or Present Perfect form of the verbs below.

be climb do fall read recover stay
visit (x2) walk

- A: Hey, Nikki, how was your holiday?
B: Great, thanks! I ¹ **climbed** a really big mountain!
A: Wow, really?
B: Yes, it was amazing – the most exciting thing I ² _____ ever _____, really.
A: I ³ _____ never _____ climbing, but I'd love to try it. So, where did you go?
B: Well, while I ⁴ _____ with my cousin in Scotland, we decided to climb Ben Nevis.
A: Yes, I ⁵ _____ all about it – although I ⁶ _____ never actually _____ Scotland. Wow! So, how was it?
B: Amazing, but while we ⁷ _____ up, one girl ⁸ _____ and hurt her leg.
A: Oh no! What happened next?
B: Well, a helicopter came and took her to hospital. She ⁹ _____ since then and she's fine now. And how was your holiday?
A: Not as exciting as yours – I just ¹⁰ _____ my gran in the country.

Projection mapping

1 Use the clues to complete the crossword with adjectives of personality.



Across

- 4 My grandfather was a very _____, caring man. He wouldn't hurt a fly!
- 5 You can trust Sandy. She's very _____.
- 8 My brother is so _____. He always has to win at everything.
- 9 My sister is the _____ one in our family. She always makes the right decisions.
- 10 I'm _____ to know where you got those shoes from.

Down

- 1 I try to be as *active* as possible, so I play several sports.
- 2 I'd love to do a job where I can be _____, thinking of new ideas every day.
- 3 I wish I was more _____. My things are always in a mess and I can never find anything!
- 6 I know you're hungry, but you need to be _____. Dinner won't be ready for another hour.
- 7 It was very _____ of you to give me your book, thank you.

2 1.1 Listen to an interview with Miles Baker, a projection mapping artist. Put topics a–d in the order he talks about them.


- a the different uses of projection mapping
- b the history of projection mapping
- c why he enjoys his work
- d an explanation of what projection mapping is

3 1.1 Listen again and complete the notes.

Projection mapping

- projecting an ¹ *image* onto something, e.g. the ² _____ of a building or inside a building, like a ³ _____
- often includes sound and, together with the images, tells a ⁴ _____
- not a modern art form; first started in the ⁵ _____
- one of the first projection mapping displays was in Disneyland in ⁶ _____
- uses: art, advertising, ⁷ _____, restaurants, smart appliances in modern homes, e.g. ⁸ _____



1  1.2 Listen and repeat the phrases.**SPEAKING** Asking for and offering help**Asking for help**

Can/Could you help me?

Would you mind helping me?

Can/Could you give me a hand (with this box)?

Replying

Of course. Sure!

Sorry, I can't. Of course not.

I'll be with you in a minute.

Offering help

Do you need any help/anything else?

Can I get you anything?

Can/May I help you?

Do you need/Can I give you a hand?

What can I do for you?

Replying

That would be great, thanks.

That's really nice of you, thanks.

Thanks for helping/your help.

No, I'm fine, but thanks anyway.

2 Order the words to make questions.

1 me / a hand / can / give / you / ?

Can you give me a hand?

2 else / need / you / do / anything / ?

3 you / get / can / anything / I / ?

4 need / a hand / you / do / ?

5 me / could / help / you / ?

6 a hand / can / you / give / I / ?

7 help / may / you / I / ?

8 you / can / for / what / I / do / ?

9 with / give / you / my / me / a hand / could / homework / ?

10 you / me / would / helping / mind / ?

3 Match questions 1–7 with responses a–g.

1 **b** Can I get you anything to drink?2 This exercise is too difficult. Can you help me?3 May I help you? You look lost.4 You seem stressed. Can I give you a hand?5 Can you give me a hand with these bags?6 Would you mind helping me? I'm looking for the staff room.7 Here are the books you ordered. Do you need anything else?

a That would be great, thanks. I just don't understand this Maths problem.

b ~~No, thanks. I'm fine.~~


c That's really nice of you, thanks. I'm looking for the station.

d No, these are all I need. Thanks for your help.

e Of course not! I'll show you.

f Sure! I'll be with you in a minute.

g Of course! Let me carry these two for you.

4  1.3 Complete the dialogue with one word in each gap. Then listen and check.Jess: Steph, could you give me a ¹hand with something?Steph: ²_____! I'll be with you in a ³_____.
Sorry about that. What can I help you with?Jess: I'm having problems with my Maths homework – it's really difficult. Would you ⁴_____ helping me?

Steph: Oh sorry, Jess. I'm really bad at Maths.

Matt: Can I ⁵_____ you a hand, Jess? Maths is my best subject.Jess: That's really ⁶_____ of you, Matt, thanks. Could you ⁷_____ me with number three, here?

Matt: Of course! Let me look. Oh, it's simple – see? You just need to add these two numbers together and divide the total by this number.

Jess: Ah, I see! Thanks for ⁸_____!Matt: No problem. Do you need anything ⁹_____?Jess: No, I'm ¹⁰_____, thanks.

1 Match the verbs below with the definitions.

cry scream shake shiver shout sweat

- produce tears from your eyes, usually because you're unhappy or hurt: *cry*
- produce liquid on the surface of your skin because you're hot or nervous: _____
- when part, or all, of your body moves quickly because you're afraid or cold: _____, _____
- make a loud, high noise because you're afraid or hurt: _____
- say something very loudly: _____

2 Complete Antje's description of a personal challenge with phrases a–f.

- But when I heard about a new talent show at my school
- ~~I normally love~~
- The experience has made me
- When I arrived at
- The problem is
- At the beginning, it was difficult

My first performance

by Antje Fischer



¹ *b* singing and I do it whenever I can at home – usually in the shower! ² _____, I've always hated singing in public or even in front of my closest friends. The thought of it makes me feel really anxious. ³ _____, I decided to give it a go.

⁴ _____ the contest, I walked onto the stage and I was terrified. My hands were shaking and I could hardly hold the microphone. When the music started, I was shivering all over, but I began to sing the first few words. ⁵ _____, but gradually, I started to calm down and sing better. By the end, I actually wanted to scream with joy – I loved it!

I didn't win the contest, but people said I sang well. ⁶ _____ more confident about my singing – I'm even thinking about joining a band!

3 Match the sentence halves.

- I first realised I had a problem
- When I heard about the competition,
- That day, I learned
- Now I'm not afraid
 - of heights any more.
 - something important about myself.
 - ~~when I went climbing with a friend.~~
 - I decided to give it a go.

4 Complete Toby's notes about his personal challenge with phrases a–d.

- ~~always been afraid of water~~
- feel more confident on the water now
- realised when I travelled by ferry as a child
- nervous at first, shivering and sweating

Sailing a boat

Reason for the challenge

- ¹ *always been afraid of water*

- ² _____

- uncle has a boat, invited us to go sailing*

Description of the challenge

- ³ _____

- suddenly my uncle gave me the controls*

- slowly felt more confident*

After the challenge

- loved it*

- ⁴ _____

WRITING TIME

5 Write a blog post with a description of Toby's personal challenge. Look at his notes in Exercise 4.

1 Find ideas

Make notes about:

- why he wanted to do the challenge.
- what the challenge was like.
- how Toby felt after the experience.

2 Plan and write

- Organise your ideas into paragraphs. Use Antje's blog post in Exercise 2 to help you.
- Write a draft of your blog post.

3 Check

- Check language: have you used verbs to express emotions?
- Check grammar: have you used a variety of past tenses?
- Write the final version of your blog post.

My Language File

WORDLIST

1.4

Adjectives of emotion

anxious (adj) _____
calm (adj) _____
cheerful (adj) _____
confused (adj) _____
delighted (adj) _____
disappointed (adj) _____
exhausted (adj) _____
pleased (adj) _____
stressed (adj) _____
surprised (adj) _____
upset (adj) _____

Verbs of success and failure

achieve (v) _____
aim (v) _____
fail (v) _____
improve (v) _____
manage (v) _____
reach (v) _____
succeed (v) _____

Achieving goals

break down (v) _____
get on with (v) _____
give up (v) _____
keep on (v) _____
put off (v) _____
work out (v) _____

Word friends (achieving goals)

do your best _____
get something right/wrong _____
get things done _____
give something a go _____
make decisions _____
make mistakes _____
make progress _____
make the most of something _____
take it easy _____
take something seriously _____

Immigration

arrival (n) _____
explore (v) _____
face challenges _____
immigrant (n) _____
migrant (n) _____
miss (v) _____
population (n) _____
stereotype (n) _____
support (v) _____
translate (v) _____

Personality adjectives

active (adj) _____
competitive (adj) _____
creative (adj) _____
curious (adj) _____
generous (adj) _____
gentle (adj) _____
organised (adj) _____
patient (adj) _____
reliable (adj) _____
sensible (adj) _____

Extra words

accent (n) _____
adventure (n) _____
advice (n) _____
basic English _____
brave (adj) _____
confident (adj) _____
courage (n) _____
cry (v) _____
culture (n) _____
discover (v) _____
experience (n) _____
fear of failure _____
find things hard _____
fresh ideas (n) _____
fresh start (n) _____

get better/worse
at something _____
goal (n) _____
gradually (adv) _____
impossible (adj) _____
in a rush _____
join a club _____
limit (n) _____
make friends _____
move to another country _____
need a hand _____
poor background _____
proud (adj) _____
responsibility (n) _____
result (n) _____
routine (n) _____
scared of heights _____
scream (v) _____
set my alarm _____
shake (v) _____
share (v) _____
shiver (v) _____
shout (v) _____
solution (n) _____
stay positive _____
step by step _____
suffer (from) (v) _____
sweat (v) _____
take something up (v) _____
target (n) _____
workshop (n) _____

Sounds good!

I'm impressed! _____
A complete failure! _____
I admit it. _____
So true! _____

MY LANGUAGE NOTES

My favourite words/expressions from this unit

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Self-check

Vocabulary

1 Choose the correct option.

- 1 I was *surprised* / *exhausted* when he said that.
- 2 I felt *cheerful* / *anxious* before the test.
- 3 We all *make* / *do* mistakes sometimes.
The important thing is to learn from them.
- 4 Our teacher likes us to be *curious* / *patient* in class and ask lots of questions.
- 5 James is *gentle* / *generous*. He always gives tips.
- 6 Work hard and I'm sure you'll *achieve* / *succeed*.
- 7 Why not just give it a *go* / *come*? You might like it!
- 8 I like the way Hannah just gets things *done* / *do* without complaining.

2 Complete the sentences with the prepositions below.

down off on out up with

- 1 Don't give _____ just because it's difficult.
- 2 I can't work _____ this problem.
- 3 I know I need to start this essay, but I keep putting it _____.
- 4 If you keep _____ working like this, you'll get a good grade this year.
- 5 We can't keep chatting. We need to get on _____ the task.
- 6 If you break the work _____ into smaller parts, you might find it easier.

3 Choose the correct option.

Maya: How is your new life in Australia, Adam?

Adam: It's great. There's a big British
¹ *population* / *people* here.

Maya: I see. Are there a lot of British
² *arrivals* / *immigrants* where you live?

Adam: Yes, there are. It's useful when you first arrive – there's a lot of ³ *stereotype* / *support*.
But to be honest, I'd like to travel and
⁴ *explore* / *miss* the rest of Australia.

Maya: Yes, I can imagine. And what sort of challenges do you ⁵ *get* / *face*?

Adam: Oh, the weather. It's too hot!

Maya: Ha! It's cold and rainy here in the UK this week, so don't complain!

Adam: Yes, that's true. I don't really ⁶ *lose* / *miss* the British winter!

Grammar

4 Complete the sentences with the Present Simple or Present Continuous form of the verbs in brackets.

- 1 We _____ (stay) in a hotel at the moment, until we can move into our new house.
- 2 Jake _____ (get up) at 6 a.m. every morning.
- 3 Can I call you back? I _____ (have) lunch at the moment.
- 4 Sally _____ (not enjoy) this film and wants to leave the cinema.
- 5 _____ (your mum/like) her new job?

5 Complete the text with the Past Simple, Past Continuous or Present Perfect form of the verbs in brackets.

We ¹ _____ (not be) to many places outside the UK, so last summer my parents ² _____ (decide) to travel around Italy by train. It was one of the best experiences I ³ _____ (ever/have). Travelling by train in a different country ⁴ _____ (be) really exciting! We ⁵ _____ (see) lots of great places and ⁶ _____ (talk) to lots of interesting people, but it ⁷ _____ (not be) all good. While we ⁸ _____ (walk) around Rome, Mum lost her bag with all her money and her passport! We spent the next day at the embassy, getting a new one. While we ⁹ _____ (wait) there, we ¹⁰ _____ (meet) a friend of Mum's who invited us to stay with her for the rest of the week!

Speaking

6 Complete the dialogues with one word in each gap.

- 1 A: Excuse me, would you _____ helping me?
B: Of course not.
- 2 A: Can I _____ you anything?
B: No, I'm fine, but thanks anyway.
- 3 A: Can I _____ you a hand?
B: That's really nice of you, thanks.
- 4 A: Could you help me with this?
B: Sure! I'll be with you in a _____.
- 5 A: Can you help me with something?
B: Of course! What _____ I do for you?

YOUR SCORE

Vocabulary: ___/20 Speaking: ___/5
Grammar: ___/15 Total: ___/40