

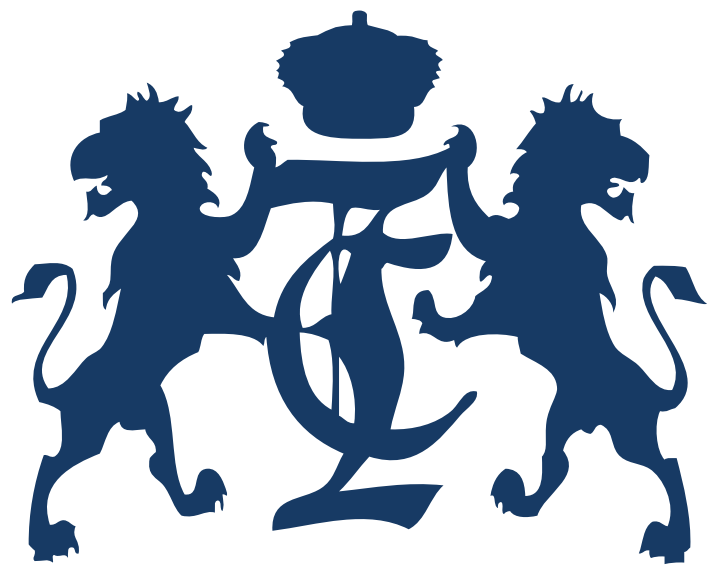


B2.1

Global English

2nd
edition

B2 level according to the Common European Framework of Reference for Languages (CEFR)



CAMBRIDGE INSTITUTE

EDITED BY ISEEC S.A.

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**GLOBAL ENGLISH
LEVEL: B2.1**



GRAMMAR: GERUNDS AND INFINITIVES

Part 1

Gerunds and infinitives can function as nouns and can also function as objects. However, only gerunds can be the object of a preposition.

Gerund and infinitive as a subject:

Gerund example:

Running uphill is strenuous.

Teaching is a vocation.

“Running” in this case is the subject of the sentence. It is important to notice that gerunds as subject are the common choice among natives, mainly in spoken English.

Infinitive example:

To be or not to be, that is the question.

To see his eyes is to fall in love with him.

As we can see in the two examples above, the infinitive is used as subject when we want to talk about abstract, poetic or philosophical ideas. It is generally seen in written English.

Gerund and infinitive as an object:

Gerund example:

I like playing football at the weekends. (In general, meaning “enjoy”)

~~*I like play football. (incorrect)*~~

Infinitive example

I like to play football at the weekends. (Real habit, something I do)

~~*I like to playing football... (incorrect)*~~

Please note that with the verbs love, like and hate, although both uses (gerund and infinitive) are possible, there is a slight change in meaning as described in parenthesis above.

Gerund as the object of a preposition:

Gerund example:

We are thinking about travelling to India this summer.

Infinitive example:

~~*We are thinking about to travel to India this summer. (incorrect)*~~



Verbs followed by the infinitive:

She agreed to speak before the game.

~~She agreed speaking before the game.~~ (incorrect)

agree, aim, appear, arrange, ask, attempt, be, able, beg, begin, care, choose, condescend, consent, continue, dare, decide, deserve, dislike, expect, fail, forget, get, happen, have, hesitate, hope, hurry, intend, leap, leave, like, long, love, mean, neglect, offer, ought, plan, prefer, prepare, proceed, promise, propose, refuse, remember, say, shoot, start, stop, strive, swear, threaten, try, use, wait, want, wish

Note: Some of these verbs are included in the list above and may be used without an object

Verbs followed by a gerund:

They enjoyed working on the boat.

They enjoyed work on the boat (also possible)

~~I enjoy to work on the boat.~~ (incorrect)

admit, advise, appreciate, avoid, can't help, complete, consider, delay, deny, detest, dislike, enjoy, escape, excuse, finish, forbid, imagine, mind, miss, permit, postpone, practice, quit, recall, report, resent, resist, resume, risk, spend (time), suggest, tolerate, waste (time)

Part 2

A gerund is a noun made from a verb by adding “-ing.” The gerund form of the verb “read” is “reading.” You can use a gerund as the subject, the complement, or the object of a sentence.

Examples:

Reading helps you learn English.	subject of sentence
Her favourite hobby is reading.	complement of sentence
I enjoy reading.	object of sentence

Gerunds can be made negative by adding “not.”

Examples:

He enjoys not working.

The best thing for your health is not smoking.

Infinitives are the “to” form of the verb.

The infinitive form of “learn” is “to learn”.

You can also use an infinitive as the **subject**, the **complement**, or the **object** of a sentence.

Examples:

To learn is important.	subject of sentence
The most important thing is to learn.	complement of sentence
He wants to learn.	object of sentence

Infinitives can be made negative by adding “not.”



Examples:

I decided not to go.

The most important thing is not to give up.

Both gerunds and infinitives can be used as the subject or the complement of a sentence. However, as subjects or complements, gerunds usually sound more like normal, spoken English, whereas infinitives sound more abstract.

Examples:

Learning is important.

normal subject

To learn is important.

abstract subject - less common

The most important thing is learning.

normal complement

The most important thing is to learn.

abstract complement - less common

GRAMMAR: GERUNDS AND INFINITIVES 2

Part 1

There are certain verbs where the meaning changes whether you use the gerund form or infinitive.

To stop doing something

If you stop doing something, you quit an activity.

Examples:

I stopped smoking recently.

≠

To stop to do something

I stopped talking to my friend.

≠

I stopped to talk to my friend.

If you stop to do something, you stop what you were previously doing, and start doing something else.

I stopped the car to ask for directions.

Part 2

To go on doing something

This means to continue doing something.

"He went on smoking even though the couple at the other table asked him to stop."

Versus

To go on to do something

This means to move on to do something new in your career or life.

"He went on to become a lawyer after passing his exams."



To remember doing something

This means to recall a time when you did something.

"I remember driving through France a few summers ago."

Versus

To remember to do something

This means to remember that there is something you need to do.

"I remembered to turn off the cooker when I left the house."

To try doing something

This is when you do something as an experiment. The thing you do is not difficult, but you want to see if doing it will have the result that you want.

"I tried surfing yesterday for the first time. It was a lot of fun."

Versus

To try to do something

This is when the thing you do itself is difficult and you don't succeed in doing it.

"I tried to open the door, but it was locked."

To regret doing something

This means to feel bad about doing something you maybe shouldn't have done.

"I always regretted leaving university before the final year."

Versus

To regret to do something

This means to feel bad about giving someone bad news.

"I regret to tell you that I won't be working in this company next year."



LISTENING: THEIR GAP YEAR

Tim:

For my gap year I went backpacking in Australia. I funded myself by working as a fruit picker in the countryside. I stayed on the farms with other tourists. A group of us became friendly and stuck together. When I wasn't working I was travelling around the country with my new friends. We went snorkeling in the Barrier Reef, and we got to see koalas and kangaroos in the outback, which was just fantastic. I learned about being independent over there and it taught me a lot about the value of money. I feel like I've changed a lot in the past year. I've had to grow up. I was a bit shy before I left for Australia, but you have to come out of your shell and go up and talk to people, so these days it comes naturally. I just go up and talk to strangers all the time. It's definitely been a life changing experience and I wouldn't swap it for the world. Everyone should do it if they get a chance. Next step, university...

Jessica:

I went to Ghana in Africa to work as a teaching volunteer. We didn't get paid for it, but they put us up with room and board, so we didn't have to pay for meals or anything like that. I taught children English and computer skills. The children were great. They were always smiling and so excited to learn. I really feel like I made a difference while I was there. One of the things that attracted me about Ghana is that it's a stable democracy, and it's modern. It lies on the equator, so there's a really varied landscape. There are large tropical forests, gorgeous beaches. I went on safari there with the group I was with and we got to hang out with and feed the monkeys and even clean a forest elephant which was just an amazing experience.

Richard:

I went to France for my gap year. I'm planning to study French in University, so it was a no-brainer. I started out in Paris, but there were too many English speakers there, so I decided to go to a small town called Angoulins, near La Rochelle, which is on the west coast, beside the Atlantic Ocean. It was a bit quiet at first. I think I was avoiding speaking French at the beginning, but after a while I got to know a few locals my own age, and they sort of accepted me into their group and we hung out at the cafes around the town. It's a different style of life to what I was used to. If they go out for drinks, they literally only have one or two, and most of the time we were just sitting around chatting in cafes. I got the hang of the language after the first couple of months, and my friends tell me I speak French with the local accent now. I'm planning to go back after I finish college. I'm not sure if I'll go back to Angoulins, but definitely somewhere in France. Maybe a big city like Toulouse, Marseille or Lyon this time.

Cathy:

For my gap year I went to the States, to New Orleans, in Louisiana, and I'm still here for another half a year. I'm planning to study jazz music in college, so I wanted to immerse myself in the music, and New Orleans jazz is second to none. I play trumpet, so I thought it'd be a good idea to pick up some tips from some of the live performers here. I was at a gig last night and I got talking to the trumpeter afterwards. He's going to give me a couple of lessons, to help me with my technique. I've been working in a bar to earn a bit of money and stay afloat while I'm here. It's always busy, because the house band are really good and they know how to work a crowd. There are some amazing talents over here. I'm just soaking it all up while I can. I feel like I've come on a lot as a musician too.



READING: THE GAP YEAR

With the start of the university term, hundreds of thousands of students are packing their suitcases and backpacks, gathering important documents and seeing friends and family for one last drink or meal before they move out of home. However, many are not heading to university just yet. University has been postponed in favour of the Gap Year.

18-year-old Tom McKinley from Northern Ireland is packing a huge backpack which will be his wardrobe/suitcase for nine months as he and two friends travel through Europe, Asia and Australia. "I studied biology, maths and I.T. and communications for my A-Levels. The work was tough and I was also working part-time. I knew what subjects I wanted to study but half-way through my A-Levels, I became unsure of what to study at university or what I wanted to do as a career." This prompted him to speak to friends and family and his college Careers Advisor about what to do next. "Everyone told me to keep studying, look at job adverts, work experience sites, the usual, but my older friends kept mentioning taking a gap year abroad."

Many of Tom's friends were either bored, tired or unsure of academic life and decided not only to travel but to find work experience in industries they were interested in. "I had a look at websites offering paid or unpaid experience that provided accommodation. My friends and I will be travelling through Europe having fun and seeing the sights but in Asia we will be working on an animal sanctuary with exotic animals. It will be useful for a Biology degree." Tom has also arranged a work placement in AusCom, a small but up and coming I.T. company. Tom believes "anyone can travel, party, have great experiences and still return confused. There should be a purpose and a period of reflection."

Many employers agree. Magda Kowalski from Poland works for TravAclue in London, helping people like Tom find work and accommodation. "So many people have A-Levels or degrees but universities and employers are looking for people who have done something diverse and relevant to a profession."

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VOCABULARY: GAP YEAR

Exchange programme

A programme in which a student studies at a foreign institution as part of a reciprocal programme between institutions or countries.

Study abroad

An arrangement by which students' complete part of their degree programme through educational activities outside their country.

Expatriate (often shortened to expat)

a person temporarily or permanently residing, as an immigrant, in a country other than that of their citizenship.

Gap year

A period, usually an academic year, taken by a student, usually as a break between secondary school and university.

Internship

A temporary position with an emphasis on 'on-the-job' training rather than merely employment, and it can be paid or unpaid.

Backpack

A bag with shoulder straps that allow it to be carried on one's back. To go backpacking means to go travelling with a big backpack. (Usually not a luxury trip)

A-levels

The later of two standardized tests in secondary school, used as qualification for entrance into a university in the UK similar to the American SAT test or Spanish Selectividad tests.

To prompt

To lead, induce or inspire somebody to do something.

To gather

To bring together or collect from various places.

Room and board

Accommodation and food, sometimes included as part of a person's salary or a part of some other agreement.

Abroad

To be in or go to a foreign country.

To immerse yourself in something

To involve yourself deeply in something.

Outback

Out in the remote country, especially in Australia or New Zealand.



Snorkeling

To swim using a snorkel (a type of breathing apparatus) normally on the surface of the water, face down.

Safari

An expedition to observe animals in their natural habitat.

Landscape

All the visible features of an area of countryside or land.

To hang out

To meet and spend time with friends at home or in some other place.

Gorgeous

Dazzlingly beautiful or magnificent.

Reef

A ridge of jagged rock, coral or sand just above or below the surface of the sea.

Second to none

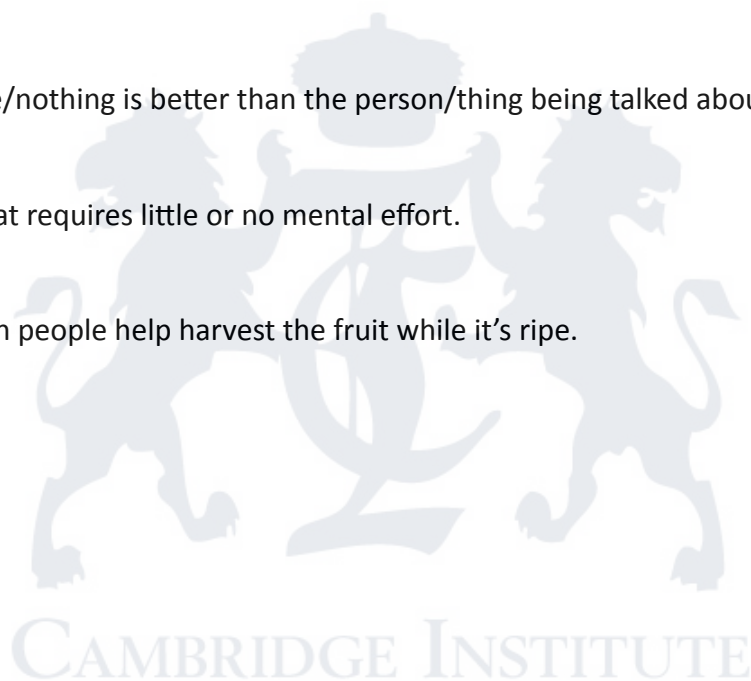
It implies that no-one/nothing is better than the person/thing being talked about

No-brainer

(Slang) Something that requires little or no mental effort.

Fruit Picking

Seasonal job, in which people help harvest the fruit while it's ripe.





WRITING: Now You

Hey Rufus,

How have you been?! I've just finished my holiday and it was an awesome experience. I went to visit my cousin Dominic in Krakow, Poland. It's an amazing city full of history. The city is almost a thousand years old and has seen many changes. We went to the main market square, which dates back to the 13th century; it was the largest market square in medieval Europe. We also saw St. Mary's Basilica, a 14th century church where a trumpeter plays on the hour to commemorate a Mongol invasion that occurred during the 13th century. The food was excellent, a bit heavy (lots of meats and potatoes). The nightlife there is also great because it's a university town. How was your holiday? I heard from Tom that you went to Ibiza; I can imagine you have a lot of stories to tell. One of my coworkers went last year and boy, did he have some things to say! Well, write back to me and let me know how things went.

Talk to you later,
Sebastian





GRAMMAR: CONNECTORS

We use connectors to express relationships between ideas, details and clauses as well as combine sentences.

Giving reasons and consequences:

The following are all connectors used with noun phrases and are often used interchangeably. They indicate that something happened as a result of something or introduce the reason for something happening, for example:

Because of		(object pronoun*) + verb in gerund
Due to		
Owing to	+	or
On account of		
In view of		noun / noun phrase

Owing to the bad traffic, I missed the train. ✓
I missed the train owing to the bad traffic. ✓
Owing to the traffic being bad, I missed the train. ✓
~~*Owing to the traffic was bad, I missed the train. X*~~

Connector	Noun phrase or verb ing	
<i>Because of</i>	<i>her sickness</i>	<i>she didn't go to work.</i>
<i>Because of</i>	<i>her being sick.</i>	

Connector	Noun phrase or verb ing	
<i>Owing to</i>	<i>the bad traffic</i>	<i>I missed my train.</i>
<i>Owing to</i>	<i>us being stuck in traffic</i>	

Connector	Noun phrase or verb ing	
<i>On account of</i>	<i>her new promotion</i>	<i>she was working even harder.</i>
<i>On account of</i>	<i>her being given a promotion</i>	

Connector	Noun phrase or verb ing	
<i>Due to</i>	<i>the bad weather</i>	<i>the game was cancelled.</i>
<i>Due to</i>	<i>it raining constantly</i>	

Connector	Noun phrase or verb ing	
<i>In view of</i>	<i>the protest outside</i>	<i>the meeting was postponed.</i>
<i>In view of</i>	<i>the workers picketing outside</i>	

* The subject uses object pronouns instead of subject pronouns.

I didn't go to the gym due to me being tired. (object P) ✓
~~*I didn't go to the gym due to I being tired. (subject P) X*~~



Used to introduce a logical conclusion; a fact or reason or as a result, i.e.

Cholesterol causes cardiovascular disease, hence the importance of healthy eating.

(Cholesterol causes cardiovascular disease = reason + hence the importance of health eating = conclusion)

- **Hence:** used to introduce a logical conclusion; a fact or reason or as a result.

Reason

Cholesterol causes cardiovascular disease

Conclusion

hence the importance of healthy eating.

- **Thus:** used to introduce a logical conclusion; as a result or consequence.

Reason

He was suffering a severe case of writer's block

Conclusion

thus he went for a walk to try to imagine a new world.

- **Therefore / consequently / so:** used to introduce a logical conclusion; for a reason or as a result.

Reason

He no longer had the support of parliament

Conclusion

therefore he decided to resign.

- **So:** used to introduce a logical conclusion; a fact or reason or as a result.

Reason

I was tired

Conclusion

so I decided to stay by the river.

If the connector is placed at the beginning of an independent clause, it must be preceded by a semicolon or full stop, not a comma:

'He knew that what he did was wrong; nevertheless, he felt no remorse'.

In most of the cases, **therefore**, **thus** and **consequently** should be followed by a comma.



LISTENING: EXCUSES

Tammy: Hi Leah, it's me Tammy. I'm really sorry but I can't make it to your dinner party tonight. I know, I know! I told you that we'd definitely be there but Larry's stomach is acting up again and he needs me to take care of him. You know he's such a baby when he isn't feeling well. Anyway, have a great time tonight. Let's meet up later this week, ok? Bye!

Richard: Good morning, Mr. Healy. *sniffle* This is Richard from Human Resources. I know this is really inconvenient but I'm not going to be able to come into work today. My fever is sky high and my throat is really swollen. *sneeze* I'm hoping to feel better by tomorrow but I can't really be sure. *sneeze* I'm going right back to bed and I'll give you a ring in the morning.

Bea: Hi, it's Bea! Happy birthday! Well, happy belated birthday! I am SO sorry for not calling you yesterday. I left my cell phone at home by accident and then worked from 8 in the morning until 9 at night. After work I went out to have a few drinks with some co-workers and didn't get home until almost 1 in the morning! I thought it was too late to call at that point. Anyway, hope you had a super day!

Henry: Hello, Professor Jenkins! This is your student Henry from your Anthropology 101 class. I wanted to talk to you about the assignment that was due last Friday. I wasn't able to complete it in time for the deadline and I was wondering if I might be able to turn it in this week. You see, I started it on the genetic similarities between the Neandertal and the modern Homo Sapiens but last week a breakthrough study was released that negated a lot of the data that I had. I felt like I had to be true to science and reform my thesis based on this new information. Anyway, I'll call back and hopefully schedule a meeting to speak with you in more detail. Bye!

Janice: Hi Peter, Janice here. Yeah, I'm not going to be able make it to the movies tonight. My best friend just broke up with her new boyfriend and she's in quite a state. I think I really need to take care of her and make sure she gets through this. And I'm really swamped at work; I'll probably have to stay late all week. This weekend I'll be visiting my great aunt in Savannah and next weekend I'll be helping my cousin move out of his house. So, I am not sure when I'll be able to meet next. I'll call you. Bye!

Peter: Sheryl, this is Peter. Listen, please pick up the phone. How many times do I have to say I'm sorry? You have to understand, I don't love Amy, I love you. I didn't mean to cheat on you, I swear. I was just really unhappy. I'd been unhappy for months. Things just got really boring and predictable with us and I momentarily lost touch. I feel like we stopped communicating effectively and we just started living like roommates. I wanted something a little exciting in my life. I met Amy at work and then at the office Christmas party I just lost control. I'm so sorry. I love you so much. Call me...



READING: HORRIBLY POOR EXCUSES

Horribly Poor Excuses - TOP 10

Most of us have indulged in the occasional white lie in order to ‘pull a sickie’. In fact, the first Monday in February is already known as the ‘national sickie day’, when staff are most likely to take an unofficial day off. So, we all know it happens, but what to say to your professor or your boss when you have already been “sick” five times in the last 6 months? Some people were really creative and came up with these excuses, that, obviously, failed. Let’s take a look:

10. My kids are locked outside.

Our comment: don’t ever tell a lie that invites further inquiry or people’s will to help. Any good Samaritan who works with you may offer to show up or ask how it happened. So our conclusion is that this automatically registers a ridiculous excuse and you would be well advised not to use it.

9. I have to help my grandmother bake cookies.

Our comment: we all have - or have had - very nice and special grandmas who surely prepare the best food known to humankind. Therefore, we also know that not only does grandma hate people in her kitchen but also that no grandchild qualifies as a good helper in the kitchen. Our conclusion is that you will be caught at the moment you tell this lie. Moreover, are you still expecting that rise in your salary?

8. My daughter is graduating from high school and I’d like to go to the ceremony.

Our comment: this would be an excellent excuse if graduation days were ever scheduled for Monday mornings.

7. My daughter is receiving a Nobel Prize and I’d like to go to the ceremony.

Our comment: when someone lies, they are expected to know all the details about that lie. In this case you should know that the Nobel Prize ceremony takes place in Sweden, at the end of the year and that the laureats get a diploma and a \$1 million prize. So your boss will probably think you don’t need to come back... Also, don’t try this if your daughter is still in high school!

6. I have to pick up my car at the shop. If I don’t get there in half an hour it’ll be locked up all weekend.

Our comment: here we come back to point 10. If you don’t live in another city and people like you at least a little bit, chances are someone will offer to drive you to work/school and you will be forced to come up with an even bigger lie. Avoid getting into more trouble.

5. I got my fingers stuck together with Krazy Glue

Our comment: all ten? Be careful, a story like this may cost you your job, not only because it is an upfront lie, but because if it is true you have to understand that someone who gets into this sort of accident might not be considered bright enough to do the job well.

4. The baby we arranged for nine months ago is arriving, and I think this is the time it’s being delivered.

Our comment: this is among the worst possible excuses ever given. It sounds as if the person is buying a child from someone else isn’t very sure about the delivery procedures of this “product”. It would work only if the person in question is a single man who is known for partying a lot and being really irresponsible. Conclusion: if you want to keep your good reputation, stay clear of this excuse.



3. I'm being sent to the moon by NASA.

Our comment: this one goes a little like point 7. NASA? Seriously? Do people know that the last time anyone landed on the moon it was 1972? Unless you want to have your mental health severely questioned, don't try this one.

2. My back aches.

Our comment: this is one of the most common and frequent excuses and the problem with it is exactly that: it's too common; so, it will only work if you offer further proof.

1. My biological clock is ticking.

Our comment: this one was chosen as number 1 for many reasons. The first one is that it simply does not explain anything, let alone why someone is missing work or class. Second, it may be seen as criticism by the people who receive it. It's like the others don't have a life and that is why they work/study. Finally, it may give people the impression you've just discovered you have an incurable disease and have a month or so to live.





VOCABULARY: PHRASAL VERBS**Call off**

To cancel.

Chicken out

To not do something because of fear.

Duck out

To leave a place quickly and without being noticed.

Get around

To succeed in avoiding or solving a problem.

Get out (of)

To avoid doing something that you do not want to do, especially by giving an excuse.

Give up

To stop hoping that a particular thing will happen. / To quit doing something.

Miss out

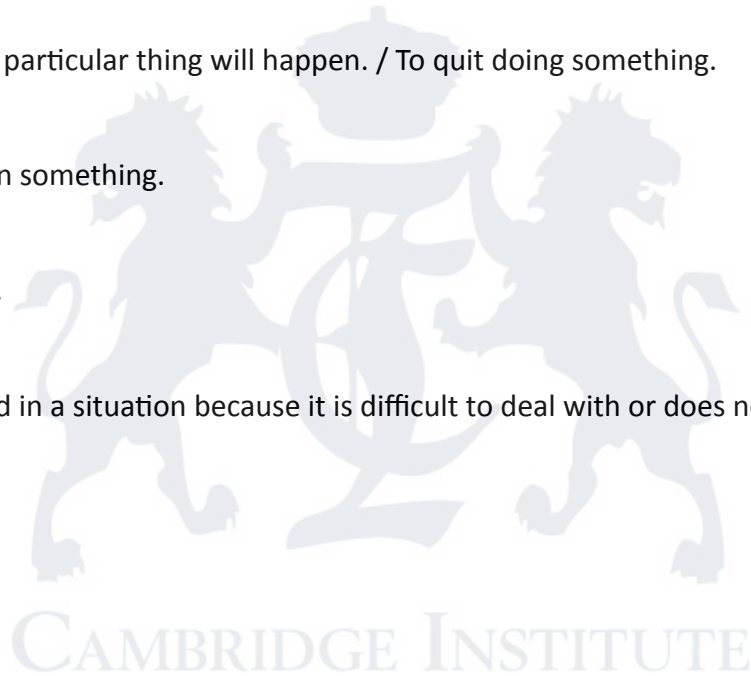
To fail to participate in something.

Put off

To delay or postpone.

Walk away

To stop being involved in a situation because it is difficult to deal with or does not give you any advantages.





GRAMMAR: SUBORDINATE CONJUNCTIONS

In spite of and **despite** are two very common connector words (more specifically subordinators) in English. They are similar in meaning to **although**, **even though** and **though** but cannot be directly substituted due to the structure that follows. They are used to combine contrasting ideas and often necessitate a comma. See the examples below:

Although / even though / though + full sentence + comma + main clause

Although / even though / though he studied hard, he didn't pass the exam.*

Although / even though / though it was raining, I decided to go for a run.

* When placed at the end of a sentence, though means nevertheless or however.

I still find English hard to understand; I can understand more than last year, though!

In spite of/Despite + noun + comma + main clause

In spite of/Despite the weather, he didn't bring an umbrella.

In spite of/Despite + gerund + comma + main clause

In spite of/Despite studying hard, he didn't pass the exam.

*Notice that the contrasting clause can also be written at the beginning of the sentence:

He didn't bring an umbrella, in spite of the weather.

He didn't pass the exam, in spite of studying hard.

While and **whereas** are also used to compare and contrast ideas. In this context, the two subordinators are interchangeable. The only difference is that whereas sounds more formal. See the examples below:

Main clause + comma + while/whereas + subordinating clause

The Italian restaurant is known for good pizza, while/whereas the French one is known for its croissants.

The Italian restaurant has a good reputation, while/whereas the French one doesn't.

Drinking whisky is bad for your health, while/whereas drinking red wine is quite beneficial.

*Notice that the while/whereas clause can come before or after the main clause.

While/Whereas you may think that London is expensive, there are many affordable food options.

Outside of the context above, while is sometimes used to mean at the same time. It indicates that two actions are happening simultaneously. See the example below:

While + verb form + comma + main clause

While you were sleeping, I cleaned the house.

*Notice that the main clause can come before or after the while clause.

I cleaned the house, while you were sleeping.



LISTENING: HOPELESSNESS

Doctor: So during our last session you were telling me about your feelings of hopelessness. Are these feelings still persisting?

Patient: Yeah, doctor. Sometimes I just feel like there's no point to life. Like last night, for instance. I was making a salad, and it felt like I'd made that salad a thousand times before and I thought, "How many more salads do I have to make? Why do I have to continue making salads for the next 60 years? Is there any point?" So I stopped making the salad and just went to bed instead.

Doctor: I see... Don't you think you're overreacting a little? Why are you thinking about the next 60 years as a vast abyss? Really, you should be thinking about how delicious the salad will be and maybe what you'll have for dessert. Or maybe the problem is that you didn't want a salad at all. You were making it out of a habit. You could have thought about it some more and prepared yourself a nice lasagna.

Patient: But doctor, a salad, lasagna, a slice of pie, what does it matter? It's just food. Despite all the financial success I've known, I still feel totally worthless.

Doctor: But you're taking a negative thought and just running with it. One could obsess about a thousand things and make themselves miserable. This just happens to be the one thing that you're choosing to focus on. You tell yourself life is boring and pointless and life becomes boring and pointless. Do you understand?

Patient: Yeah, I see what you're saying. But sometimes I just feel so down. I can barely find enough energy to cook anymore. Like I told you, I just want to sleep my life away.

Doctor: So how much are you sleeping?

Patient: It seems like I'm in bed all the time but I'm sleeping kind of irregularly. I try to watch TV at night to put my mind at ease but it doesn't seem to work. When I'm home I basically drift in and out of sleep. I have absolutely no energy.

Doctor: Ok. Are you getting any exercise? Are you eating well?

Patient: Well, I feel so tired that I don't even have enough energy to exercise. And I don't have much of an appetite these days. I've been smoking cigarettes quite a bit.

Doctor: Well, listen to me. We're going to have to dramatically change your lifestyle. First of all, you need to go to bed and wake up at the same time every day. And I need you to get a minimum of 7 hours a sleep a night. Now this might be difficult at first since your sleep schedule is off, so we're going to put you on an exercise schedule. To start out you're going to have to take a brisk walk for 45 minutes, Monday through Friday. No more TV before bed, no more junk food. I'm putting you on a balanced diet that will give you the nutrition you need.

Patient: How do you expect me to do all this? Do I have to give up cigarettes as well?

Doctor: We'll deal with your smoking at the next visit. The rest is completely within your reach. You want to get better, don't you? Patient: I suppose...



READING: TECHNIQUES TO BE HAPPY

Happiness. How can we define this elusive concept? According to the dictionary, if you're happy, you're feeling "pleasure and enjoyment because of your life or situation." In other words, the definition itself is changeable and defined by your point of view. For some, happiness may be as simple as a mug of hot coffee on Sunday morning. For others, it may be nothing less than a job that pays \$50,000 a year and a luxury car.

We hear all the time that you must live in the moment, but what does this mean? It means enjoying the things we do have, not thinking about all the things we don't have and want. It means letting go of the past and not obsessing about the future. Too many people are not focusing on what's right in front of them. It's always about getting a better job, finding a partner, letting a partner go, buying the latest technological gadget. It's about controlling every aspect of our life so that we have some semblance of control in an unpredictable world. But this doesn't make us happy. The United States is one of the richest countries on the planet, yet it suffers from some of the highest rates of depression and suicide of any country in the world. This just goes to show, that wealth and materialism can often lead to feelings of dissatisfaction.

Another important component to happiness is the power of positivity. Complaining is convenient; it's an easy way out. Take my advice: if you can change something about your life that you don't like, change it. If not, you need to change the way you think about it. There is no sense in banging your head against a wall, making yourself miserable, not to mention those around you. Positivity is contagious. If you confront a situation in an open and constructive way, you are aiding the influx of good results. Conversely, if you anticipate something unpleasant happening you are, in effect, increasing your chances that it will, in fact, happen.

So how do we reach and maintain this magical, positive, live-in-the-moment type of lifestyle? Heed this catchphrase: fake it till you make it. There are times when we all feel less than fantastic. But you must put on a brave face and surround yourself with uplifting, encouraging people. People who make you laugh and feel good. Their positivity will encourage you to be positive and vice versa. Life is not meant to be drained from you by people who are miserable, always complaining and being negative. Having a bad day is one thing. Constant negativity is another.

One thing that is often forgotten is that you've got to maintain a healthy body in order to have a healthy mind. Exercise and a good diet can work wonders. If you're feeling blue and need to clear your head, taking a walk can be very therapeutic. Joining a local sports team can be physically rewarding, as well as offering many social possibilities. Many people work long hours and come home "too tired" to exercise. What they don't realize is that not getting enough exercise makes us more tired. You must avoid vicious cycles of stagnation and lethargy by pushing yourself to stay active and healthy.

Happiness is different for every single person living on this planet. As our lives are infiltrated with movies and TV shows, many people strive for a type of life that is impossible to achieve. Learning to reprogram your thoughts can be difficult, but a life of dissatisfaction and misery is the only other option. Taking care of your body will benefit your mind. Life is short; you only have one. Get out and make it a happy one!



LISTENING: HOROSCOPE FOR YOU

Radio Host: Good afternoon everyone and welcome to “Horoscope for You.” As always I am Gretta Futurescope and I will be here, at station 106.9FM, all afternoon answering your questions about the future. I’ve been a clairvoyant for most of my life and I have helped thousands of people see into their future. So please, call in and join the conversation. Ok, we have our first caller. Hi, tell me your name, birthday and question.

Caller #1: Hi Gretta, my name is Jenny and my birthday is August 31st. My question is: I have been offered a new job and I am not sure if it’ll be good for me professionally. I’m just not sure if it’s the right move. What do you think?

Radio Host: Well Jenny as a Virgo I know you can become a bit obsessive about your job and doing any task to perfection. As well, you love to analyze situations and problems before jumping into them. This new job seems like the perfect opportunity to showcase your organizational skills and really bring out your strengths.

Caller #1: Really? Ok, that’s great. Thanks Gretta!

Radio Host: No problem Jenny. Good luck with the new job. We will now take the next caller. Hello good afternoon! Please tell me your name, birthday and question.

Caller #2: Good afternoon Gretta! I’m Mark and my birthday is June 3rd. My question is whether my girlfriend and I should break up or not. I mean, I love her but it just seems as though we are always fighting.

Radio Host: Well you’re a Gemini. And when is your girlfriend’s birthday?

Caller #2: Her birthday is August 1st.

Radio Host: Oh! What an interesting combination, a Leo and a Gemini. Well generally this duo is a bit unstable and filled with constant ups and downs. Although it is obvious why you were both initially attracted to one another, this pairing can generally be a bit dramatic to maintain. If the constant ups and downs are something you enjoy, then perfect, this relationship can be filled with passion, intensity and fun. If you are a guy that prefers stability and constancy, you should really think twice about whether this is the right person for you. Does that sound right Mark?

Caller #2: Yeah, it does. Thanks Gretta!

Radio Host: I just hope that helped Mark. Now we have time for one last caller before the commercial break. Hi, how can I help you?

Caller #3: Hi Gretta, my name is Steph. My birthday is May 8th and I’ve been thinking about starting my own business. I am wondering if I could really do this. I’m feeling pretty nervous about such a big step.



Radio Host: Well that sounds like the perfect project for a hard working Taurus, as you are. What type of business were you thinking of starting?

Caller #3: A gardening business.

Radio Host: That is perfect! As a Taurus you work very well with your hands, especially in tasks that are so creative. I think this gardening business of yours is a great idea. It'll be a hit!





VOCABULARY: COLLOCATIONS WITH 'GET'

Get something to eat

To go to a restaurant, to order delivery, or get take out.

Example:

Let's go to the restaurant to get something to eat before it closes.

Get a job

To find a job/start working.

Example:

I finally got a new job .

Get the message

To understand what someone is trying to tell you even if they are not expressing themselves directly.

Example:

Next time he asks you out, tell him you're busy for the next three months - he'll get the message .

Get the impression

To have a feeling or understanding about someone/something, based on their actions.

Example:

I got the impression she was a little preoccupied.

Get a present

To receive a gift.

Example:

I got a lot of presents for my birthday.

Get fed up with (something)

To be tired of / to have enough of / to be frustrated with something.

Example:

I got so fed up with the bad customer service at that store that I stopped shopping there.

Get home

Arrive at your house.

Example:

I usually get home around 6pm every night after work.

Get lost

Formally: to lose your way.

Informally: go away!



Examples:

On my first day of school I got completely lost on the campus.

Get lost Frank! You're annoying me.

Get depressed

To become depressed.

Example:

I got so depressed after I lost my job.

Get angry

To become angry.

Example:

Laurie got angry with Jim about the gossip he spread about her.

Get away with something

To do something bad without receiving any consequences (idiomatic & literal).

Example:

Jack stole some materials from the school, thinking that he could get away with it.

Get nowhere / anywhere / somewhere

An expression of progress.

Example:

I didn't get anywhere with my work today.

Get on/along well with someone

To have a good relationship with someone.

Example:

My co-worker and I get along so well that we have lunch together every day.

Get rid of something

Throw something out or give it away.

Example:

I told my teenage daughter she had to get rid of her dolls.

Get someone to do something

Force/convince someone to do something. (get + name/pronoun + to + verb)

Example:

Can you get Daniel to clean up his mess?

Get something done

To accomplish something.

Example:

I finally got all the laundry done.



GRAMMAR: CONNECTORS 2

- **Expressing preference**

Instead of

In place of, as a substitute or replacement.

I would prefer to take any language class instead of this math class. I hate mathematics.

- **Making contrast**

In spite of / Despite

In spite of, without being affected by. (Followed by a noun or verb + ing)

I really enjoyed my trip to the coast despite the rain.

Whereas

In contrast or comparison to.

I love the mountains whereas my wife prefers the beach.

While / Whilst (formal)

Used to show contrast (like whereas).

Susan much prefers the cold while I cannot stand it.

Although / even though / though

In spite of that.

Although it is raining, I am going out for a run.

However

In spite of that.

He seems to be quite intelligent; however, he has failed all his exams.

Nevertheless / Nonetheless

In spite of that, even so.

Our first flight left an hour late; nevertheless, we were still able to catch our connecting flight.

Even if

No matter whether, despite the fact/possibility that.

I would love to visit Alaska even if it does get very cold.



- **Adding information**

Moreover / Furthermore

Besides, as a further matter - formal way to add reasons.

It's the most cost-efficient option, moreover, it's environmentally sustainable.

Besides

As a further matter - to make an additional point.

I can't afford to go out for dinner. Besides, I don't even like that restaurant.





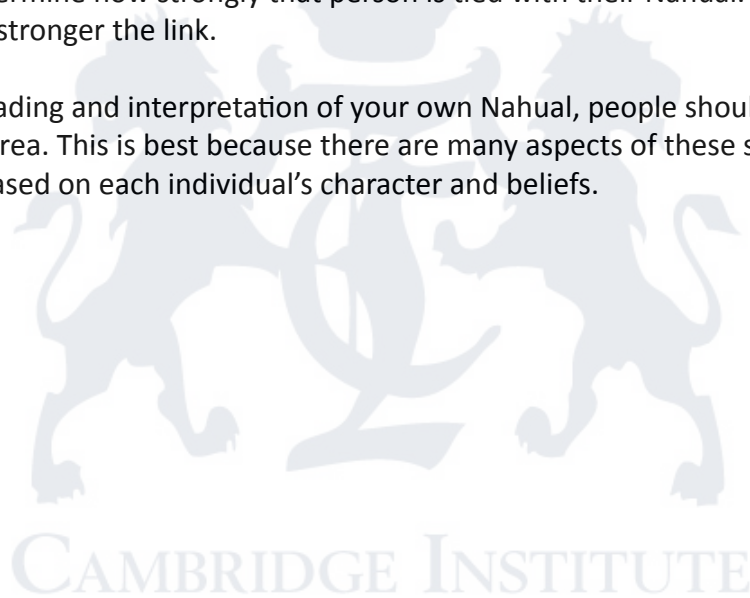
READING: MAYAN ASTROLOGY: NAHUALS

The Mayans had many cultural traditions and beliefs that were completely different from any other civilization in the world. One of the most interesting is the unique Mayan calendar. Using this calendar, the Mayans had their own astrological signs which were represented by Nahuals (pronounced na-walls). It is believed that these Nahuals (or spirits) had strong influences on people and events in our tangible, material world. Sometimes, they were even seen as guardian angels or protectors.

Similar to the western zodiac, each Nahual is represented by a symbol which is used to define the traits and characteristics of people from each group. The symbols that were used are known to be important aspects of native Mayan culture, with symbols ranging from animals and flowers to earthly elements such as grass and stones. One sign is even represented by death. Each Nahual was also associated with a color, a direction (east, west, south or north) and spiritual strengths to generally describe people from each given sign. While the zodiac consists of 12 different signs, this Mayan astrology is divided into 20 different signs.

The method of determining a person's Nahual is a bit more complicated than the Babylonian zodiac. There is no simple chart broken up into orderly monthly groups; instead, it is based on a numerical system, in order to determine how strongly that person is tied with their Nahual. The higher the number (up to 13) the stronger the link.

To get an accurate reading and interpretation of your own Nahual, people should visit a Ajq'ijab' (or spiritual guide) in the area. This is best because there are many aspects of these signs that need to be carefully interpreted based on each individual's character and beliefs.





VOCABULARY: COMMON EXPRESSIONS

Might I add

Used to emphasize a certain point, often used at the end of a sentence or idea.

I got the promotion! And a nice bonus, might I add.

Be running (a bit/little) late

An informal way of saying that you are not going to arrive on time.

Don't worry, he's running a little late but he's definitely coming.

Here's the deal

To make something clear, or make sure to clarify an idea or plan.

So, here's the deal, either you say you are coming today or we give the spot on the holiday to someone else.

Pick up the pieces

To slowly fix oneself emotionally after a difficult situation.

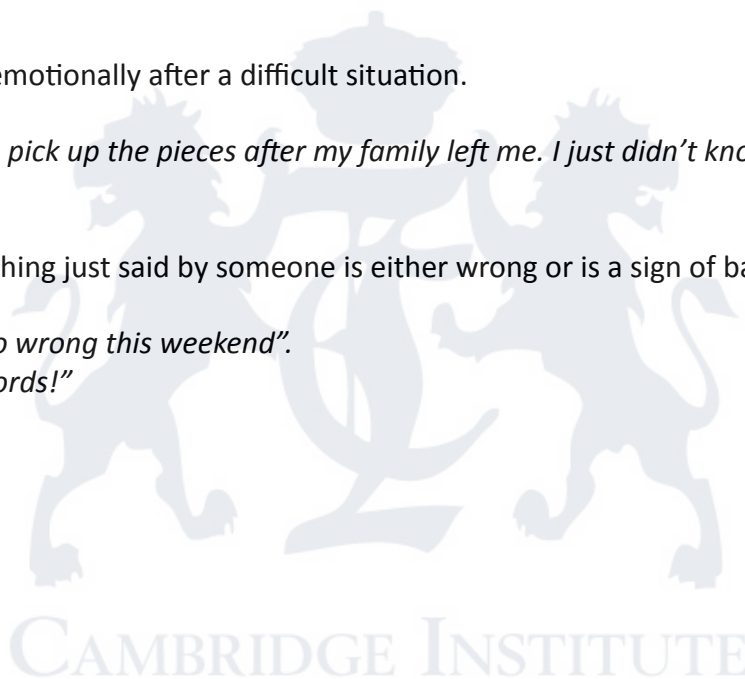
I found it very hard to pick up the pieces after my family left me. I just didn't know what to do.

Famous last words

To explain that something just said by someone is either wrong or is a sign of bad luck.

John: "Nothing can go wrong this weekend".

Paul: "Famous last words!"





GRAMMAR: ADJECTIVES OR ADVERBS

I. Some adjectives and adverbs have the same form:

For example:

A **fast** bike goes **fast**, you can do **hard** work but you can also work **hard**.

Some examples of words that can be used as both adverbs and adjectives are:
early, daily, weekly, fortnightly, yearly, hourly, quarterly, half-yearly, etc.

This is a **weekly** journal. (Here the adjective 'weekly' modifies the noun 'journal'.)
It comes out **weekly**. (Here the adverb 'weekly' modifies the verb 'comes'.)

We boarded an **early** train. (Here the adjective 'early' modifies the noun 'train'.)
I get up **early**. (Here the adverb 'early' modifies the verb 'get up'.)

II. Sometimes adverbs can have two forms:

For example:

hard and **hardly**, **late** and **lately**, **high** and **highly**, **free** and **freely**, **fine** and **finely**, **most** and **mostly**, etc.

The first one looks like the adjective and the other has a **-ly** ending. However, both are adverbs and have a difference in meaning or use.

Compare:

He works **hard**. (here we say how he works; "hard" here means "a lot").

He **hardly** works. ("hardly" means "almost never"; note that this sentence means the exact opposite of the previous one).

He arrived **late** to the meeting. (not on time)

She hasn't been very nice to us **lately**. (recently)

He threw the ball too **high** for me to catch it. (it refers to height)

She is a **highly** recommended designer. (it refers to how much she is recommended)

In an open bar party you can drink for **free**. (no cost)

Now that we are alone you can speak **freely**. (openly, sincerely)

After I took the painkiller I felt **fine**. (well)

This is a **finely** woven linen. (splendidly, to a fine point)

Most people have smartphones nowadays. (in the greatest number of instances)

Classical music is **mostly** appreciated by intellectuals. (mainly)



III. We can use superlative adverbs to make comparisons:

For example:

*Her elbow hurts badly, but his back hurts worst.
It rains most often at the beginning of the spring.
Can you walk a bit slower?
Let's see who is quickest.*

LISTENING: THE COOLEST COUNTRIES

Madison: Hi Linda! It's me, Maddie, what's up?

Linda: Hey Maddie, morning. Did you read that article on "Marie Player", the one about the coolest nationalities and countries *sniffle*. Can you believe it? America is only 5th place.

Madison: It's that so? Hey... so who's ahead of us, then?

Linda: Well... There are Mongolia, Jamaica too, Singapore, and Brazil.

Madison: You've got to be kidding me! I... I kind of understand,... Jamaicans, with Usain Bolt, reggae and Rastafarians with their totally chilled religion, beaches, Marley and so forth... but, er... What is it about Mongolia; that makes them so ultra-cool?

Linda: Well, I seem to remember things such as... Mongolians quiet air of mystery, their collected souls and a pretty much perfected, happy-go-lucky, nomadic cowboy essence... Throat singing and yurts –no quite sure what that is!-. Fur-lined gear -- boots, coats, hats, undies and all – oh, and apparently they keep eagles as pets! And, check this out. Their biggest icon is actress Khulan Chuluun, who played Ghengis Khan's wife in that really nifty film, "Mongol"... I think she's beautiful! And perhaps what has impacted me more... YAK-based dairy products... At every meal!"

Madison: Oh, that sounds...

Linda: What are you about to say? Uhm, let me think, Varied!

Madison: Well, I guess the stuff about the "cowboy existence" sounds cool. As for the "fur fashion", I am perhaps... a little less convinced! Hey, what about Australians, were they on the list?

Linda: Yes! They are in 11th place.

Madison: Well, I guess it is good we beat them! What about, "Cool Britannia"?

Linda: Who?

Madison: The UK.

Linda: Oh... Dunno!

Madison: So... What does it say on us, Americans?



Linda: America is in 5th place, I think we are pretty cool and the article presents plenty of evidence. Where would the trendsetters be without Marilyn, rock and roll, classic Hollywood films, great American novels, tail fins, blue jeans, jazz, hip hop, "The Sopranos", 360-degree slam dunks and cool personified – Lady Gaga!

Madison: Yep, agreed! And what about Martin Luther King, San Francisco, route 66, Miles, The Empire State, Nip and Tuck, Michael Jackson, Mickey Mouse, George of the jungle...

Linda: What, who?

Linda: Oh... Never mind!

Madison: So, who did you say it's number 1?

Linda: Brazil!

Madison: Brazil? Well, maybe, but I am not so sure about their yellow and green attire. So, what's that about... Singapore?

Linda: They are the embodiment of modernity. Bloggers, Facebook, Twitters, etc. This is pretty much all that anyone does anymore, unlike the old the fashion concept of cool, "geeks" are now masters of the world. They have an incredibly large computer-literate population, so apparently Singapore is geek-paradise... And so, in two words coolness personified!

Madison: Uhm!

Linda: Ahh Yeah!





READING: OFFICIAL RANKING

Official ranking 12

Nepal, the Federal Democratic Republic of Nepal, is a landlocked* sovereign state located in South Asia. With an area of 147,181 square kilometers (56,827 sq mi) and a population of approximately 27 million (and 2 million absentee workers living abroad), Nepal is the world's 93rd largest country by land mass and the 41st most populous country. Kathmandu is the nation's capital and largest metropolis.

The Nepali people are generally known to be very mellow and laid back people. But, even though the people might be relaxed, their soldiers (Ghurkas) are some of the toughest in the world. Nepal is also home to the famous Sherpa which means "Eastern People" who live and work in the mountains of Nepal.

* Landlocked, entirely (or almost entirely) surrounded by land

Official ranking 11

Australia, officially the Commonwealth of Australia, is a country in the Southern Hemisphere comprising the mainland of the Australian continent, the island of Tasmania, and numerous smaller islands in the Indian and Pacific Oceans. It is the world's sixth-largest country by total area.

In Australia it is commonplace to abbreviate or shorten words. So is the case with common people's names like Darren, Sharon and Barry which become Daz, Shaz and Baz.

Australians are keen on sports and enjoy having a good time and are known to relish drinking beer and gambling.

Australia possesses an amazing ecosystem with unique flora and fauna, beautiful beaches and has hot weather most of the year. The outback is not the only place to find kangaroos, restaurants and food stores also serve and sell their meat!

Official ranking 7

Spain, Kingdom of Spain, is a sovereign state and a member of the European Union located in southwestern Europe on the Iberian Peninsula. Its mainland is bordered to the south and east by the Mediterranean Sea except for a small land boundary with the British Overseas Territory of Gibraltar, to which Spain lays claim; to the north and north east by France, Andorra, and the Bay of Biscay; and to the northwest and west by the Atlantic Ocean and Portugal.

Before the credit crisis in 2008, most of northern Europe was flocking to Spain to spend it on holiday homes.

Why? Because sun, sea, sand, siestas and sangria aside, Spain is cool -- and so are the Spanish, who don't even start the party until most other nations have gone to bed.

Official ranking 2

Singapore is a Southeast Asian city-state off the southern tip of the Malay Peninsula, 137 kilometres (85 miles) north of the equator. An island country made up of 63 islands, it is separated from Malaysia



by the Straits of Johor to its north and from Indonesia's Riau Islands by the Singapore Strait to its south. The country is highly urbanised with very little primary rainforest remaining, although more land is being created for development through land reclamation.

In this digital age where blogging and social networking sites are pretty much all that everyone does, old school notions of cool have changed. Being a computer buff is now quite fashionable and Singaporeans are all about it.

With its absurdly computer-literate population, Singapore is one of the world's leading tech countries and its people can therefore claim their rightful place as avatars of modern cool.

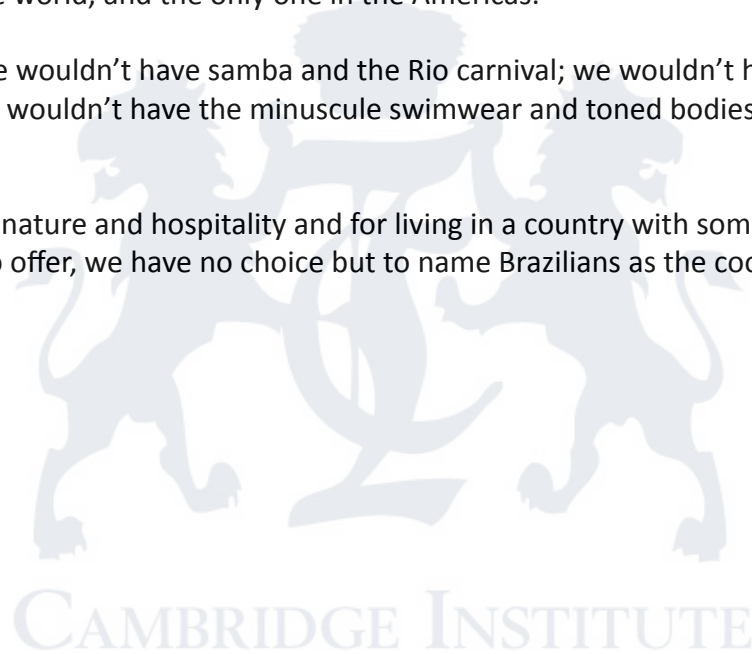
* Geek, an unfashionable or socially inept person, a knowledgeable and obsessive enthusiast, a computer geek.

Official ranking 1

Brazil is the largest country in South America. It is the world's fifth largest country, both by geographical area and by population with over 192 million people. It is the largest Portuguese speaking country in the world, and the only one in the Americas.

Without Brazilians we wouldn't have samba and the Rio carnival; we wouldn't have the soccer beauty of Pele; and we wouldn't have the minuscule swimwear and toned bodies of Copacabana beach.

Thanks to their lively nature and hospitality and for living in a country with some of the most unique places the world has to offer, we have no choice but to name Brazilians as the coolest people on the planet!





WRITING: WHY IS IT COOL?

Do you agree with the choice of cool countries? Let's write about your preferred choice!

Why is it cool?

Explain your choice writing a maximum of 150 words

Here are some ideas:

Without Chinese / Portuguese / Americans / Irish, etc, we wouldn't have beer / football, etc.

Add to that the incredible beaches / barbecues / bikinis / buildings / people / technology / chocolate, etc.

They have their own fauna / flora...





VOCABULARY: SOUNDS

Boom

Loud deep sound or to talk in a deep loud voice.

*"I will not tolerate such bad manners!" the teacher boomed.
There was a loud boom as the teacher's flash new Ferrari exploded.*

Chant

Repetitive refrain sang/spoken by a group of people.

The minute we saw the corrupt politician, we all started to chant, "Power to the people!"

Chatter

Non-stop talking about unimportant topics.

When Lucy meets with her friends all you can hear is their constant chatter.

Click

Short, high pitched sound made by high-heeled shoes; door locks when they snap; or the sound made by a computer mouse.

You need to push the metal piece until it clicks.

Crack

Sound made when something breaks or moves.

He jumped off the branch the minute he heard it start to crack.

Drum

Sound made as a result of striking something.

He nervously drummed his fingers on the table as he waited.

Grunt

To express disapproval or tiredness by making wordless sounds.

The workers grunted as they attempted to lift a huge table.

Hum

To make a low continuous sound. The act of singing while keeping your lips closed.

That's a very catchy tune. Everytime I hear it I can't help but hum along.

Jingle

To cause something hard like metal or glass to make a tinkling sound.

Bob has the annoying habit of jingling his car keys all the time!



Mumble

To speak in an unclear way.

He just mumbled an excuse and left her at the restaurant.

Sizzle

The sound that food (or anything) makes when cooking or burning.

The minute I heard something sizzling in the pan, I knew we were having sausages for dinner.

Snap

Sudden sound made by something breaking or locking something into position.

Don't bend your ruler too much, it might snap!

Splash

The sound made by something falling into or hitting liquid.

He took a deep dive in the pool, making a big splash.

Squeak

To make a short high-pitched sound.

Your shoes make a funny squeaky sound when you walk.

Whine

A long, high-pitched sound used to complain.

Her constant whining annoys me.

Whisper

To say something in a very soft and quiet tone of voice.

"I love you," he whispered in her ear, and she smiled.

Whistle

Sound made by blowing air through the mouth, a narrow space or an instrument.

I could hear the wind whistling a space in the window.



READING: THE EFFECTS OF LOUD MUSIC ON HEARING

Have you ever walked out of a loud concert and been surprised by the humming noise in your ears and how quiet it seemed outside? After a few hours or a good night's sleep that sensation probably went away, but what would happen if this went on every day for several years?

Loud noises, such as music, machinery, jet engines, and even hair dryers, can cause both temporary and permanent hearing loss. If the noise is so loud that you have to shout in order to communicate with someone, it's possible that the mechanism inside your ear is being damaged and this can lead to temporary hearing loss. The good news is that it is just that, temporary, and your hearing will most likely return to normal.

However, if you are exposed to loud noises every day over a long period of time, permanent hearing loss can occur. It is for this reason that construction workers, factory employees and even musicians need to wear ear protection and take certain precautions to avoid long-term damage. So how does hearing damage actually happen?

Inside a healthy ear there are small hair cells that line the inner passage and transmit signals to the brain, which are then translated into sound. Loud noise can flatten these hairs, resulting in temporary hearing loss, but they usually pop back up and return to their normal position. However, noise damage over a long period of time can break the hairs and unlike other types of hair, they do not grow back.

So turn down the volume, especially when you're wearing headphones/ear buds in a noisy area. The exterior noise may cause you to turn up the volume a few notches so you can hear your music, but this could have destructive consequences in later years. It's also a good idea to give your ears a rest after an hour or two of listening to music with your headphones. This gives the ears a chance to recuperate and return to their normal state. Following these precautions will help you prevent temporary and permanent hearing loss and allow you to enjoy from good hearing well into old age.

In conclusion, remember all of those times your parents told you to, "Turn down that music before you go deaf!"? Well, you should listen to your parents' advice, or soon you won't be able to hear them at all!

CAMBRIDGE INSTITUTE



GRAMMAR: COMPOUND ADJECTIVES

A compound adjective is an adjective that contains more than one word. Usually, we put a hyphen between the words.

*I love living in a **Spanish-speaking** country.*

In this sentence 'Spanish-speaking' is a compound adjective which effectively becomes one adjective used to describe the country.

There are many different ways to construct compound adjectives

1. There are compound adjectives using numbers. Such adjectives may refer to the following categories:

age	two-year old baby
area	fifty-acre farm
depth	three-meter deep river
duration	twenty-minute session
length	twenty-kilometer road
price	thousand-dollar trip
time (or distance)	four-hour drive
weight	fifty-gram package

A common mistake that people make is to add an 's' to the number for plural, but that is a mistake so never add the -s.

2. Adverb/adjective + past participle

*She had a **well-developed** sense of humor, she could make anyone laugh. (adverb + past participle)*
*That is an **old-fashioned** shirt. (adjective + past participle)*

3. Adverb/adjective/noun + present participle (verb -ing)

*The extent of his lying seemed **never-ending**. No one believed his story, but he just kept talking. (adverb + present participle)*

*We had a really **good-looking** waiter at lunch today. (adjective + present participle)*

*In his trip he came across a **man-eating** alligator. (noun+ present participle)*

4. Noun + adjective

*I was **knee-deep** in receipts when I was trying to do my taxes.*

*She was **stone-cold** when she fired Jason.*

*He became a **world-famous** actor after studying with us.*



5. Adjective + noun ending in -ed

There was a **short-sighted** man trying to figure out what was happening.

The **long-haired** lady next to him is his wife.

The **open-minded** villagers welcomed the visitors with enthusiasm.

Note:

In British English, all compound adjectives are written with hyphen, unless the compound adjective comes after the noun. In American English hyphen is only used to avoid ambiguity.

VOCABULARY: ANIMAL NOISES

Bark

The noise a dog makes.

I always get scared when I hear the neighbour's dog bark.

Buzz

The long, constant, vibrating sound a bee or a fly makes when it's flying, sometimes also used to describe the low sound of machinery or people talking at a distance.

All night I could hear the fly buzzing around my head, it drove me crazy.

Chirp

The short high pitched sound of a bird, (blue jay) insect (cricket).

All we could hear all morning was the chirping of a sparrow.

Crow

The sound a rooster makes.

We heard the rooster crow very early every morning.

Crunch

A loud muffled grinding sound like that of something hard or brittle being crushed.

He paused to crunch a huge biscuit.

Gobble

The sound a turkey makes.

Our turkey gobbles all the time.

Growl

The deep threatening warning sound of a lion, dog, tiger or other mammal.

I once heard a bear growl from deep within the woods near my house.



Hiss

The sound made by a snake, lizard or cat, sounds like 'ssss'.

Snakes hiss to scare away potential attackers.

Howl

Typical sound of a wolf or dog.

Wolves are known to howl loudly especially on the night of a full moon.

Meow

Typical sound of a cat.

My cat meows a lot to let me know he is hungry.

Moo

The sound a cow makes.

Cows sometimes moo to communicate with other cows.

Purr

A low, continuous vibration, such as by a cat or an engine.

Listening to a purring cat is quite soothing.

Quack

A nasal noise made by ducks.

It's quite common to hear ducks quacking when walking by our pond in springtime.

Roar

A loud, deep sound from deep in the throat and chest.

A lion's roar is louder than its growl.

Sigh

A long, deep audible breath expressing sadness, relief, tiredness.

Lily sank into a chair and sighed with relief.



LISTENING: VISITING THE ZOO

Zookeeper: Welcome to “Park Safari”, where you can get up close and personal with animals from the comfort of your car! As you go through the park, please drive slowly and refrain from yelling or whistling at the animals – you don’t have to whisper but it’s good to maintain a calm voice when you’re near them. So, if everything is clear, go ahead and drive right through those gates to start the tour!

Dad: Thanks!

Sasha: Oh my gosh! I’m so excited! I can’t wait to see the giraffes, they’re definitely my favourites.

Dad: Yeah? Well I like the lions the best. Just wait until you see them jump on top of the car and roar!

Sasha: Stop trying to scare me, dad, I read that they don’t even keep the lions in this part of the zoo. They’re in the other part where we’re going after.

Dad: Ah ok...Hey Sasha look, our first animal!

Sasha: It’s a buffalo! Why is it panting and groaning?

Dad: Well, it is pretty hot today; I would probably do the same thing if I had all that hair. It’s not groaning, though; it’s mooing.

Sasha: Do you see the emus up there? They’re so weird looking!

Dad: Ah yeah, I do! Hey, here’s a trivia question for you, Sasha – do you know what sound an emu makes?

Sasha: I don’t know, it’s a bird, so do they chirp or gobble?

Dad: Nope, depending on whether they are male or female, they make a booming or grunting noise, and when they’re young they whistle.

Sasha: That’s kind of cool. Oh my gosh, dad! There’s a bee on my arm! What do I do?! What do I do?!

Dad: Ok, don’t panic, close your eyes and I’ll make it go away.

Sasha: But I can still hear it buzzing!

Dad: Sasha, you have to stop screaming, you’re going to scare the animals! There, it’s gone now; I saw it fly out the window.

Sasha: I hate bees! I really do.

Dad: I know you do, but you’re fine. Now, let’s keep going on so we can see the giraffes!

Sasha: Alright, I’ll get the camera ready so I can show mum the pictures when we get home!



GRAMMAR: COMPARATIVES

We can use double comparatives to say that something is in the process of changing or in order to explain trends in a particular direction.

I am getting *fatter* and *fatter*.

~~We are going more and more slowly (not... more slowly and more slowly) X~~

The economy of Southeast Asia is growing *faster* and *faster*.

The + more/less, + the better/worse

The **less** he is around, the **better** for everyone.

The **less** you know about it, the **better**.

The **more** money I get, the **better** for me.

The + adjective with er ending + the + adjective with er ending

The **sooner** we finish, the **better** for everyone.

The **quicker** you start, the **sooner** you'll finish.

The **more** people coming to the party, the **merrier**.

We can use intensifiers to modify comparatives and superlatives to show how different the things compared are.

Comparatives can be modified with **much, a lot, far, a little, a bit, slightly**.

Bob is **much more** intelligent than his sister.

My mother's hair is **a little** longer than mine.

*Notice that the structure of the comparatives DOES NOT change. We just add the intensifier before the comparative form of the adjective.

Superlatives can be modified with **by far, easily, nearly**.

Manny's is **by far** the best coffee shop in town.

This designer is **easily** the most successful of all times.

The is not used with the superlative if there is a possessive pronoun.

His strongest point is his ambition.



LISTENING: STAFF MEETING

Mr. George: Good afternoon, folks. Thanks for coming in for the staff meeting today. I called this meeting because I've noticed a disturbing trend that has started in the office. I know it's July but we really need to stick to our office dress code. We are a professional business and we should conduct ourselves as such. Now does anybody remember what the appropriate attire for ladies in the workplace is?

Sherry: I believe that we're allowed to wear a nice pair of pants or slacks and blouse, no jeans, a nice skirt, not shorter than our knees, or a smart dress.

Mr. George: Good, that's a good start. Now I haven't seen people wearing jeans too often but I have seen a few problems with the dresses. Ladies, they are too low cut. And strapless dresses are okay when you're going out on a Friday night, but they're unacceptable at Monday morning meetings. You guys following me?

Several people: Yeah...

Mr. George: Also, what do we think about crop tops? Should we be able to see each others bellies at work? Kelly?

Kelly: No, Mr. George. But I have a question: what about dressy sandals. I know you said we shouldn't wear sandals to work but mine are designer and cost me \$150! Don't you think they're nice enough for the workplace?

Mr. George: Now I'm sure they're wonderful sandals but that footwear is much too casual for the office. I'm sorry you spent such an exorbitant amount on them but you're not allowed to wear open-toed shoes. Now, what about the guys? What is the dress code for them? Dan?

Dan: Nice pair of dress pants, a button-up shirt or polo, and nice shoes. No sneakers.

Mr. George: Exactly! No sneakers! I've seen some of you men loosen up lately and you're looking a little sloppy. The point here is that we want to look neat and professional. You should wake up in the morning and ask ourselves, "Would I buy insurance from this guy staring back at me in the mirror?" Understood?

Several people: Yeah...



READING: FIRST IMPRESSIONS

First impressions are important, but they're not necessarily the be-all-end-all. It only takes a few seconds to form an impression. We make judgements on people initially based on appearance, behaviour, body language and the clothes they wear and this happens in the first few seconds. With every new day there are new encounters where you are evaluated, and a new person forms an opinion of you? Are we doomed to fight against an image that has formed in another person's mind within the first few moments of meeting? A new study from Loyola University about attraction and first impressions begs to differ with this concept.

Through several previous studies, it was found that there are three general characteristics that people go on when determining basic social relationships and attractiveness. These characteristics are warmth, competence, and physical attractiveness. Warmth is defined by a person's openness and positive energy when it comes to interactions with others. How competent we think a person is also depends on how competent they view themselves. Are they confident in their own ability? Confidence goes a long way. People generally want friends who are good conversationalists, lovers that are caring and mechanics that are good at fixing cars. Physical attractiveness is of course, in the eye of the beholder, but in the long run, for when it comes to long term relationships looks are not everything.

Although most people say looks are important, several studies of heterosexual relationships have found that women generally choose a mate based on personality and financial factors rather than physical attractiveness. Women are more likely to choose someone who is less attractive if he possesses characteristics that signify that he has a higher potential to acquire more economic resources. Men, however, have less regard for a woman's financial status and show a preference for physical beauty at least at the beginning. Loyola University's study set out to prove that these preferences would influence first impressions and correlate with people's desire to see a potential partner again. But that's not how the study panned out.

The study brought together 89 undergraduates for brief encounters. The main goal was to see how first impressions would affect whether the participant wanted a dating relationship, a friendship relationship or no further contact with the other participant. According to written surveys given before the experiment, and the study results explained earlier in this text, a logical conclusion might be that men would choose to date women who were physically attractive, regardless of personality traits. However, even based on a brief meeting, and a first impression, it was found that men were more willing to date a less attractive woman if she had a good personality. The same result was found with women but these results were anticipated.

What conclusion can be drawn from the study is that people think that our first impressions guide our future choices. Based on written studies, men think that they will choose to date women based on their looks but in practice this is not the case. If an interaction is even 5 minutes long and we can interact with the person, that first impression can be blurred. A person who we might not be attracted to were we to judge them on looks alone can be transformed in our eyes into a potential partner. Personality seeps out with every gesture, utterance, and look. While you must always strive to put your best foot forward, don't forget that every second that slips by is another opportunity to turn a shallow first impression into an accurate portrait of who we really are.



VOCABULARY: FASHION

Casual

Dress that is comfortable and not overly formal.

Smart

Clothes that are very neat and professional.

Dress code

A set of rules about what clothing may and may not be worn at a school, office, restaurant, etc.

Outfit

A set of clothes that are worn together.

Fashionable/stylish

Dressing and acting in a way that is currently popular.

Old-fashioned

Of or in the style of the past.

Trendy

(1) currently popular or fashionable (2) someone who keeps up with whatever is currently popular or fashionable; influenced by trends (often disapproving).

Elegant

Showing good taste; graceful and attractive.

Frumpy

Dressed in unattractive and unflattering clothes that are often too big.

Tight-fitting

Clothes fitting very close to the body.

Loose-fitting

Clothes not pulled or stretched tight.

Neckline

The shape of the opening of a piece of woman's clothing around the neck (can be high or low-cut).

Neat

Clean and orderly.

Sloppy

Showing a lack of care, attention, or effort.

Posh/Chic

Dressing in a very attractive, expensive, and popular way.

Over/Under-dressed

To dress in clothes that are too fancy/formal, or not fancy/formal enough.

Designer(adj.)/designer label(n.)

Very fashionable and popular clothing or accessories created by a famous designer.



READING: CYBER BULLYING

Bullying has always been an issue that young people have had to deal with. There have always been kids at school who try to make themselves feel superior by putting their fellow classmates down, and let's face it, some people carry these horrible habits with them into adulthood.

The growing power of the internet and modern technology has given bullies a new way to harass their victims. This becomes increasingly possible due to the constant interconnection of users through the use of social media networks and cellphones. Imagine no longer being able to escape the school bully when going home at the end of the day, but having to be confronted by him or her through Facebook and Twitter. Even having to see them talk about you through a YouTube video which is being viewed by hundreds or thousands of other people. The possibility of constant harassment for these poor victims has become far too easy.

Some characteristics of cyber bullying make it even more dreadful. Firstly, the internet is accessible 24 hours per day, 7 days per week. Therefore, the victim can be harassed constantly, literally without rest. Next, messages and images shared through online networks can reach a very wide audience in a short period of time. So, within one evening of an online rumor spreading, posting rude remarks or gossip on common networks, the entire school could find out about whatever the bully would like everyone to think about the victim. Finally, once a photo, message, or rumor has been posted online, it is nearly impossible to have it removed. The young victim now has to live with this online presence for the rest of their life. What a daunting issue for a young person to face.

In recent years, many new groups and associations (mainly comprised of the parents of bullied children) have started to put pressure on police forces and governments to implement stricter laws and regulations against cyber bullying. With the internet still being a relatively new technology there are still many grey areas within the World Wide Web that are not as regulated as they ought to be. And bullies, who take advantage of this lawlessness, should definitely face severe penalties for their actions.

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VOCABULARY: COLLOQUIAL EXPRESSIONS TEENS USE

To be broke

To not have any money.

I am so broke that I'll never be able to go with you guys to London.

Cool

Very good or to show approval.

That movie was so cool!

Fancy someone or something

To romantically like someone or (non-romantically) feel in the mood for something.

(Note: this expression is typically used by the British. To like someone or feel like something are the American English equivalents.)

Julie fancies Peter, she's always thought he was very good looking.

I really fancy a nice cold beer right now.

To be into someone/something

To be interested in a certain thing or to fancy a person (romantically).

I'm really into skateboarding.

Peter is into Julie, but he doesn't know that she likes him too.

To be sick of something

To be tired of something because you've done it a lot.

I'm really sick of having to wake up so early every day.

Not feel up to something

Not feeling able to or in the mood to do something.

I really don't feel up to studying tonight, I'm exhausted from my hike.

Have a go at something

Try to do something.

Eric is going to have a go at writing poetry for his next assignment.

Could do with something

Need or want something.

John could really do with a haircut. His hair is getting out of control.

See ya 'round

See you later.

Alright Tim I have to go, I'll see ya 'round!



Freak out

Get very excited or angry about something.

Danielle freaked out when she got her university acceptance letter.

My mum freaked out when I told her about how we had ruined the furniture and carpets during the party.

Awesome

Very impressive or very, very good (literally means awe-inspiring, something breathless, stupendous, and phenomenal).

This new restaurant I tried is totally awesome.

Have a crush on

To be interested in (or obsessed with) someone romantically.

My boyfriend found out that I have a crush on Justin Timberlake.

Goof off

To waste time.

(Note: this is typically used in American English.)

Stop goofing off guys! We need to get going.

That/It sucks

It is bad or unfortunate.

That really sucks that you're not feeling well, especially on the night of your birthday.

To be hot (a person)

Someone is good-looking and sexy.

I think Johnny Depp is really hot.

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GRAMMAR: ASKING FOR AND GIVING PERMISSION

People often have to ask others for permission to do certain things, and this is especially true for teenagers.

There are different phrases that we use to ask permission depending on how formal or informal we need to be:

Asking for permission (in order of less formal to more formal)

Is it okay if I borrow this?
Can I go with you to the shop?
Do you mind if I smoke?
Do you think I could use the car tonight?
Could I please call you back later?
Please, can I see the menu?
Please, may I try this perfume?
Would you mind if I asked you something?
Would it be possible for me to meet you later?
Would you mind if I borrowed your pen?
Would it be all right if I borrowed your mobile phone?
May I try this on?

Giving permission (from informal to formal)

Yeah, that's cool.
No problem.
Go (right) ahead.
Sure!
Of course
Sure, I don't mind.
Please feel free.
Yes, please do.
Yes, you may.

Refusing permission (weak refusal to strong refusal)

No, I don't think so.
No, I don't think that's a good idea.
No, you shouldn't really do that.
No, please don't.
I'm afraid not.
I'm sorry, but that's not possible.
No, you cannot.
Sorry, you are not permitted/allowed to do that.



VOCABULARY: SLANG AND EXPRESSIONS WITH 'HIT'

Hit on

To flirt verbally with someone.

I was very upset when I saw my boyfriend hit on the waitress.

Hit up

To go somewhere.

Lance thinks we should hit up that new salsa club.

Hit it big

To be successful at something.

My brother really hit it big at the casino this weekend, he won over \$500.

Hit it off

To get along well with someone you just met.

My new neighbour and I really hit it off, we have a lot in common.

Hit the books

To study.

I only have 3 more nights to hit the books and be ready for my chemistry exam.

Hit the bottle

To drink alcohol.

My mom was really upset when she found out that my brother had been hitting the bottle while away at university.

Hit the spot

To be really satisfying or enjoyable (usually food or drink).

That burger really hit the spot! I was so hungry!

Hit the fan

When information became publicly known or a situation becomes crazy/disastrous.

*I was on holiday when the report hit the fan, it quickly became quite a scandal.
When Julia's mom caught her smoking, it really hit the fan.*

Hit the ground running

To start something very quickly and skillfully.

From the very first day we knew that our new restaurant business would be a success. When we opened the doors to the hundreds of people waiting outside, we knew we had hit the ground running.



Hit the hay/sack

To go to sleep.

Honey, I'm exhausted, I'm going to hit the hay early tonight. Good night!

Hit the jackpot

Literally: To win a lot of money

Idiomatically/Figuratively: To get exactly what you want or more

Wow, Barney you really hit the jackpot eh? Your wife is successful, intelligent, hilarious, gorgeous and she's an absolute sweetheart too!

Hit the roof/ceiling

To become very angry suddenly.

My dad hit the roof when he saw my report card.





LISTENING: SCHOOL DANCE

Chloe: So Clair, do you know who you are going to the go the next school dance with yet?

Clair: Uh, I don't know yet, I'm really hoping that Bradley will ask me, I have the biggest crush on him.

Chloe: Oh yeah, he's pretty hot and an awesome football player.

Clair: Yeah he is! But he still hasn't asked me yet and I even saw him talking to Adriana, so I don't know maybe he's into her.

Chloe: Oh that sucks.

Clair: Mm, what about you Chloe, are you going to go?

Chloe: Umm... I don't know yet, when I mentioned it to my mom she freaked out because she said I couldn't go to dances until I started getting better grades. But I was thinking... maybe sneaking out that night so I could go anyways.

Clair: Oh that's risky.

Chloe: Yeah, but I really wanna to go. Alex asked me to go, and as you know I'm really into him. Plus, I'm getting pretty sick of my mom's rules. She's always hitting the roof that I don't get the perfect grades, and that I am not her perfect little angel anymore. But I'm 14 years old. I'm a grownup who can make my own choices.

Clair: I hear you! So do you know what you are gonna wear if you go?

Chloe: Nope, no idea yet. You?

Clair: Well, I saw this super cool red dress at one of the stores in the mall downtown, maybe we could hit it up together tomorrow after school and I could show you.

Chloe: Yeah, that sounds awesome. That way I could have a look around too. But if I wanna go with you tomorrow I better go home and hit the books so my mom doesn't get mad again.

Clair: Sounds good. See you tomorrow!

Chloe: Later!



VOCABULARY: PAIR WORDS

The following words are often found together, as expressions:

To and from

To a destination and back again.

The shuttle to and from the airport costs \$50, per person.

Spick-and-span

Very clean.

Mom wants the kitchen spick-and-span before she gets home from work.

Ups and downs

Going through good and bad times.

This year was filled with ups and downs for our family.

Safe and sound

Not in harm's way.

Please call me when you get home so that I know you have arrived safe and sound.

Sick and tired

Someone is annoyed with something that has been going on for a while.

I am sick and tired of all of Michael's lies. I need to break up with him.

Pros and cons

Arguments for and against something.

Colin made a list of pros and cons to help him decide whether he wanted to stay with his girlfriend or not.

Odds and ends

Random items.

I am missing a few odds and ends for the party this weekend. Mary will help me pick them up later today.

Ins and outs

In-depth knowledge.

Our boss really understands the ins and outs of the marketing industry!



Up and about

Doing tasks after having been sick or in a negative state for a time.

Edwin was finally up and about after being sick with the flu all weekend.

Come rain or shine

No matter what happens.

The picnic this weekend is happening, come rain or shine.

High and low

To look everywhere for something.

I've searched high and low for my keys and I can't find them anywhere.

Give-and-take

Mutual consideration for sharing responsibilities.

Successful marriages are filled with the constant give-and-take of each partner.

Do's and Don'ts

Rules of what is allowed and not allowed.

Do I have to tell you all the 'do's and don'ts' of borrowing my car before you leave, or will you be careful?

Day and night

All the time, around the clock.

I work day and night to pay the bills in this house.



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GRAMMAR: APOLOGISING

Apologising* is asking for someone's forgiveness for something you have done wrong. Based on who you are apologising to, and what type of wrongdoing, the apology may have to be made in a more or less complex way. Here, we will discuss the different words and phrases that can be used to apologise:

Basic apology (in order of less serious to more serious)

Pardon me!

Sorry

I'd like to apologise

I am (so/very/really) sorry

I apologise

I really must apologise

Please forgive me

I hope you can forgive me

Please, accept my apologies

More developed ways of apologising:

Looking back, I now realize that what I did was wrong...

I am fully responsible for what happened...

I can understand how you feel...

I feel ashamed for what I did....

I know I shouldn't have done that...

I'm sure you must be very disappointed...

I cannot say how terribly sorry I am...

Please excuse my behaviour, it was unacceptable.

Please don't be mad at me...

I'm sorry to have disappointed you...

I have reflected on my actions and...

There are no excuses for my actions...

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*Apologise (BrE) / Apologize (AmE)



VOCABULARY: RELATIONSHIP IDIOMS

Come on strong

Someone who acts aggressively or, someone who acts very flirtatiously.

That sales representative came on very strong when he tried to sell us those phones.

The first time I met my boyfriend he came on a little strong, but when we met again he seemed easy going.

Make the first move

Be the first to indicate or show a romantic interest in someone.

It was Jack who made the first move; he asked Elaine out for a date after they had known each other for years.

Back off

To leave someone alone or stop being involved in a certain situation.

Bianca told her boyfriend to back off because she needed time to think about things.

Pop the question

When someone proposes marriage.

Billy finally popped the question, and Shirley said yes!

To tie the knot

To get married.

Billy and Shirley are going to tie the knot this summer.

To call it quits

To stop doing something, or to separate (in a relationship).

After five years together, my boyfriend and I decided to call it quits.

Kiss up

To flatter someone, to try and get what you want.

Ted is always kissing up to the boss; it's obvious he wants a promotion.

Blind date

A date, usually organized by mutual acquaintances, where two people who don't know each other agree to meet socially.

I've never been on a blind date before, but my sister says he's the perfect guy for me, so I think I may go.

Have a thing for someone

To be interested in someone romantically.

Vince has had a thing for Heidi since high school, I'm glad he finally asked her out.



Head over heels

Completely in love.

From the moment he first saw her, Mike fell head over heels for Carmen.

Kiss and make up (or just “make up”)

To resolve a disagreement.

My parents finally kissed and made up after arguing all week about money.

Love at first sight

To fall in love with someone from the first moment you see them.

I never believed in love at first sight until I met Annie.

Be/become an item

To be recognized as a couple.

Fred and Margaret finally became an item after getting to know each other for almost five months.

Fight like cats and dogs

To fight very intensively.

My sisters fight like cats and dogs, usually over boys or clothes.

Two-time someone

To cheat on your partner by getting involved with another person.

Mark was two-timing me. I found out through a mutual friend that he had been seeing another girl the whole time we were together.

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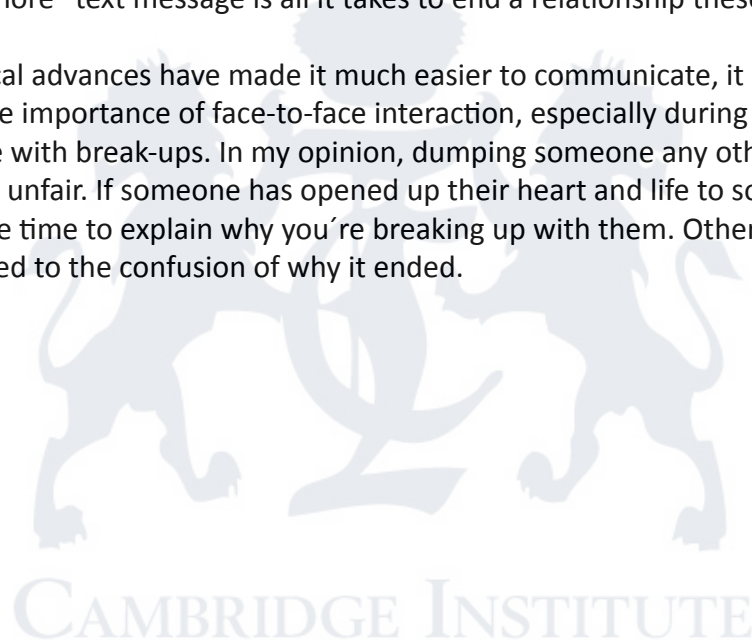
READING: A TASTEFUL BREAKUP

Getting your heart broken always sucks. It makes the person being dumped feel rejected, sad and alone. Imagine adding the fact that your ex-partner breaks up with you through an email, a text message or worse, a message on your Facebook page. Unfortunately, this trend of tasteless break-up tactics is becoming increasingly common.

Before the internet, relationships were initiated and developed with regular face to face contact. If meetings had to be organized quickly then a phone call would suffice, but in general most contact was made in person. Any other way of ending a relationship would have been thought of as untactful and rude because, when you are in a relationship you open your heart and soul to the other person. So the very least you deserve is the courtesy of an explanation and an open dialogue.

Unfortunately, as most relationships are now created through online networks or social media sites and then strengthened through constant email, text or chat communication it seems obvious that more relationships are ending using these very same communication channels. More and more frequently we see youngsters being publicly dumped before the eyes of all of their online contacts. An “it’s over” message on a Facebook page, a ripped up picture posted on Instagram, or a “sorry, I don’t want 2 live with u anymore” text message is all it takes to end a relationship these days.

Although technological advances have made it much easier to communicate, it is important for people to not forget the importance of face-to-face interaction, especially during such intimate moments as is the case with break-ups. In my opinion, dumping someone any other way than in person is cowardly and unfair. If someone has opened up their heart and life to someone it is only fair and kind to take the time to explain why you’re breaking up with them. Otherwise the pain of the heartbreak will be added to the confusion of why it ended.





LISTENING: A PROPOSAL

James: So Lucy, do you know why I brought you to this picnic today?

Lucy: To celebrate our anniversary right? We have been together for four whole years. It's incredible how quickly the time has gone by since we met, don't you think James?

James: Yeah, I completely agree. It feels like we just met yesterday. I remember the day we met very clearly. I saw you walk into Jen and Mike's "Halloween" party at their old house. You were dressed like a palm tree in that absurd costume you made for yourself. You seemed so sweet. I made up any excuse I could to stand near you waiting for the right opportunity to talk to you. Then finally you looked over at me and laughed.

Lucy: I laughed because you looked silly in your Tarzan outfit, especially with that toy monkey sitting on your shoulder.

James: Well that toy monkey was exactly what got us talking in the first place. I remember how excited I was to have met you that night. It just felt right from the first moment we met. I knew four years later we would still be together. For me, it was love at first sight.

Lucy: Well, although it seemed right for me too, I was still in the process of breaking up with Ronaldo, don't you remember? It took me a few weeks to completely finish things with him before we even went out on our first date.

James: But then as soon as we went on our first date, we became an item. I didn't want to let anyone else come in and sweep you off your feet.

Lucy: I wouldn't have let any other man stop me from being with you. I was smitten with you too, but maybe not love at first sight. I fell in love with you when we took that trip to Croatia.

James: That was an amazing trip. We've done a lot of amazing things since we've been together. I think one of my favourite memories was that kayak trip in the Grand Canyon.

Lucy: Oh yeah, that was an incredible excursion.

James: Well, as I said, I've loved you from the first moment I saw you and I am sure I will love you for the rest of my life. You are the woman of my dreams and I would like to ask you to make me the happiest man in the world, and marry me?



READING: DO IT YOURSELF HANDYMAN

Ever since the internet became such a big part of our lives, people have started to think they can do most “DIY” (Do It Yourself) projects themselves if they can just find a video to teach them how to do it. DIY projects and tutorials for almost anything can be found online. From DIY jewellery to DIY clothes design, this growing “I can do it all myself” trend has paved the way for the development of a new industry. Nowadays, more than ever, DIY handymen - or everyday family men - undertake bigger and more complex home renovations.

Hardware stores all over North America have caught wind of this growing market for men who don't have a construction background but are trying to renovate their own kitchens and attempting to install their own flooring. For this reason, not only do these neighbourhood* hardware stores offer all the materials and tools necessary for anyone to undertake a home renovation project, but they also offer training seminars and information sessions to teach these home renovators a thing or two about building before they get started.

The main problem with this trend is that many people don't realise the complexity and precision involved in properly renovating a house. Quite often, the work will require the skill of a jack-of-all-trades (a handy-man with many varied skills) who knows enough about carpentry, plumbing, electricity, design and welding to complete the task. Just because someone can rent the tools, buy the materials and watch a YouTube video on “How to redesign your bathroom”, doesn't mean they can renovate a bathroom to a usable and enduring standard!

Some people don't realise the time-scale and energy that is required to complete some of these home renovations. Often, people will begin their home renovations with the plan of finishing a few weeks later, and a few years later the home is still in total disarray with construction tools and materials all over the place. If the DIY handyman is only going to be working on the project in his spare time he should really make sure he has enough time available to finish the project.

*neighbourhood (Bri) neighborhood (Am)

VOCABULARY: TOOLS

Tape measure	Drill
Pliers	Saw
Hammer	Screwdriver
Spanner	Spirit level
Wrench	Craft knife
Tool belt	Nails
Screws	Nuts and bolts



GRAMMAR: QUANTIFIERS REVIEW

Quantifiers come before a noun and indicate the quantity or amount of that noun. Some quantifiers are used with countable nouns, others with uncountable nouns and some can be used with both.

With countable nouns

A few / few / very few
A great / large number of
The majority of
Each
Every
Either and neither
Many
Several
One, two, three etc.
First, second, third etc.

With uncountable nouns

A bit
A large amount / quantity of
A little / little / very little
Much

With both

All
Any
A lot of
Enough
Less / least
Lots of
More / most
No / none
Not any
Plenty of
Some

(A) little and (a) few are quantifiers meaning 'some'. Little and few have negative meanings. We use them to mean 'not as much as may be expected or wished for'.

COMPARE

Some / a small number

*All she wanted was **a few** moments on her own.
She saves **a little** money every month.*

Not many / almost none

*She had **few** moments on her own.
They had **little** money to spend.*

Positive result

*A: Have you got any money?
B: Yes, **a little**.*

Negative result

*A: Have you got any money?
B: No, **very little**.*

With countable nouns

*Several of Jane's friends have started dating.
A large number of flowers bloom in the springtime.
A few plants in my garden have died.
Today Danielle has very few cookies, so she won't share with her friends.*

With uncountable nouns

*There is very little ketchup left. I don't think there'll be enough for everyone's burger.
My mom only had a little sugar left for her coffee this morning.
I don't care much for white bread.*

With both

*All the kids went outside to play. (countable)
All the water in the pond will dry up due to the extreme heat. (uncountable)
I'm not sure I have enough shampoo for my whole vacation. (uncountable)
I'll buy enough apples for everyone. (countable)*



LISTENING: BUILDING A NEW DECK

Jimmy: Hey Matt, you know what I did this weekend?

Matt: What?

Jimmy: I helped my dad build a new deck in the backyard. It was really cool. I've never worked with power tools or built anything before.

Matt: Wow, that's pretty impressive Jimmy. So tell me, how did you guys do it?

Jimmy: Well, on Friday evening we went to the hardware store and got everything we needed. We bought lumber, cement, nails, a new measuring tape and a hammer. We also rented a circular saw and a drill. My dad had all the other materials we needed for the project.

Matt: How did you guys know how much wood to get?

Jimmy: Before going to the store my dad had already measured the area where we would be building our new deck. So he knew how much lumber we needed.

Matt: So, once you guys got started how did your dad know what to do?

Jimmy: He had asked the people at the hardware store for a few tips but he already had a pretty good idea of what he needed to do. He had helped a friend build a deck a few years ago. So he was the foreman and I was his helper. He would tell me what I needed to do, or how I could help him and I did it. He even let me use the circular saw a few times to cut a few pieces of wood.

Matt: You weren't scared of cutting your fingers off?

Jimmy: No! I was more scared of getting pieces of wood in my eyes but my dad forced me to put on protective glasses so that I didn't have to worry about that after all.

Matt: Did you also wear a hard hat?

Jimmy: No, my dad said we didn't need to protect our heads as there was no threat of anything falling on our heads. After working hard all day Saturday and Sunday we finally finished it on Sunday evening. Then, our family invited the neighbours over for a barbecue on our new deck. I was really proud of what we had built.



GRAMMAR: HOW TO GIVE WARNINGS

There are different ways a speaker or a sign can warn someone of something. Some may sound more forceful or direct while others may be more polite or casual.

Ways to give warnings:

A. Using the imperative

Using the imperative is the most direct way to warn.

Walk slowly.

Watch out for bears.

B. Imperative + (or) + will/might/could

This is a bit less direct compared to using the imperative on its own as it shows the consequence of not listening to the warning.

Walk slowly or you might slip.

Mind the gap, you could fall.

C. Imperative + otherwise + will/might/could

This form is more formal and again shows consequence.

Watch out for bears otherwise you could be attacked.

Speak clearly otherwise you will not be heard.

D. Do not...

This form is very direct and to the point and can be used combined with B or C.

Don't touch that.

Don't touch that or you will burn yourself.

E. Using modal verbs: must or should

Using this form makes the warning seem important and mandatory. Should is used for advice, and must for commands.

You should go immediately.



VOCABULARY: COLLOCATIONS WITH 'MAKE'

Make a difference

To have a significant effect (or no effect) on a person or situation.

It doesn't make a difference if I arrive late or not, they won't notice.

Make a mess

To make something look dirty or untidy.

My kids sure do make a mess when they eat.

Make a mistake

Something incorrect or unfortunate that someone does.

Every time George makes a mistake when playing the piano he restarts the song he is playing.

Make a noise

To speak or act in a way that attracts a lot of attention or publicity.

The dog made such a loud noise when going outside that he woke us all up.

Make an effort

To try harder or simply to attempt to complete something.

My husband has been making an extra effort to clean up after himself lately.

Make money

To make a profit or become rich.

I make more money than my spouse but we put it all into a shared account.

Make progress

Advance towards a goal or to a higher stage.

The mayor made some great progress in implementing the new recycling system.

Make room

To provide space for someone or something.

Mum, we are going to need to make room in the car for my bicycle.

Make a plan

To devise a way of overcoming difficulties.

I had to make a new plan for my trip to Scotland when my friend decided she didn't want to come with me anymore.



VOCABULARY: BUSINESS

Entrepreneur

A person that starts and manages their own business.

John really is a natural entrepreneur; he loves taking risks and has very innovative ideas.

Mission statement

The statement which defines a company's purpose.

You get to know about a company's ethos by reading their mission statement.

Vision

The long term goal(s) of a company.

Companies usually put their mission and vision statements onto their website so that their clients clearly understand who they are (mission) and who they want to be in the future (vision).

Strategy

Tactics that are planned and carried out in order to reach certain goals.

The upper management meets every week to discuss global marketing strategies.

Revenue

Money a company makes from selling products or services.

The "Ice Cream Shop Co." generated \$50,000 of revenue last month.

Costs

Costs, bills (e.g. electricity, salaries) that need to be paid in a business in order for it to function.

Ice Cream Shop Co. registered costs relating to: labour, rent and materials which amounted to \$20,000 last month alone.

Profit

When the revenue of a company is higher than its total running cost, the business is making money, or profit.

Last month, the Ice Cream Shop Co. made a profit of \$30,000.

Loss

When the costs of a business are higher than the revenue, the business is losing money, or making a loss.

Ice Cream Shop Co. usually suffers a loss in the month of December because few people want ice cream during that month.



E-commerce

A company which sells and distributes goods through the internet.

Many companies that develop and sell apps are e-commerce businesses.

Startup

A startup is a temporary organization used to search for a repeatable and scalable business model.

Startups must ensure to keep their costs low which is why so many start their business from home.

Departments within a company**Finance**

Finance is the management of money or monetary resources of a company, individual, or government; as in the fields of banking and investment.

It was the finance department that decided how much the business could spend on operations this year.

Research and development (R&D)

Investigates and creates new products, procedures or concepts.

Pharmaceutical companies generally invest a lot of time and money in research and development to find new cures for widespread diseases.

Accounting

The department tasked with taking care of all financial records of business transactions.

The accounting department has to calculate a monthly cash flow and balance the company's bank statements.

Marketing

Activities (advertising, public relations and product design) which help to sell a product to its customers.

The marketing department created a new innovative ad that will show up in magazines soon.

Human Resources (HR)

Takes care of the management of employees.

To be considered for the Sales position, I had to send my resume to the human resources department of the company.

Production

Undertakes the manufacturing of the products to be sold.

Production departments are often located close to the factory floor.



LISTENING: A START-UP

Speaker 1: I think that Sweden is an amazing country to build a startup in. I think it's an amazing country to live in. Stockholm is a city that works. If you go to Berlin or New York like you have to (sort of) get used to things (just) breaking down or not working.

Reporter: While London and Berlin have grabbed headlines for their thriving technology scenes, Stockholm has also recently emerged as one of Europe's hottest startup capitals.

Tictail rep*: I'm Carl Waldekranz, I'm the CEO and co-founder of Tictail, an online store platform launched only 18 months ago, sometimes called the Tumblr of e-commerce.

Reporter: With a population of less than 1 million, Stockholm's startups are spread out across the city. One company, "Narrative", is run out of a small house in the old part of town called Gamla Stan.

Narrative rep: "Narrative" is the developer of a product called the 'Narrative clip'. It's a camera that sits on your shirt or jacket, where it takes a photo, all by itself, every 30 seconds, making it possible to capture your entire life in photos. **Reporter:** Over the last 10 years, Sweden has received one of the highest levels of venture capital** investment per capita*** anywhere in Europe.

Narrative rep: There are a lot of successes that have come out of Sweden, like Skype, Spotify, SoundCloud that is something we can leverage. We can get lots of knowledge from talking to the people we know from those companies, and it's just a very sharing based community amongst startups here in Stockholm.

Reporter: Spotify is just one of several successes to emerge from the Sweden startup scene. The company was recently valued at more than \$4 billion.

Spotify rep: You know, I think historically Sweden has always been a place that has punched above its weight, entrepreneurially, technologically with companies like Volvo, Ericsson, Saab. Spotify was part of a new generation, very much part of the startup scene at the time, that you know, typical 10 guys in an apartment, working away. And now there's a really thriving startup scene in Stockholm.

Tictail rep: Tictail started in my kitchen, like, we were three people then we were working every weekend, still maintaining our day jobs. Every month we would save up half our salaries and we would put it in a joint savings account. This would become the starting capital for Tictail. We did this for 6 months and finally quit our jobs and we launched our first store, my mother's store. And that's where Tictail started.

Narrative rep: The startup culture in Silicon Valley in San Francisco is massive compared to Stockholm. But other than that, opportunities exist in both places. The funding is here, the people, the great engineers are here.

Tictail rep: We have a really strong designer, engineering culture. I think a lot of that has to do with the fact that we have free education. I mean, the Swedish model is that university, higher education, should be available to anyone.

Reporter: Also key to the country's success, some say here, is the so called "law of Jante".

Tictail rep: It's the Scandinavian cultural thing that's basic idea is that no one is better than anyone else. You can't go out in Sweden and say "I'm really great at this". And to some parts that is a limiting thing, but what it does is that it creates very flat hierarchy. Although I have the title of CEO, this product is being built by every person in this company. That just creates an environment where innovation can come from all places.

*rep = representative **venture capital – money given to startups by investors who think the company will be successful, high risk for investor. ***per-capita – per individual



VOCABULARY: BUSINESS COLLOCATIONS AND IDIOMS

Accept an offer

To agree to an offer.

The clients haven't accepted the offer we made them yet, but they will.

Bear in mind

Remember or keep in mind.

When looking at our results, bear in mind that this is always our worst season.

Call off

Quit or cancel something.

The boss called off the meeting because everyone was so busy.

Call the shots

To be in charge.

Mr. Tisdale calls the shots around here, even if he is vice-president.

To chair a meeting

Be in charge of managing or coordinating a meeting.

At every staff meeting we elect someone to chair the meeting so that things run smoothly shopping there.

Close a/the deal

To end negotiations by reaching an agreement.

We closed the deal and agreed on a fair price for both parties.

Do business

To work with someone or the way a company works.

I don't like the way that company does business, they lie to and mislead their clients, and they don't pay their staff well.

Get down to business

To get serious or to focus on more serious aspects.

Ok everyone, enough chatting, let's get down to business and discuss numbers.

Go bankrupt

A company or person that is in financial ruins.

The CEO did everything he could, but eventually the company went bankrupt.



Go into partnership

Two or more people who officially decide to work together to run a business.

My brother and I decided to go into partnership together to start our own gym.

Launch a new product

To officially start selling a new product.

We are going to launch a new product during our stores anniversary celebration.

Lay off

To fire employees. / To leave someone or something alone.

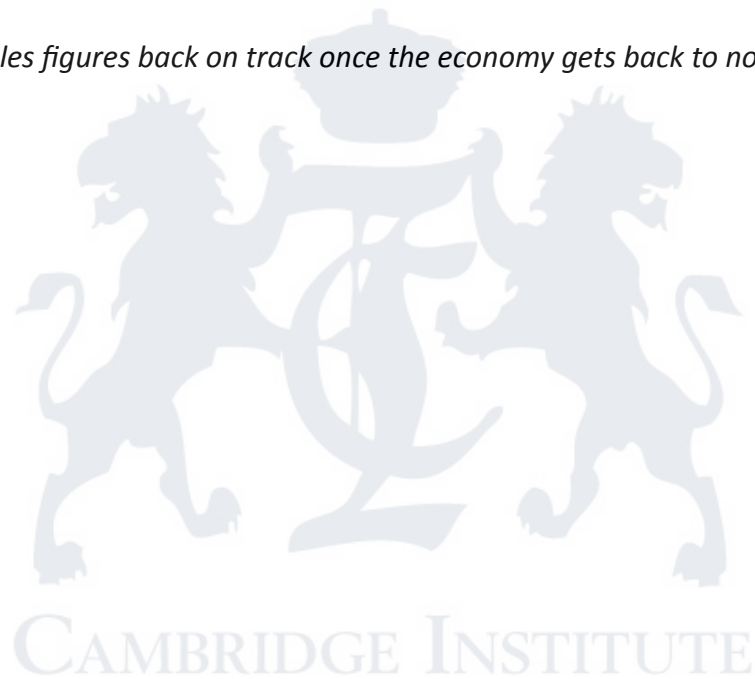
Due to budget cuts, they had to lay off fifty employees.

Lay off me! I didn't do anything!

Sales figures

The final number of income due to sales.

We are sure to get sales figures back on track once the economy gets back to normal.





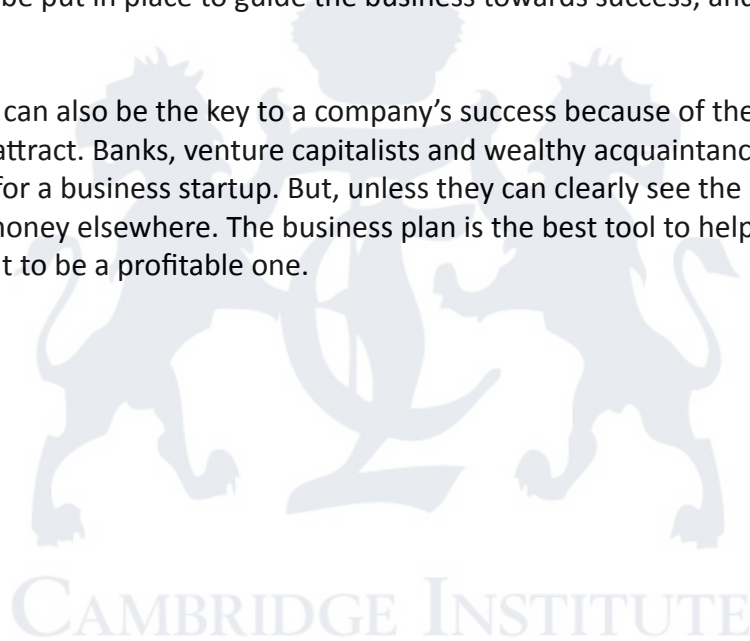
READING: ENTREPRENEUR SUCCESS PLAN

Before throwing themselves into the hands-on stages of starting up a new business, entrepreneurs should always find the time necessary to make a business plan. Although for many this may seem like a waste of time and paper, a business plan can be the difference between great success and complete failure for a project. Far too often eager entrepreneurs jump the gun in opening up their own store when business planning is the reality check that could really make all the difference.

So, what is a business plan? Well, a business plan is a document that is created by people who are interested in starting a new business or current business owners who are looking into creating new strategies. Business plans usually include a company description, market analysis, product or service description, marketing and sales projections, costs analysis and long-term financial projections. Taking the time to carefully analyse and consider each of these aspects can be the difference between business success and bankruptcy.

The main reason for failure amongst many business startups is the lack of planning. Not taking enough time to really understand the industry, its current situation and trends, the company's target market and how the company will differentiate itself amongst the competition is a common mistake. Proper strategies must be put in place to guide the business towards success, and a business plan helps to do that.

A good business plan can also be the key to a company's success because of the amount of financial investment that it can attract. Banks, venture capitalists and wealthy acquaintances could be the source of seed money for a business startup. But, unless they can clearly see the potential for growth, they may invest their money elsewhere. The business plan is the best tool to help them see how their investment can turn out to be a profitable one.





GRAMMAR: MAKING, REFUSING AND ACCEPTING OFFERS

There are several different ways of making, refusing and accepting offers and requests; some are more formal, while others are much more casual. In the table below we will have a look at each variation:

Formal	Informal
Making an offer	
Would you like... (some tea)? Shall I... (get your jacket)? May I... (take your order)? I was wondering if you'd like... (some coffee)?	How about... (we go out on Saturday)? Do you want... (some cookies)? Can I ... (help you)? Why don't I... (look after the dog for you)? What if I ... (get them for you)? Let's... (go to my place).
Accepting an offer	
Yes, please. Yes, that would be nice. Yes, that's very kind of you. Yes, thank you. I would appreciate it greatly. That would be lovely.	Please! Sure! That sounds great! Of course! You would do that? Are you sure you wouldn't mind? If you wouldn't mind. If you could. Great! That'd be awesome!
Declining an offer	
No, thank you. That's very kind, but no, thank you.	No thanks. That's fine, thanks. Don't worry I'll do it. Its ok, I can do it.
Making a request	
Could you... (get me a tea)? Would you mind... (getting my coat)? Would it be possible...(to get me some sugar)?	Can you... (grab my jacket)? Would you... (get in here)? Go... (do this). Is it ok if... (I borrow your pencil)?
Accepting a request	
Of course! Yes, that is no problem. Certainly.	No problem. Yeah, no worries! Ok!
Refusing a request	
I'm sorry, I can't. I'm sorry, that's not possible.	I'm afraid not. No.



WRITING: A BUSINESS IDEA

Write a vision, mission and summarized sales plan for a new business idea.



