

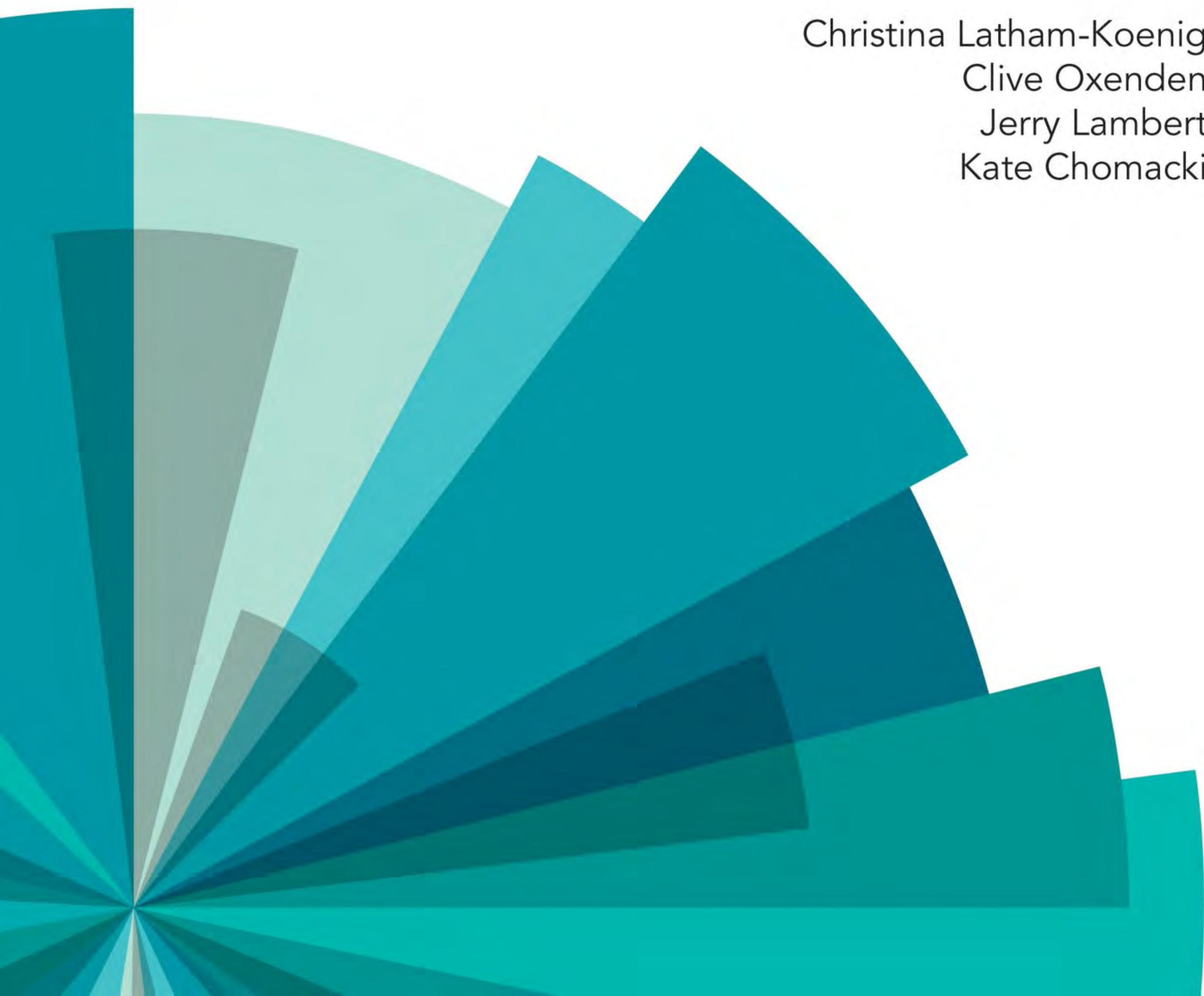
fourth
edition

English File

Advanced

Student's e-book

Christina Latham-Koenig
Clive Oxenden
Jerry Lambert
Kate Chomacki





e-book interactive features

OXFORD
UNIVERSITY PRESS

fourth
edition

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Paul Seligson and Clive Oxenden
are the original co-authors of
English File 1 and *English File 2*



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Course overview

English File^{fourth edition}

Welcome to **English File fourth edition**. This is how to use the Student's Book, Online Practice, and the Workbook in and out of class.



Student's Book

All the language and skills you need to improve your English, with Grammar, Vocabulary, Pronunciation, and skills work in every File. Also available as an eBook.

Use your Student's Book in class with your teacher.

Workbook

Grammar, Vocabulary, and Pronunciation practice for every lesson.

Use your Workbook for homework or for self-study to practise language and to check your progress.



Go to
englishfileonline.com
and use the code on
your Access Card to
log into the Online
Practice.

ACTIVITIES AUDIO VIDEO RESOURCES

ONLINE



Online Practice

Look again at Student's Book language you want to review or that you missed in class, do extra **Practice** activities, and **Check your progress** on what you've learnt so far.

Use the Online Practice to learn outside the classroom and get instant feedback on your progress.

LOOK AGAIN

- Review the language from every lesson.
- Watch the videos and listen to all the class audio as many times as you like.

PRACTICE

- Improve your skills with extra Reading, Writing, Listening, and Speaking practice.
- Use the interactive video to practise Colloquial English.

CHECK YOUR PROGRESS

- Test yourself on the language from the File and get instant feedback.
- Try an extra Challenge.

SOUND BANK

- Use the Sound Bank videos to practise and improve your pronunciation of English sounds.

G verb + object + infinitive or gerund

V compound adjectives

P main and secondary stress

1 READING & SPEAKING

a Look at problems 1–5 below. Where would you go to get advice for each problem? Would you...?

- ask a friend, colleague, or family member
- look online
- read a self-help book
- phone a helpline or contact a professional

- Your wi-fi isn't working.
- You're worried about some symptoms you have.
- You want to know the best way to invest a sum of money you've inherited.
- Your two-year-old child wakes up a lot at night.
- You're having relationship problems because your partner travels a lot and you hardly ever see them.

b Read an online forum giving advice. Try to imagine yourself in this situation, and choose the three tips you think give the best advice.

c Read the forum again and choose the best word or phrase for each gap.

- a effect b affect c spoil
- a avoid b plan c cope with
- a cooling b chilling c warming
- a through b over c round
- a pre-arranged b pre-booked c pre-ordered
- a in and out b up and down c on and off
- a remember b remind c recall
- a exciting b common c mundane
- a without b beside c beyond
- a do b don't c won't

d Do you know anyone who is in a long-distance relationship? What problems do you think they have? Are there any advantages to their situation?

10 tips for long-distance relationships

We asked our online community to send us their top tips for surviving long-distance relationships. Here are some of their responses.



There may be people who don't believe your relationship will work, and that's OK, but you mustn't let what other people think ¹ you, because you're the ones who are actually in the relationship. As long as you love each other and trust each other, and you think you can make the relationship work, then that's the only thing that matters. *Eileen*

I've been in a happy long-distance relationship for nearly two years. I find that it helps to think of it in the same way as trying to ² a break-up: I focus on my work, I rely a lot on my friends, and keep myself busy in the evenings and at weekends, to try to avoid ever feeling lonely. *Bruce*

Don't try to do too many different things when you do meet up. Make time for just ³ and doing nothing. *Marshall*

Sometimes being apart really gets you down, and the only person who could make you feel better is a million miles away. It's OK to get emotional, it's OK to cry or get angry – just do whatever you need to do. It's so important not to keep your feelings inside. Your partner is the only person who really understands what you're going ⁴, so never, never hide what you're feeling from them. *Sarah*

Don't forget to say good morning and goodnight to each other, every day without fail, even if you just send a quick text with a smiley face. We also have a regular ⁵ time to Skype every day, which we can both look forward to. *Andy*

We played online games ⁶ throughout the day, like Dominoes and Scrabble. It really helped to do something together even when we couldn't talk to each other. You can also get an app that lets you watch shows on Netflix at exactly the same time, which made it feel more like we were together. *Sandra*

My husband gave me one of his sweatshirts to wear, and I gave him a ring of mine on a leather necklace that he could wear all the time to ⁷ him of me. It's really comforting to have a physical thing that belongs to them. *Shawna*

- e Look at the titles of two articles giving advice from different points of view. Think of one piece of advice for each situation.

How to survive... living with your parents

If you are among the quarter of young adults still living at home with Mum and Dad, read on!

The secret to...living with adult children

If you are one of the many parents whose adult children have returned to the nest, read on!

- f **C Communication** I need some help
A p.109 B p.114 Read the articles and tell each other about the tips.
- g Which do you think is better for getting advice, a forum or an article? Why? What are the advantages of each?

Talk to each other as often as you can, about everything, little things and big things. When you do have the chance to meet up, try to do ⁸ things together, like doing the food shopping, as well as exciting things like concerts or expensive meals out. Try to keep your lives as normal as possible. *Jane*



Try not to get into situations where you're in some kind of competition about who cares less or more, or who's happier or unhappier. If you're apart, you need to learn to live ⁹ each other. But you also need to appreciate how much happier you feel when you're together. If you find that you don't just need each other, you also want each other, that'll make your relationship stronger. *Alan*

Make sure you send your partner lots of photos of you. Maybe you think it's a bit self-centred, or maybe you really hate taking selfies, but they ¹⁰ want to look at your face! *Owen*

2 GRAMMAR verb + object + infinitive or gerund

- a Right (✓) or wrong (X)? With a partner, correct any mistakes in the **highlighted** phrases.
- 1 If your partner can only call at a certain time, try not to **keep them waiting**.
 - 2 **I want that my boyfriend comes** on holiday with me.
 - 3 **I recommend that you try to** see each other once a month.
 - 4 When I lived with my parents, **I was always made load** the dishwasher.
 - 5 **I hate my parents talk to me** as if I was five years old.
 - 6 Mum, **could you let me borrow** the car tonight?
 - 7 **I don't mind you not tidy** your room, but at least make your bed!
 - 8 Living at home may **involve you paying** around 50% of the market-rate rent.
 - 9 Can you **help me do** the washing-up?

b **G p.152 Grammar Bank 6A**

- c Answer the questions with a partner.
- 1 When you were a child, were you ever **made to eat** something you really disliked? Why do you think your parents tried to **make you eat** it?
 - 2 Do you ever **need to spend time catching** up on things you haven't done, or do you always **try to keep** on top of things?
 - 3 Can you **imagine yourself living** in another country? How far from, and how different from, your country would you **prefer it to be**?
 - 4 What kinds of things do you **dislike people helping you to do**? Why would you rather do them yourself?
 - 5 Is there anything you **would prefer people not to do** when they are invited to your house? What kinds of things do you **expect them to do**?

3 WRITING

- a Look at four topics from an advice website. Think of a good piece of advice for each situation.

How to survive...a visit from difficult relatives

How to survive...a trip to the dentist's

How to survive...exam stress

How to survive...a family holiday

- b Compare your advice with a partner. Then, together, choose one topic and write headings for at least four tips. Plan what information to give under the headings, e.g. reasons for the tip, examples, etc.
- c Tell your tips to another pair. See what they think of them, and if they have anything to add.
- d Using all these ideas, write a short paragraph for each tip.

4 LISTENING

- a Read about The School of Life. Why do you think it's been successful? Would you like to do one of their courses?
- b  **6.1** Listen to a School of Life presentation called *Why small pleasures are a big deal*. Number the slides in the order the presenter mentions them, 1–9. Which things from the slides does he suggest are 'small pleasures'?
- c Why does the presenter mention...?
- 1 pineapples and caviar
 - 2 a well-known violinist
 - 3 marriage, career, and travel
 - 4 a Caribbean island, the Uffizi Gallery, and a hang-gliding lesson
 - 5 fancy holidays
 - 6 having a bath, talking to a grandparent
- d In pairs, complete the summary of the central message of the presentation. Then compare with another pair. Are your summaries similar?

We expect to get most pleasure from things which are...
However,...



CALM



LEISURE



RELATIONSHIPS

THE SCHOOL OF LIFE

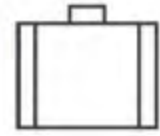
is an educational company that offers advice on life issues. It was founded in London in 2008 and now has branches around the world, including Berlin, Istanbul, São Paulo, Seoul, and Sydney. The school offers a variety of programmes, courses, videos, and presentations covering finding fulfilling work, mastering relationships, achieving calm, and enjoying leisure time.



SELF-KNOWLEDGE



SOCIABILITY



WORK



Glossary

the Uffizi Gallery an important art museum in Florence, Italy

lobster thermidor a rich French dish made with lobster, egg yolks, and brandy

lily of the valley



5 SPEAKING

a Look at the statements below. Choose one of them to talk about, and make notes under the following headings:

- Whether you agree with the statement or not and why
- Examples from your personal experience
- Any arguments on the other side
- Advice for your audience

Everyday life is full of small pleasures.

The best things in life are free.

Travelling abroad is more enjoyable than travelling in your own country.

A weekend at home is better than a weekend away.

b Read the tips for giving a presentation. Then, in small groups, give a short presentation about your statement. Listen to other people's presentations and ask questions.

PRESENTATION TIPS

- 1 Organize your presentation logically, so you can remember what you're going to say.
- 2 Don't read your notes – use your own words.
- 3 Speak slowly and pause between important points.
- 4 Make eye contact with the people you're talking to.
- 5 If the audience ask you questions, answer them clearly and concisely.

6 VOCABULARY & PRONUNCIATION

compound adjectives; main and secondary stress

Compound adjectives

A **well-known** violinist once donned scruffy clothes and busked at a street corner.

Small-scale pleasures can be anything but small.

A compound adjective is an adjective made up of two parts. It's usually written with a hyphen.

a Combine words from each list to make ten compound adjectives and use them to complete questions 1–10.

air	narrow	fashioned	made
high	second	hand	conditioned
home	self	minute	behaved
last	well	risk	minded
old	worn	out	conscious

- 1 Have you ever bought a _____ car or motorbike? Did you have any problems with it?
- 2 What boys' or girls' names are considered _____ in your country?
- 3 Do you usually do a lot of _____ revision the night before a test?
- 4 Do you normally feel _____ when you're having your photo taken? What do you do to try to be more natural?
- 5 Do you have any old clothes that you still like wearing even though they're a bit _____?
- 6 Do you prefer _____ food to restaurant meals?
- 7 In the summer, do you spend much time in _____ buildings or cars? Do you consider it a necessity or a luxury?
- 8 Do you do any _____ sports, e.g. white-water rafting? What attracts you to them?
- 9 Do you think as people get older, they tend to get more _____ and intolerant?
- 10 Do you think children should be asked to leave restaurants if they aren't reasonably _____?

b 6.2 Listen and check.

Fine-tuning your pronunciation: main and secondary stress

Some words, especially compounds or words with suffixes and prefixes, have both main stress and secondary stress. Secondary stress is shown by , in a dictionary, e.g. /self-'kɒŋ[əs]/.

c Listen again. Which word usually has the main stress in compound adjectives? Then ask and answer questions 1–10 in a with a partner and give examples.

d Use these compound adjectives to complete some high-frequency collocations.

dead-end eco-friendly extra-curricular
feel-good groundbreaking high-heeled
high-pitched labour-saving life-changing low-cost

- | | |
|------------------|---------------------|
| 1 _____ airline | 6 _____ voice |
| 2 _____ activity | 7 _____ device |
| 3 _____ job | 8 _____ shoes |
| 4 _____ movie | 9 _____ detergent |
| 5 _____ research | 10 _____ experience |

e 6.3 Listen and check.

f Use three compound adjectives from a or d to write questions. Then ask and answer the questions with a partner.

(Do you ever fly with low-cost airlines?)

1 VOCABULARY phones and technology

Talk to a partner. How would you explain the difference between...?

- 1 a **screen** and a **touch screen**
- 2 a **keypad** and a **keyboard**
- 3 a **password** and a **passcode**
- 4 your **contacts** and your **settings**
- 5 **broadband** and **wi-fi**
- 6 an **update** and a **pop-up**
- 7 **coverage** and **signal**
- 8 to **download** and to **stream**
- 9 to **scroll** and to **swipe**
- 10 to **hang up** and to **top up** (your phone)
- 11 to **put sb through** and to **get through to sb**
- 12 to **switch off** and to **unplug**

2 PRONUNCIATION /æ/ and /ʌ/

Fine-tuning your pronunciation: /æ/ and /ʌ/

The sounds /æ/ and /ʌ/ are quite similar and it can be difficult to hear and produce the difference. The /æ/ sound is always spelt with the letter a, e.g. *contact*, and the /ʌ/ sound is usually spelt with the letter u, though it can also be o, e.g. *coverage*, or ou, e.g. *touch*.

- a 6.4 Listen to five pairs of words. Focus on the difference between the two vowel sounds.

- | | |
|--------------------|------------------|
| 1 a hang up | b hung up |
| 2 a app | b up |
| 3 a crashed | b crushed |
| 4 a ran out | b run out |
| 5 a rang | b rung |

- b 6.5 Listen. Which word or phrase in a did you hear?

- c Practise saying the sentences.

- 1 WhatsApp is **currently** **one** of the most popular messaging services in the **country**.
- 2 Jack was **cut** off, so he **hung up**.
- 3 I **ran** out of credit, so I **had** to **top up** my phone.
- 4 I **updated** the software on my **Mac** and now it keeps **crashing**.

3 READING & LISTENING

- a Approximately how many hours a day do you think you spend using your phone? Are you happy with this, or would you like to cut down?
- b Read the beginning of the article and complete the verbs in the *Rules* and *Challenges* sections.

A beginner's guide to divorcing your phone

What's the first thing you do when you wake up? Read the news?

Check your emails? Scroll through social media? Now, imagine your phone's not in the room. If that makes you feel uncomfortable, it may be time for a digital detox.

Tanya Goodin, a digital detox specialist, has devised a seven-day detox. She recommends first downloading a tracking app which measures how much time you spend looking at your screen and how many times a day you pick up your phone, so then you can compare your normal phone use with the end results.

Rules for a digital detox

- ¹D_____ all social media apps from your phone; check these only from a desktop computer.
- ²T_____ off all banner-style / pop-up / sound notifications from all other apps.
- ³L_____ your phone in your pocket or somewhere where you can't see it for meetings / get-togethers / conversations / meals involving other people.
- ⁴K_____ your phone out of sight during your commute.
- ⁵Don't t_____ your phone with you into the bathroom or toilet.

Challenges

Day 1 Leave your phone outside your bedroom overnight; get an alarm clock or ⁶t_____ up the volume on your phone, so you can hear its alarm easily from your bed through the door. Continue this all week.

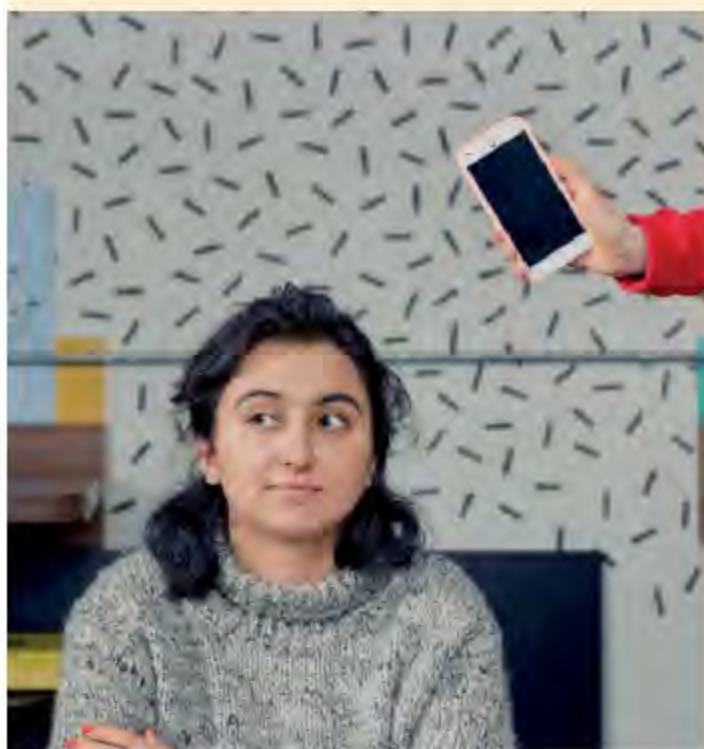
Day 2 Put your phone in a central place when you return home and go to the location of the phone (rather than carrying it around with you) if you need to ⁷ch_____ it.

Day 3 ⁸T_____ your work email account off your phone (notify everyone in advance that you're doing this).

Day 4 Go out to dinner, lunch, or to an evening event / gym session and ⁹l_____ your phone behind.

Day 5 ¹⁰K_____ your phone on airplane mode as default all day; take it off this mode only when you need to use it.

Days 6 and 7 Your complete digital detox: ¹¹sw_____ off your phone and put it away from 7.00 p.m. Friday to 8.00 a.m. Monday.



Anisah Osman Britton, 24, is the founder of 23 Code Street, a coding school for women. She has lived on a boat for the last five years with her dog.

Before detox

Daily phone screen time:
3 hours 50 minutes
Number of pick-ups a day: 88



Clive Myrie, 53, has worked for the BBC as a news presenter and foreign correspondent for more than 30 years. He lives with his wife in London.

Before detox

Daily phone screen time:
45 minutes
Number of pick-ups a day: 11

Anisah

I rely on my phone for everything; I leave my laptop at work, as there is no wi-fi on the boat. My top four apps are WhatsApp, Telegram, Instagram, and Twitter, and when it comes to deleting them, I think, 'I can do this!' I substitute Instagram with reading books and finish two by the end of the week, ¹ which makes me **cringe** at how much time I must waste on my phone.

I struggle with insomnia and often wake up at 4.00 a.m. and scroll through my phone. I'm amazed that, ² without it to hand, I simply go back to sleep. I set the alarm on my old-fashioned Casio watch now, and stay asleep a lot longer.

By day three, I'm feeling left out of my family's WhatsApp group, but I welcome taking work emails off my phone. ³ Things take a turn for the worse on day four, when I'm sick and have to stay home. I decide there is no way I'm doing it without my phone – I need it in bed with me – and I go back to checking work emails, WhatsApp-ing my family and watching dog videos on YouTube.

I'm not worried about switching my phone off at the weekend. I tell my family, and my business partner, Tom, that I'll speak to them on Monday. By Saturday lunchtime, ⁴ I have a meltdown. It's so dead and quiet; I can't even listen to music, as my only source is my phone. I don't see a single person until my neighbour knocks on my door on Sunday morning with some chocolate. I almost cry. Later, I walk to the supermarket, just so I can speak to someone. This is the worst weekend of my life.

After the detox...

I couldn't cope with... not being able to take photos. I missed that so much.

I can now do without... ⁵ flicking through social media in bed before getting up. I've given myself an extra hour in the morning.

After detox

Daily phone screen time: 3 hours | Number of pick-ups a day: 70

c Look at the photos and read the information about Anisah and Clive, who did the detox. With a partner, discuss who you think might have found it more difficult and why.

d Now read about Anisah's experience of the detox. Underline all the positive effects of the challenges, and circle the negative ones.

e With a partner, look at the **highlighted** expressions in the article and choose the exact meaning of the **bold** words or phrases, a–c.

- 1 a feel angry b feel embarrassed c feel sad
- 2 a in my hand b to hold c near me
- 3 a suddenly get worse
b change from bad to worse
c start to improve
- 4 a calm down b break down c slow down
- 5 a looking carefully at
b looking slowly at
c looking quickly at

f 6.6 Now listen to an interview with Clive about his experience of the detox. Answer the questions.

- 1 Do you think he found the experience more or less stressful than Anisah? Why?
- 2 What did he learn about his phone use?
- 3 Why were his results surprising?

g Listen again. What does he say about...?

- 1 being a 'techie'
- 2 deleting apps
- 3 using phones at dinner
- 4 checking the football
- 5 preparing for *News at Ten*
- 6 the Queen
- 7 not being kept in the loop on WhatsApp
- 8 being a journalist

h Answer the questions with a partner.

- 1 How would you score for 'daily phone screen time' and 'number of pick-ups a day'? How dependent is your work or social life on having a phone?
- 2 Have you ever spent a long time without your phone, either as a detox, or because of circumstances? How did you feel?
- 3 Which of the detox rules and challenges would you find the most difficult?

4 WRITING

p.124 **Writing** A discursive essay (1): A balanced argument Analyse a model essay about smartphone use, and write a discursive essay.



5 GRAMMAR conditional sentences

a Match the halves of the conditional sentences.

- 1 If I'd had my phone with me,
- 2 If my laptop wasn't so new,
- 3 If he wasn't always on social media,
- 4 If I didn't have fast broadband,
- 5 If they bring out a new version of the game,
- 6 If you hadn't sent me a message,
- a I wouldn't have known where you were.
- b I wouldn't be able to work from home.
- c I'd have texted to say I was going to be late.
- d I might actually be able to have a conversation with him.
- e I'm definitely going to buy it.
- f I wouldn't have bothered to get it repaired.

b Which sentences refer to present or future situations and which ones refer to the past? What is different about sentence 2?

c **p.153 Grammar Bank 6B**

d Complete the sentences so that they are true for you. Then compare with a partner.

- 1 I could manage for a week without the internet, provided that...
- 2 I would only lend someone my car on condition that...
- 3 Even if I had all the money in the world, I would never...
- 4 Had I not decided to learn English, I...
- 5 I'd be prepared to move abroad as long as...

6 LISTENING & SPEAKING

a Look carefully at a photograph which was shortlisted in a Sony photography competition asking students to illustrate millennials' obsession with technology. Why do you think the judges liked it? Do you know any people who are obsessed with technology?



Adam Zadlo, from Poland, said millennials are 'the generation with technology in their hands'

b **6.7** You're going to listen to five people talking about someone they know with an obsession. First, listen to some extracts and try to guess what the obsession is.

c **6.8** Now listen to the people and check your answers to b.

d Listen again. Which speaker, A–E, mentions someone who...?

- 1 doesn't enjoy the results of their obsession
- 2 likes to discuss their obsession with friends
- 3 has a space problem as a result of their obsession
- 4 missed a fun activity because of their obsession
- 5 has to do something daily because of their obsession

e **6.9 Language in context** Listen to some extracts from the listening and complete the highlighted phrases related to obsessions.

- 1 ...she's really _____ baking.
- 2 I think she's got every _____ cookery book, baking book, that's in print...
- 3 He's _____ talking about how he feels...
- 4 ...and going _____ and _____ about his health problems.
- 5 ...has a _____ of an obsession with cats.
- 6 ...she does have a _____ about cats.
- 7 Right now it's getting a bit out of _____, because she doesn't have a very big flat...

f Talk in small groups. Use some of the highlighted phrases in e.

Do you know anyone who is (a bit) obsessed with...?

- a kind of game or toy
- a hobby or free-time activity
- their health
- an animal or pet
- a particular film or type of film
- keeping fit
- cleaning or being tidy
- a celebrity
- a sportsperson or team
- a particular object, e.g. their car, their phone, etc.
- anything else

7 VOCABULARY adjectives + prepositions

Adjectives + prepositions

Some adjectives need a certain preposition when they're followed by a noun or gerund, e.g. *obsessed with*. It's important to learn these prepositions with the adjectives.

See p.173 for more information on prepositions.

a Complete the **Prepositions** column.

Prepositions

with

- 1 Nowadays, a lot of people are **obsessed** _____ celebrities and their lifestyles.
- 2 A lot of young people are **addicted** _____ social media.
- 3 Many young people are **hooked** _____ video games.
- 4 Lots of teenage boys are **mad** _____ football.
- 5 Many 30-year-olds are still **dependent** _____ their parents.
- 6 Some people are **fed up** _____ the amount of sport on TV.
- 7 Older people aren't always as **open** _____ new ideas as younger people are.
- 8 People are **sick** _____ being bombarded with depressing news.
- 9 Most parents nowadays are **aware** _____ the negative effect of too much screen time.
- 10 Couples are not as **keen** _____ getting married as they used to be.
- 11 If TV programmes are **unsuitable** _____ children, they have to be shown after 9 p.m.
- 12 People are becoming more **suspicious** _____ technology companies.
- 13 Far too many people are **dissatisfied** _____ their mobile phone network.
- 14 People are getting so **accustomed** _____ fake news that they can't tell what's true and what isn't.
- 15 It's going to be difficult to reduce emissions as long as people are so **attached** _____ their cars.

b 6.10 Listen and check.

c Cover the **Prepositions** column and say the sentences with the correct preposition.

d With a partner, say to what extent sentences 1–15 are true for your country, giving examples.

8 VIDEO LISTENING



a You're going to watch a documentary about addiction to technology. Before you watch, decide with a partner which sentences you think are true.

- 1 More than half the world's population uses the internet.
- 2 Social media and video games are deliberately designed to be addictive.
- 3 Children under the age of ten don't suffer from technology addiction.
- 4 The best way to deal with addiction is to stop using technology altogether.
- 5 Sleep patterns are very affected by technology use.
- 6 Technology is the best way to really connect with other people.

b Watch the documentary once and check your answers to a.

c Watch again and answer the questions.

- 1 What examples of behavioural addictions are mentioned?
- 2 How many people in the world use social media?
- 3 How much is the global video game industry worth?
- 4 What examples does Dr Graham give of 'rewards' within games?
- 5 Who is the youngest person that Dr Graham has treated face to face? What problems did he have?
- 6 What difference is there between a technology addict and an enthusiastic user?
- 7 Why aren't digital detoxes a practical treatment?
- 8 What does Dr Graham say technology can't do?

d Are you optimistic about our future relationship with technology? At what age do you think children should be introduced to social media or other types of entertainment technology?

GRAMMAR

a Circle a, b, or c.

- It ____ that the king is to abdicate next month.
a has announced b announced it
c has been announced
- Excuse me. ____ to be a problem with this seat – I can't change its position.
a It seems b There seems c It appears
- ____ to a recent article, eating a lot of salt may not cause long-term health problems.
a According b Apparently c Considering
- ____ that the murderer is being concealed by friends.
a There is thought b It is thought c It thought
- My flat looks a mess – if only I ____ so untidy!
a 'm not b weren't c was
- I'd ____ you didn't come in with your muddy shoes on.
a rather b prefer it c wish
- I really wish we ____ that white sofa – it gets dirty much too easily.
a haven't bought b hadn't bought c don't buy
- I'd like ____ it in the morning, if that's possible.
a that they deliver b them delivering
c them to deliver
- If we hadn't had to work late, ____ the match now.
a I'd be watching b I'd have watched c I'll watch
- I'll pay for your English classes ____ you promise not to miss any.
a supposing b unless c providing

b Complete the sentences with the correct form of the verb in brackets.

- The president is believed _____ his holiday in the Caribbean this week. (spend)
- It's time you _____ to think about what subjects you want to study next year. (start)
- My parents always encouraged me _____ foreign languages. (learn)
- My new job involves me _____ to Canada two or three times a year. (travel)
- They're incredibly generous people and they wouldn't let me _____ for anything. (pay)
- Daniel can stay the night as long as he doesn't mind _____ on the sofa. (sleep)
- Supposing Ajax lost their last two matches, _____ they still _____ the league? (win)
- Marcus might have hurt his head if he _____ a helmet when he fell off his bike. (not wear)
- If you _____ me earlier that you were coming, I would have taken the day off. (tell)
- If I hadn't inherited a lot of money, we _____ in a house like this now. (not live)

VOCABULARY

a Complete the sentences with a preposition.

- We arrived _____ time to spare.
- Don't tell me you're still listening to CDs! You're really _____ the times.
- Let's set off early. There's so much to see, and I don't want to run _____ of time.
- We've decided to stay here _____ the time being.
- We missed the bus, so _____ the time we got to the cinema the film had started.
- The table's booked for 8.30, so please make an effort to be _____ time.
- He met Lara in Moscow, where he was working _____ the time.
- It's _____ time you started revising.

b Circle the correct word or phrase.

- The *standard* / *cost* of living is higher in Edinburgh than in any other Scottish city, with the highest rents.
- Liz spent a fortune on her new bag! She must be *loaded* / *affluent*.
- Fares* / *Fines* on the London Underground aren't that expensive – about £3.00 to £5.00 depending where you're going.
- A** This hat cost \$20.
B Twenty *bucks* / *quid*? You're kidding!
- They wanted to buy a flat, but the bank wouldn't give them *an instalment* / *a mortgage*.
- The top rate of *income* / *inflation* tax in the UK is currently 45%.
- We've only got a holiday *budget* / *grant* of £1,000, so we won't be able to go to Australia.
- Would you like to make a *donation* / *deposit*? It's for UNICEF.

c Complete the compound adjectives.

- My father is rather intolerant and **narrow-**_____.
- Don't say anything about her new hairstyle. She's feeling very _____ **-conscious**.
- Emma gets her vintage clothes from **second-**_____ shops.
- You shouldn't have gone to the interview in those _____ **-out** jeans.
- Their kids are really **well-**_____. They always do what they're told.
- Our trip to Uganda was a _____ **-changing** experience.
- We only use **eco-**_____ cleaning products.

d Complete the sentences with one word.

- 1 Can I _____ your charger? I need the socket for mine.
- 2 I tried to call you at work but I couldn't _____ through, I just got a buzzing noise.
- 3 If you _____ down the homepage, you'll find the contact details at the bottom.
- 4 I'm really _____ up with his constant excuses for not doing his job properly.
- 5 My sister is totally _____ on that new reality show on TV.
- 6 I'm completely _____ to crisps. I buy a packet almost every day.
- 7 My wife isn't very _____ on flying, so we're going to take the train to Rome.

CAN YOU understand this text?

- a Read the article once. Have you heard of or used any of these apps?
- b Read the article again and complete it with phrases A–I. There is one phrase you don't need.
- A and after that, subscription starts at £7.99
B to put your critical thinking to the test
C depending on how much you choose to spend
D to focus on achieving this goal in five minutes
E it might as well be useful
F and stress is known to be bad for your well-being
G so you can find one that works for any situation
H and do something to improve them
I and encourage and challenge each other

▶ CAN YOU understand these people?

6.11 Watch or listen and choose a, b, or c.

- 1 **Adina** thinks her impatience is _____.
a unfortunate
b hereditary
c obvious
- 2 **Guy's** family make an effort _____.
a not to use plastic
b not to waste water
c to use public transport
- 3 A simple thing that makes **Vicky** happy is _____.
a having her cat sleeping on her bed
b playing with one of her relatives
c feeling refreshed in the morning
- 4 **Hywel** thinks mobile phones have advantages so long as we _____.
a use them wisely
b all have one
c use them to speak to people, not just to send messages

Seven self-care apps that will reduce your stress levels

When it comes to self-care, we are often advised to put our phones away. It makes sense, since phones come with so many distractions. But thanks to the many apps focused on self-care, your phone can actually be a useful tool when it comes to taking some time out and recharging. We have rounded up some of the best apps that help you to look after yourself, because if you're going to have your phone with you at all times, ¹_____.

Happify

The main aim of the Happify app is to make you a little happier. It works by letting you set mental health and well-being goals, like 'building confidence' and 'reducing stress'. Once you have set these targets, it gives you quick activities that will help you to reach your goals. It's a small, but useful way to help you become aware of your feelings, ²_____.

Headspace

Headspace consistently gets rave reviews and ratings. It's a meditation app that aims to help you get more from your day, through mindfulness. It has a range of meditation themes, from falling asleep to fundamental techniques of meditation. The first ten sessions on the app are free, ³_____.

Talkspace

The Talkspace app is basically therapy on your phone. Through a free consultation, it matches you with licensed therapists and gives you 24/7 access. The app comes with a range of affordable plans to choose from and you can text, voice message, or video chat with your therapist once or twice a day, ⁴_____.

MyFitnessPal

MyFitnessPal allows you to log your weight, workouts, food, and fitness goals. It works as a social network app, so you can connect with friends, ⁵_____.

Lumosity

Lumosity is all about your brain health. It aims to improve your memory and problem-solving skills through a bunch of brain teasers and mind-training games, designed ⁶_____.

Breathing Zone

The Breathing Zone app is mainly for defusing stress. It's a simple app that helps you slow your breathing rhythm when you need to calm down and relax. You set the target number of breaths per minute you want to reach (eight is the default) and the app helps to reduce your breathing rate to that number. The app helps you ⁷_____.

Sleepfulness

As the name suggests, this app helps you to sleep better. It's free, with options to pay for upgrades, and provides tracks to encourage you to be more mindful of your sleeping habits. You can choose tracks to listen to before you sleep, to start your day, and for during your day. The tracks range from 5 to 20 minutes, ⁸_____.

