

STUDENT'S BOOK

Lindsay Warwick and Damian Williams

Co	ntents	FAST-TRACK ROUTE			
	LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION	SPEAKING GOAL
	UNIT 1 page 6				
1A	Getting to know you page 6	word order in questions	question words	intonation	get to know someone
1B	Successful people page 8	adverbs of frequency	success	connected speech	describe habits and routines
1C	A new lifestyle page 10	present simple and present continuous	everyday activities	contractions	describe everyday activities
1D	English in action page 12	ask for and check information			ask for and check information
Check a	nd reflect page 13 λ Go or	nline for the Roadmap video.			
	UNIT 2 page 14				
2A	One of those days page 14	past simple	feelings	-ed endings	describe a memorable day
2B	You're never too old page 16	past simple negative and questions	past time expressions	did/didn't, was/wasn't	ask about and describe past events
2C	Unusual tastes page 18	quantifiers	adjectives to describe food	connected speech	describe a special dish
2D	English in action page 20	show interest and excitement			show interest and excitement
Check a	nd reflect page 21 🔎 Go o	nline for the Roadmap video.			
Commu	nication game: Four in a row (Units 1-2 review) page 146			
Y	UNIT 3 page 22				
ЗА	Urban escapes page 22	comparatives	adjectives to describe places	weak forms	compare places to visit
3B	A place to stay page 24	superlatives	hotels and places to stay	superlatives	choose a place to stay
3C	Never ever page 26	present perfect with <i>ever</i> and <i>never</i>	verb phrases	has/hasn't, have/ haven't	describe past experiences
3D	English in action page 28	give and respond to news			give and respond to news
Check a	nd reflect page 29 🔎 Go o	nline for the Roadmap video.			
	UNIT 4 page 30				
4A	Special days page 30	be going to, want and would like	celebrations	weak forms	talk about plans for a special day
4B	Planning events page 32	will/won't for decisions and offers	organising events	contractions	organise an event
4C	Rules of the race page 34	can and have to	-ed and -ing adjectives	sentence stress	present an idea for an event
4D	English in action page 36	make plans to meet			make plans to meet
	nd reflect page 37 🔎 Go o				
Commu	nication game: Keep talking (l	Jnits 3-4 review) page 147			
Y	UNIT 5 page 38				
5A	The right person page 38	relative clauses with who, which and that	job skills and preferences	who, which and that	describe a job
5B	Appearances page 40	look like, look + adjective, be like	appearance	connected speech	describe people
5C	Shopping tips page 42	should, shouldn't and imperatives	shopping	sentence stress	give advice about shopping
5D	English in action page 44	make and respond to suggestions			make and respond to suggestions
Check a	nd reflect page 45 🔎 Go o	nline for the Roadmap video.			

	EXTEND	LDROOTL
DEVELOP YOUR SKILLS LESSON	GOAL	FOCUS
A Develop your listening age 86	understand a short talk	understanding the main idea
3 Develop your writing ge 87	complete a questionnaire	explaining reasons and results
LC Develop your reading page 88	understand a short article	reading for specific information
2A Develop your reading page 89	understand a short story	narrative structure
2B Develop your writing page 90	write a story	using adverbs to describe actions
2C Develop your listening page 91	understand a short talk	recognising weak forms
20 Deceles	understand a factual text	
3A Develop your reading page 92	understand a ractual text	guessing the meaning of words
BB Develop your writing page 93	write a hotel review	organising ideas
3C Develop your listening page 94	understand an interview	predicting information
4A Develop your writing	write and respond to an	inviting and responding
page 95 4B Develop your listening	invitation understand instructions	sequencing words
page 96 4C Develop your reading	understand a review	understanding pronouns
page 97		
5A Develop your reading page 98	understand an article	identifying positive and negative points
5B Develop your listening page 99	understand a short talk	understanding linkers
5C Develop your writing	write a guide	linking ideas

_U	ntents		FAST-TRA	CKROUTE	
MAIN	LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION	SPEAKING GOAL
	UNIT 6 page 46				
5A	Happiness page 46	will for predictions	happiness	will/won't	make predictions about the future
5B	A busy week page 48	present continuous for future arrangements	make, do, have	sentence stress	make arrangements
5C	A quiet weekend page 50	may and might	weekend activities	silent letters	discuss weekend plans
5D	English in action page 52	leave a phone message			leave a phone message
Check a	and reflect page 53 🔎 Go o	online for the Roadmap video.			
Commu	ınication game: Roadmap race	e (Units 5-6 review) page 148			
	UNIT 7 page 54				
7A	The building project page 54	too and enough	features of city life	too and enough	give opinions
7B	Where I grew up page 56	used to	natural features	used	talk about where you grew up
7C	A favourite room page 58	articles	prepositions	articles	describe a place
7D	English in action page 60	make and respond to excuses			make and respond to excus
Check a	and reflect page 61 🔎 Go o	online for the Roadmap video.			
	UNIT 8 page 62				
BA	Special photos page 62	past continuous	verbs of movement	sentence stress	describe a special photo
3B	Getting around page 64	because, so and to	transport	because, so, and to	describe a journey
3C	Dream holidays page 66	verb patterns	travel	sentence stress	plan a special trip
3D	English in action page 68	give directions			give directions
Check a	and reflect page 69 🔎 Go o	online for the Roadmap video.			
Commu	ınication game: True or false?	(Units 7-8 review) page 149			
	UNIT 9 page 70				
9A	Good friends page 70	present perfect with <i>for</i> and <i>since</i>	describing a relationship	weak forms	describe a friend
В	What's on? page 72	present perfect with <i>already, just</i> and <i>yet</i>	adjectives to describe films and TV programmes	already, just and yet	talk about films and TV
OC	School days page 74	could/couldn't	education	could/couldn't	talk about your school days
D D	English in action page 76	ask for information			ask for information
Theck a	and reflect page 77 🐚 Go o	online for the Roadmap video.			
	UNIT 10 page 78				
OA	Save or spend? page 78	first conditional	money	contractions	present money saving idea
LOB	Everyday objects page 80	present and past passive	time expressions	sentence stress	share information
LOC	Unusual hobbies page 82	review of tenses	hobbies and interests	contractions	discuss hobbies and interes
.OD	English in action page 84	ask for clarification			ask for clarification
heck a	, ,	online for the Roadmap video.			
	ınication game: Talk about (
ramm	ar bank page 116 Vo	ocabulary bank page 136	Communication bank pag	ge 151 Irregu	ılar verbs page 159

EXTENDED ROUTE DEVELOP YOUR SKILLS LESSON GOAL FOCUS 6A Develop your listening understand a short talk silent /t/ and /d/ page 101 identifying main ideas in 6B Develop your reading understand an article paragraphs page 102 6C Develop your writing write a description of organising ideas in paragraphs everyday experiences page 103 7A Develop your listening understand a discussion agreeing and disagreeing page 104 7B Develop your reading reading for general understand an article understanding page 105 7C Develop your writing write an informal email informal phrases page 106 8A Develop your reading understand social media understanding missing words page 107 posts 8B Develop your listening understand a short story understanding the order of page 108 events 8C Develop your writing time expressions write a blog post page 109 9A Develop your listening understand a radio interview identifying examples page 110 9B Develop your reading understand a report understanding numbers in a text page 111 9C Develop your writing write an email application formal phrases page 112 10A Develop your reading understand a blog post identifying opinions page 113 10B Develop your writing order of adjectives write a description of an object page 114 understand a TV interview 10C Develop your listening recognising discourse markers page 115







- Work in pairs and discuss the questions.
 - 1 Do you share information online? What sort of things do you share?
 - 2 How and why do you share this information?
- 2 a You're going to read a social media post by Magda. Look at her photos. What topics do you think she writes about (e.g. holidays)?
 - b Read Magda's post and check your ideas. Then answer the questions.
 - 1 Which topics in the post are not in the photos?
 - 2 Where does Magda work?
 - **3** Is Abby a good friend?
 - 4 What do Magda's friends and family not know about
- 3 a Match the question words with the answers.

1 How a tomorrow 2 How long **b** a phone

3 How many c I like Italian food

4 What d two hours

5 What kind of e five

6 When f that one **7** Where g by train

8 Which h It's his

9 Who I in Los Angeles 10 Whose I because I'm tired

11 Why K John



Yesterday at 21.33

Ten things about me

- Where do you like to relax? At the beach. Hove the sound
- 2 How do you travel to work or college/school? I walk.
- 3 How long does your journey to work take? About 20 seconds - from my bedroom to my home office.
- 4 What's your favourite drink? Coffee. I have five or six cups a day. Shh, don't tell anyone!
- 5 Whose name is first in your phone contacts? Abby - she's my sister's best friend! **Do you know the person** well? Actually, I've only met her once!
- 6 When are you happiest? When I'm visiting somewhere new. Why? Because new places are exciting.
- 7 What kind of music do you like? 1970s rock music. Thanks, a lot, Dad!
- 8 Which animals do you like? Cats, especially my cat
- 9 How many pairs of shoes do you own? I've got over 30, but I always wear the same pair of trainers. My family and friends think they're my only shoes - but that's only because I never wear the others!
- 10 Who is your oldest friend? Nina. We have so much fun together. Are you a good friend to him or her? I think so ... most of the time!



- b Match Diego's answers a-j with questions 1-10 in Magda's post.
 - a About five. Who needs more than that?
 - **b** Someone I work with called Alex. I know him quite well.
 - **c** By bike when it's sunny. By car when it's raining.
 - **d** When I'm playing my guitar. I love music.
 - e About 30 minutes.
 - **f** At home, in my living room, with some music on.
 - **g** Two people, actually Sofia and David. We're great friends.
 - **h** Anything with a guitar rock, mostly.
 - i Fresh juice, especially on a hot day.
 - i Hove horses!
- c Work in pairs. Take turns to ask and answer six questions in Magda's post.



Go to your app for more practice.

Grammar

4 a Read the grammar box and choose the correct alternatives.

Word order in questions

Order questions in the present simple like this:

(Question word +) do + subject + infinitive

How do you travel to work or college/school?

How long 1 do/does the journey take?

²Does/Do you know the person well?

Order questions with be like this:

(Question word +) be + subject

What is your favourite drink? Who ³are/is your oldest friend?

- ⁴Are/Do you a good friend to him or her?
- b Check your answers in Magda's post in Exercise 2.
- 5 a 1.1 Listen to the questions. Does the speaker's voice go up or down at the end of each question?
 - 1 What kind of pizza do you like?
 - 2 Who's your favourite singer?
 - **3** Where do you live?
 - 4 Why are you tired?
 - **5** How long is this lesson?
 - b Listen again and repeat.

- 6 a Put the words in the correct order to make questions. Use capitals where necessary.
 - 1 spend online / you / do / how many hours / each day /?
 - 2 who / you / online / talk to / do /?
 - 3 look at / whose photos / you / do / online /?
 - 4 like / what kind of / do / websites / you /?
 - 5 you/this area/from/are/?
 - **6** your normal working day / how long / is /?
- b Make questions using the prompts. Choose an appropriate question word or expression.
 - 1 your birthday? When's your birthday?
 - 2 your favourite TV show at the moment?
 - 3 films / like?
 - 4 languages / you / speak?
 - 5 you/go/at weekends?
 - 6 this lesson / finish?
- c Work in pairs. Take turns to ask and answer three questions in Exercise 6a and three questions in Exercise 6b.
- Go to page 116 or your app for more information and practice.

Speaking

- 7 a 1.2 You're going to get to know your classmates better. First, listen to Becky and Josh and answer the questions.
 - 1 How many films does Josh talk about?
 - 2 Why is Becky surprised?
 - b Listen again. What questions does Becky ask?
- Think of some topics that you're interested in and write some questions to ask your classmates.

Do you like sport? Are you a student?

- 9 a Work in groups. Take turns to ask your questions to each other. Ask some follow-up questions and use the Useful phrases to help you respond.
 - **A:** Do you like sport?
 - B: Yes, I really like football and tennis.
 - C: Really? Me too! Do you play football?

Useful phrases

That's interesting/nice.

Really?

Me too!

Great!

b Tell the class one or two interesting things about the people in your group.



1B

Successful people

Goal: describe habits and routines
Grammar: Adverbs of frequency
Vocabulary: success

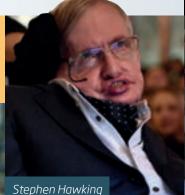
Roger Federer



- Look at the photos and discuss the questions.
 - 1 What do you know about these people?
 - 2 Why do you think they are/were successful?
 - **3** What habits do you think successful people have? *I think they get up early and work late.*
- 2 a 1.7 Listen to a podcast about successful people. Does it include any of your ideas?
 - b Listen again. Number the tips in the order you hear them. Do you agree with them?
 - take care of yourself
 - plan your time well
 - try new things
 - have clear goals 1
- take time off
- start again
- ask a lot of questions

Alicia Keys

listen carefully





3 a Complete the questions with an expression in Exercise 2b.

Т	Do you <u>pluit your time well</u> ,	or do lots of things at
	the same time?	
2	Do you like to	, or repeat the
	same experiences?	
3	When things go wrong, do you _	

- 4 Do you _______ to what other people tell you?
- **5** Do you _____ when you want to know something?
- **6** Do you ______? Do you know what you want in life?
- 7 Do you think it's more important to work all the time, or _____ and enjoy yourself?
- 8 Do you ______? Do you eat well and do exercise?
- b Work in pairs. Take turns to ask and answer the questions. Do you have similar habits?
- Go to your app for more practice.

Grammar

4 a Listen to the podcast again and choose the correct alternatives.

Successful people ...

- 1 always/never know what they want in life.
- 2 are sometimes/rarely bored.
- **3** are *often/always* good listeners.
- 4 don't often/don't usually do lots of things at the same time.
- **5** *sometimes/rarely* check their messages only once a day.
- **6** usually/hardly ever have busy and stressful lives.
- 7 hardly ever/always work at weekends.
- **8** *sometimes/never* stop trying.
- b Number the adverbs of frequency in the box from 1 (most frequent) to 6 (least frequent). Use Exercise 4a to help you.

always 1 hardly ever/rarely never often sometimes usually



5 a Read the grammar box and choose the correct alternatives

Adverbs of frequency

Use adverbs of frequency to talk about *how often/when you do something.

Adverbs of frequency usually come $^2before/after$ the verb be.

Successful people **are often** good listeners.

They usually come *before/after* other verbs.

... they **always look for** new and exciting experiences.

You can use *always*, *usually* and *often* with verbs in the negative. They come ⁴before/after the negative verb. Successful people **don't often do** lots of things at the same time.

There are other expressions of frequency that you can use, e.g. every day, once a week, all the time. These usually come ⁵ at the end/in the middle of a sentence.

They sometimes check their messages only once a day.

- b 1.8 Listen to the sentences. What do you notice about the two letters in bold?
 - 1 He doesn't often try new things.
 - 2 He sometimes asks **a** lot **of** questions.
 - **3** I'm often bored at weekends.
 - 4 She goes to the cinema once a week.
 - 5 You hardly ever ask questions.
- c Listen again and repeat.
- 6 a Complete the sentences with the adverbs in brackets.
 - **1** Ben does one activity at a time. (always) Ben always does one activity at a time.
 - 2 Ana tries a new activity. (once a month)
 - **3** I'm successful in exams. (hardly ever)
 - 4 We don't have a clear goal. (often)
 - **5** I take time off in June. (sometimes)
 - **6** Jon works hard. (all the time)
 - 7 They're not busy in the morning. (usually)
 - 8 I check my work emails at weekends. (rarely)
 - b Work in pairs. Take turns to ask and answer questions with *How often* and a phrase in the box.

be late be really busy eat pizza get angry go for a swim go to the cinema send something by post sing in the shower

- **A:** How often are you late?
- **B:** I'm hardly ever late. I always leave early for everything. How often do you go to the cinema?



Go to page 116 or your app for more information and practice.

Speaking

PREPARE

- 7 a 1.9 You're going to tell other students about a successful person. First, listen to Alex talking about a successful person he knows. Answer the questions.
 - 1 Who is the person?
 - 2 How old is she?
 - **3** Why does Alex think she is successful?



- b Listen again. How often does the person do these things?
 - 1 get up early
 - 2 go for a long walk
 - **3** use public transport
 - 4 look after her great-grandchildren
- c Make notes about a successful person. It can be someone you know (e.g. a friend) or someone you don't know (e.g. someone famous). Think about:
 - who the person is
 - what they do
 - why you think they are successful

SPEAK

Work in groups. Take turns to tell each other about your successful person. Ask people questions to get more information and use the Useful phrases to help you.

A: My friend Dani often wins short film competitions. **B:** That's great! What else does she do?

Useful phrases

He/She sounds amazing/brilliant/fantastic! Tell me/us more.

That's great!

What else does he/she do?



1c

A new lifestyle

- Goal: describe everyday activities
- Grammar: present simple and present continuous
- Vocabulary: everyday activities



Reading

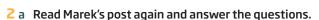
- 1 a Marek and Kim are trying a new lifestyle. Look at the photos. What kind of things do you think they do?
 - b Read Marek's blog post and check your ideas.

Hi everyone! Kim and I are trying a new lifestyle. We usually live in the city, but this month we're living in a forest without electricity, internet, phones and things like that.

So, how am I writing this blog? Well, we come into town once a week to use the internet and buy

some things we need. The town is about 10 km away and we always walk here – it's great exercise! I'm using the computer in the library at the moment, to check my email and to write to you. Kim's looking for some blankets in a shop because it's really cold at night!

We're living in a really simple house which has a nice vegetable garden. Life is good, but it's hard work. We get up at 5.30 a.m. every day. We have a simple breakfast then work for most of the day. We pick vegetables in the garden and we collect wood in the forest. We finish work at about 6 p.m. In the evenings, we play cards, read or just sit in the garden ... when the weather's nice. We go to bed early, too, usually around 9 p.m. We're not missing TV at all! Anyway, we're really enjoying it so far!



- 1 How often do Marek and Kim go into town?
- 2 Where is Kim at the moment?
- **3** What time do they get up?
- 4 What do they do in the evenings?
- 5 What time do they go to bed?
- b Work in pairs and discuss the questions.
 - 1 Would you like to try this lifestyle?
 - **2** Where would be a good place to do this in your country?
 - **3** What do you think are the positive and negative things about this lifestyle?

Grammar

3 a Read the grammar box and choose the correct alternatives.

Present simple and present continuous

Use the present *1 simple/continuous* to talk about facts, things which are generally true or something that happens regularly.

The town is about 10 km away.

We usually **live** in the big city.

We get up at 5.30 a.m. every day.

Use the present ²simple/continuous to describe something happening now.

I'm using the computer in the library.

You can also use the present continuous to describe a *permanent/temporary situation happening around now.

Kim and I are trying a new lifestyle.

It is common to use time expressions like at the moment, right now and these days with the present continuous.

I'm using the computer in the library at the moment.

b Find and underline three more examples of the present simple and three of the present continuous in Marek's post in Exercise 1.

- 4 a 1.10 We usually contract be in the present continuous. Listen and choose the alternative you hear.
 - 1 We are/We're having a great time.
 - **2** *She is/ She's* eating a sandwich.
 - **3** *I am/I'm* working in the garden.
 - 4 They are/They're working outside.
 - b 1.11 Listen to the sentences with contractions and repeat.
- 5 Complete Marek's latest post with the correct forms of the verbs in brackets.

Hi all! Sorry for not writing. Town is very far and we
1 (not have) time to walk here every week. Anyway,
only one week left! I ² (sit) in the library, again.
Things are the same here. Every day, we ³ (work)
very hard from morning until night and we 4 (feel)
tired all the time. To be honest, we ⁵ (want) to go
home because we ⁶ (be) quite bored of this
lifestyle. I 7 (think) about our TV and comfortable
sofa right now!

- 6 a Complete the sentences so they are true for you.
 - 1 I'm ... at the moment.
 - 2 I... every day.
 - 3 My family always ...
 - 4 I'm ... these days.
 - 5 I'm not ... right now.
 - b Work in pairs. Share your ideas and ask questions to find out more information.
 - A: I'm learning Chinese at the moment.
 - **B:** Really? Is it difficult?



Vocabulary

7 a Complete phrases 1–8 with the words in the box. Use Marek's posts in Exercises 1 and 5 to help you.

check get have play spend start/finish take watch

- **1** <u>take</u> a break/a picture
- 2 _____ cards/video games
- **3** _____TV/a film
- 4 _____a shower/lunch
- **5** _____ work/school
- **6** ____up/dressed
- 7 _____ your email/social media
- 8 _____ time with friends/family
- b Add the words in the box to phrases 1-8.

a good time a language course a show a taxi home money the answers the piano

- 1 take a break/a picture/a taxi
- c Work in pairs. Student A: say a verb from the box in Exercise 7a. Student B: say a noun in Exercise 7a or 7b that goes with it.

Go to page 136 or your app for more vocabulary and practice.

Speaking

PREPARE

- 8 a 1.12 You're going to describe a change in lifestyle. First, listen to a conversation between Paul and Stephanie. Which change of lifestyle below is Stephanie trying?
 - trying a new diet
 - living in a different place/country
 - living with little money
 - living without technology
 - working at night



- b Listen again and answer the questions.
 - 1 What is Stephanie doing when Paul phones her?
 - **2** What different things does she do these days? Does she miss anything?
 - 3 How does she feel about it?
- 9 Imagine you're making a change to your lifestyle. Choose one of the topics in Exercise 8a or use one of your own ideas. Answer the questions below and make notes.
 - What change are you making? How is it different to your usual lifestyle?
 - How do you feel about it? Do you miss anything?

SPEAK

Work in pairs. Take turns to describe your change in lifestyle. Use your notes in Exercise 9 and the Useful phrases to help you.

Useful phrases

How's it going?

Guess what I'm doing (at the moment)?

Wow, that sounds (amazing/brilliant/great).

I'm trying (a new sport).

I miss (chocolate).



English in action

Goal: ask for and check information









Look at the pictures and answer the questions.

- 1 What's happening in each picture?
- **2** What kind of help does each person need?
- **3** Have you ever been in any of these situations?

2 a 1.13 Listen to three conversations. Match them to three of pictures A–D.

b Listen again and answer the questions.

- 1 Where does the man in Conversation 1 want to go?
- **2** Which bus does the girl in Conversation 2 need to take?
- **3** Which exercise does the girl in Conversation 3 need do?

3 a 1.14 Listen and tick (/) the phrases you hear.

Useful phrases

Asking for information

What do I need to do?

Can you help me?

Giving information

It's this one here.

You need to (buy a ticket).

Checking someone understands

Did you get that?

Is that clear?

Checking details

Which (one) is it?

Can you repeat that, please?

b Listen again and repeat.

4 Complete the conversations. Use the Useful phrases to help you.

1	A: Excuse me, I'm lo	oking t	for son	newhere tha	it sells
	naner. Can vou	help	me?		

	B: Sure. You	to ao to Cliu	os on the High Str	eet
--	--------------	---------------	--------------------	-----

2 A: Is _____ clear?

B: No, sorry, can you _____ that, please?

A: Sure. Take the 9.52 train.

3 A: Sorry, I missed that. What _____ I need to do?

B: Read the paragraph, then answer the questions.

A: Which paragraph is it?

B: _____ this one here.

Speaking

PREPARE

5 Work in pairs. Practise the conversation below.

- **A:** Hi. Can you help me? I'm not sure how to get to the transport museum.
- **B:** You need to take the 59 bus to Springfield Park, then change to the 342. Is that clear?
- **A:** I think so. I need to take the number 59, then the 342.
- B: Yes, that's right.
- A: Thanks again.

SPEAK

Student A go to page 151 and Student B go to page 153.



Check and reflect

- Complete each question with one word.
 - 1 What time you get up in the morning?
 - 2 What your favourite food?
 - **3** Whose pen this?
 - 4 Long is the lesson?
 - 5 Which film do want to watch?
 - **6** How brothers and sisters have you got?
- 2 a Look at the topics below. Write a question for each one to ask another student. Use a different question word each time.
 - music/films/TV
- birthday
- family/friends
- work/studies
- free time
- food/drink
- b Work in pairs and ask each other the questions you wrote. Ask some follow-up questions.
- 3 a Choose the correct alternatives.
 - 1 What/Who's your favourite actor?
 - 2 How long/How many does it take you to get ready in the morning?
 - **3** Whose/Who's birthday do you always remember?
 - 4 How long/How many hours of TV do you watch every day?
 - **5** How/What do you like to relax in the evening?
 - b Work in pairs. Ask and answer the questions.
- 4 a Complete the sentences with one of the adverbs in the box so that they are true for you. You can use them more than once.

always hardly ever never often rarely sometimes usually

- 1 I get up early at the weekend.
- 2 Histen carefully to other people.
- 3 I arrive late to class.
- 4 I plan my time well.
- 5 My teacher gives me homework.
- 6 I'm happy when I wake up in the morning.
- 7 I work/study at the weekend.
- 8 My friends are busy at the weekend.
- b Work in groups. Compare your sentences. Are any of them similar?
- 5 a Match verbs 1–8 with endings a–h.
 - 1 have
- a care of yourself
- 2 take
- **b** your time well
- 3 take
- c new things
- 4 listen
- **d** clear goals
- **5** start
- e again
- 6 ask
- f a lot of questions
- **7** try
- 8 plan
- **g** carefully **h** time off
- **b** Choose five of the phrases and write sentences about you for each one.

- Choose the correct alternatives.
 - A: Hi Janice, what ¹do you do/ are you doing at the moment?
 - **B:** Nothing really, I ² just watch/'m just watching TV.
 - A: Can I ask you a favour? I 3 have/ 'm having my dance class tonight but my babysitter just cancelled. Can you
 - **B:** Sure! I 4 don't do/'m not doing anything important right
 - **A:** That's great! Kieran ⁵does/ is doing his homework at the moment, but then he ⁶usually plays/'s usually playing video games for an hour before bed. I should be back by then. Thanks a lot!
 - **B:** No problem!
- 7 a Complete the questions with the correct form of the words in brackets.

1	What time	(you / usually go) to bed?
2	What	(you / study) in English class
	this week?	
3	What	(you / do) right now?
4	How often	(you / listen) to podcasts?
5	What	(you / wear) today?

- b Work in pairs. Ask and answer the questions.
- 8 a Complete the everyday activities with a verb.

1	I always my email first thing in the morning.
2	I work/school at 9 a.m.
3	I time with my friends every weekend.
4	I never up early at the weekend.
5	Ivideo games in my free time.
6	l don't always breakfast.
7	I try to a break every hour when I'm studying
8	I TV every evening.

- b Which of the sentences are true for you? Change the others so they are true.
- c Work in pairs. Compare your sentences. Ask some follow-up questions to find out more information.

Reflect

How confident do you feel about the statements below? Write 1-5 (1 = not very confident, 5 = very confident).

- I can get to know someone.
- I can describe habits and routines.
- I can describe typical everyday activities.
- I can ask for and check information.

Want more practice? Go to your Workbook