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# ABOUT INSIDER



**INSIDER** is a comprehensive exam preparation coursebook for students who wish to participate in B2-level examinations with a multiple-choice format. As the title suggests, it provides useful advice and guidance regarding exam procedure, and helps students create a solid foundation before sitting an examination.

**INSIDER** focuses not only on the development of the four skills (*i.e. Reading, Writing, Listening, Speaking*) but also on gradually leading students to achieve successful results. More specifically, students are taught how to cope with the different types of questions they will come across during an examination, and are given advice on more practical issues, such as how to make good use of their time and how to deal with possible stress during the examination.

The book consists of 12 thematically organised units with a wide range of engaging exam-related topics. The educational material has been carefully selected and is divided into specific sections in each unit:

**Thematic Vocabulary:** vocabulary items derived from the reading passages and based on the topic of each unit as well as phrasal verbs and verbs + prepositions, accompanied by exercises

**Reading Training & Practice:** step-by-step guidance to assist students with the most commonly encountered reading comprehension questions and a wide range of engaging exam-based reading passages, which give students the opportunity to practise the reading techniques taught

**Grammar Theory & Practice:** B2-level grammar theory in Greek presented in a student-friendly way with comprehensive tables, brief explanations and clear examples, accompanied by a wide variety of exercises (*e.g. multiple-choice, fill-in, transformations*)

**Building Vocabulary:** expressions & collocations, derivatives and words easily confused derived from the reading passages and developed through exercises

**Listening:** exam-based activities which help students improve their listening comprehension skills

**Speaking:** exam-style activities which help students enhance their oral skills

**Writing:** step-by-step activities which break down the writing process and give students the necessary guidance to improve their writing skills

**Vocabulary & Grammar Review:** multiple-choice exercises that recycle the vocabulary and grammar taught in the unit

With modern and appealing illustrations, **INSIDER** will prove attractive and practical, not only for the learner, but also for the teacher.





# UNIT

# 1

# SPORTS & LEISURE

*"Sports is the best means of communication between people from different countries."*

**YAO MING**  
Basketball player



## WARM-UP:

1. Do you like sports?
2. How do you usually spend your free time?
3. Would you like to start a new hobby?



*"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back."*

**HARVEY MACKAY**  
Businessman

**B2**  
**INSIDER**  
EXAM PREPARATION COURSEBOOK



# THEMATIC VOCABULARY

## SPORTS & LEISURE

1. **leisure activity** δραστηριότητα ελεύθερου χρόνου
2. **well-being** ευεξία
3. **be / keep/stay in shape** είμαι / παραμένω σε φόρμα
4. **be/keep/get fit** είμαι σε / παραμένω σε / αποκτώ καλή φυσική κατάσταση
5. **put on ≠ lose weight** βάζω ≠ χάνω βάρος
6. **burn calories** καίω θερμίδες
7. **overweight** υπέρβαρος
8. **workout** σωματική άσκηση
9. **stress relief** ανακούφιση από το άγχος
10. **outdoors ≠ indoors** έξω (σε εξωτερικό χώρο) ≠ μέσα (σε εσωτερικό χώρο)
11. **physical** σωματικός
12. **mental health** πνευματική υγεία
13. **have an inactive lifestyle** κάνω καθιστική ζωή

## GENERAL WORDS & PHRASES

14. **aimlessly** άσκοπα
15. **apply (to)** ισχύω (για)
16. **constant** συνεχής
17. **experiment** πείραμα
18. **significantly** σημαντικά
19. **enable sb to do sth** δίνω σε κπ τη δυνατότητα να κάνει κτ
20. **self-confident** με αυτοπεποίθηση
21. **community** κοινότητα
22. **vital** ζωτικής σημασίας, απαραίτητος

## PHRASAL VERBS & VERBS + PREPOSITIONS

- **be fed up with** (studying) μπουχτίζω, βαριέμαι
- **be fond of** (chocolate) μου αρέσει
- **be interested in** (history) ενδιαφέρομαι για
- **look forward to** (doing/n.) ανυπομονώ να/για
- **slow down** (and relax) χαλαρώνω
- **get together** (at my house) συγκεντρώνομαι, συναντιέμαι
- **work out** (at the gym) γυμνάζομαι
- **take care of** (the baby) φροντίζω

## 1. Choose the correct option.

1. Thomas has ..... weight recently. He should eat less.  
a. lost                      b. put                      **c. put on**
2. My new job ..... me to develop my language skills.  
a. keeps                      **b. enables**                      c. applies
3. A new sports centre is necessary for the local .....  
a. experiment                      b. activity                      **c. community**
4. Successful athletes are usually hard-working and .....  
a. physical                      b. vital                      **c. self-confident**
5. Jenny's got an amazing body! How does she ..... in shape?  
a. have                      b. put                      **c. keep**
6. After my daily ....., I usually eat a chicken salad and a banana.  
**a. workout**                      b. health                      c. lifestyle
7. Regular exercise helps you ..... calories and stay healthy.  
a. keep                      **b. burn**                      c. get
8. He was walking ..... in the mall, wondering what to buy.  
**a. aimlessly**                      b. significantly                      c. outdoors
9. I can't do my homework with this ..... noise outside in the street.  
a. leisure                      **b. constant**                      c. vital
10. I read about an interesting ..... on how sea animals communicate.  
a. shape                      **b. experiment**                      c. relief
11. This law only ..... to families with more than one child.  
a. gets                      b. enables                      **c. applies**
12. Studies have shown that doing puzzles improves our ..... health.  
a. well-being                      b. physical                      **c. mental**
13. People who have a(n) ..... lifestyle may become overweight.  
a. leisure                      **b. inactive**                      c. constant

## 2. Choose the correct option.

Are you fed up <sup>1</sup> **off** / **with** constantly being on a diet without getting any results? Are you interested <sup>2</sup> **about** / **in** joining a gym with a variety of classes, such as Pilates and yoga, where you can exercise but also slow <sup>3</sup> **down** / **out** when you want to? Are you fond <sup>4</sup> **on** / **of** working <sup>5</sup> **out** / **up** with experienced trainers? If you answer "yes" to all of these questions, come and join us! Richmond Community Centre is now offering free classes for everyone at the public gym. <sup>6</sup> **Keep** / **Get** together with other people and take care <sup>7</sup> **for** / **of** both your physical and mental health. We are looking forward to <sup>8</sup> **meet** / **meeting** you soon!

M-M-M-M...



# READING TRAINING - INTRO

## READING TECHNIQUES

There are 3 reading techniques we can use during the reading section of an exam:

1. **skimming**: reading a text quickly **to get its general meaning (the gist)**, without paying much attention to the details (e.g. looking through a magazine article to see if it interests you).
2. **scanning**: reading a text quickly **to find specific information**, without focusing on meaning (e.g. finding a specific date or name in a text).
3. **intensive reading**: reading a part of a text carefully **to understand the details** (e.g. reading a specific part of an instruction manual to understand how to use a product).

Ask students to think of other examples of skimming, scanning and intensive reading.

## EXAM READING STEPS

In order to do well in the reading section of an exam, you should follow these 6 steps:

### A. UNDERSTANDING THE TEXT

**Step 1: Read the instructions, title and paragraph headings (if any).** These can give you useful information about the text.

1. **Go to page 10. Read the instructions, title and paragraph headings of the text. What do you think it is about?**

the benefits of gardening  
(accept any reasonable answers)

**TIP**

Don't skip this step!

**Step 2: Read the text quickly.** Skim the text **to get a general idea** of what it is about.

2. **Go to page 10. Read the text quickly and choose the correct option.**

The article is aimed at people who

- a. are experts in gardening.
- b. want to take up a new activity.**

**TIP**

Don't waste time trying to understand unknown vocabulary during this step.

### B. PROCESSING THE QUESTIONS

**Step 3: Understand the question.** This step requires concentration. **Underline the key words** in the question to make sure you understand **what you are looking for**.

3. **Go to page 11. Read question 1 and notice which key words have been underlined.**

**Step 4: Decide which reading technique(s) you have to use.**

Some questions require **skimming** (e.g. What is the purpose of the text?). Others require a combination of techniques, such as **scanning** and **intensive reading** (e.g. What does the text say about team sports?). It is up to you to choose the appropriate technique(s) for each question.

4. **Go to page 11. Read question 1 again and decide which reading technique(s) should be used to answer it.** scanning and intensive reading

**TIP**

Most questions require scanning and intensive reading.

**Step 5: Find and underline the information.** This step requires **scanning**.

5. **Go to page 11. Read question 1 again. Then, notice the part of the text which has been underlined. This is where you will find the answer.**

**Step 6: Read the options carefully and choose the correct one.** This step requires **intensive reading**. A **correct** option will often be paraphrased and there will be evidence in the text to support it. An **incorrect** option, in most cases:

- a. may not appear in the text at all.
- b. may appear in the text but does not answer the question.
- c. may say something different from or opposite to what is mentioned in the text.
- d. may seem logically correct but there is no evidence in the text to support it.

! Note that an option could be incorrect for a combination of reasons.

6. **Go to page 11. For question 1, read the correct option and notice why the other options are incorrect.**

**TIP**

Don't forget to read the question again before making your final decision.

7. **Now, follow steps 3-6 for questions 2-4. How well did you do? If you didn't do well, don't worry. Just keep on practising these steps and you will improve.**





## PRONOUNS & POSSESSIVES

SUBJECT PRONOUNS		OBJECT PRONOUNS		POSSESSIVE ADJECTIVES		POSSESSIVE PRONOUNS	
I	we	me	us	my	our	mine	ours
you	you	you	you	your	your	yours	yours
he	they	him	them	his	their	his	theirs
she		her		her		hers	
it		it		its		-	
<i>We are friends.</i>		<i>Come and visit us.</i>		<i>This is our flat.</i>		<i>This flat is ours.</i>	

REFLEXIVE PRONOUNS	
myself	ourselves
yourself	yourselves
himself	themselves
herself	
itself	
<i>We should take care of ourselves.</i>	

- Με ρήματα όπως *cut, hurt, blame, prepare, etc.* όταν η πράξη επιστρέφει στο υποκείμενο.  
*I blame myself for what went wrong during the presentation.*
- Για να δώσουμε έμφαση σε ουσιαστικά/ονόματα.  
*President Jackson himself visited the hospital.* (= ο ίδιος / αυτοπροσώπως)
- Με την πρόθεση *by* για να δηλώσουμε ότι κάποιος κάνει κάτι μόνος του / χωρίς βοήθεια.  
*I usually go jogging by myself.* (= on my own)
- Με εκφράσεις όπως: *help myself (to sth)* (= σερβίρομαι) *Help yourself to some cake.*  
*behave myself* (= είμαι φρόνιμος) *You should always behave yourselves in the classroom.*  
*enjoy myself* (= περνάω καλά) *They enjoyed themselves at the party.* (NOT ... *themselves* ...)

## THE POSSESSIVE CASE

's μετά από:

- ανθρώπους ή ζώα: *Jenny's dress / the bird's cage*
- πληθυντικό ανώμαλων ουσιαστικών: *the women's toilets*
- σύνθετα ουσιαστικά: *my mother-in-law's ring*
- χρονικές εκφράσεις: *last year's films*
- επαγγέλματα: *I'll go to the baker's.* (κατάστημα/μαγαζί)

### COMPARE

*These are Tom's and Lia's stickers.* (κάποια είναι του Tom και κάποια της Lia)  
**BUT**  
*These are Tom and Lia's stickers.* (ανήκουν και στους 2)

' μετά από:

- ανθρώπους ή ζώα που τελειώνουν σε -s: *Thomas's jacket*
- πληθυντικό ομαλών ουσιαστικών: *the girls' room*
- of:
- για άψυχα: *the window of the classroom*

### NOTE

*three weeks' holiday BUT a three-week holiday*  
*Will you stay at Helen's tonight?* (= στο σπίτι της)  
*This is Tina's friend.* = *This is a friend of Tina's/hers.*

## QUESTIONS

### DIRECT QUESTIONS (ΕΥΘΕΙΕΣ ΕΡΩΤΗΣΕΙΣ)

- Χωρίζονται σε δύο κατηγορίες:
- Yes/No questions:** απαντώνται με *yes/no*.  
*"Do you like dancing?" "Yes, I do."*
  - Wh- questions:** εισάγονται με *question words*.  
*"What is your star sign?" "Leo."*

QUESTION WORDS

- WHO** (= ποιος)  
*Who is your favourite actor?* (subject question)  
*Who(m) did you call yesterday?* (object question)  
*Who(m) are you talking to?* (object question)  
**BUT To whom** are you talking? (formal)
- WHOSE** (= ποιοιού)  
*Whose is this jacket?* OR *Whose jacket is this?*
- WHERE** (= πού)  
*Where are my sunglasses?*
- WHEN** (= πότε)  
*When is your birthday?*
- WHY** (= γιατί)  
*Why are you angry?*
- WHAT** (= τι, ποιο)  
*What's your favourite colour?* (απεριόριστες επιλογές)
- WHICH** (= ποιο)  
*Which colour do you prefer? Black or white?* (περιορισμένες επιλογές)
- HOW** (= πώς, πόσο)  
*"How is your daughter?" "She's fine."* *"How was your flight?" "Nice!"*  
*"How old are you?" "I'm 15 years old."* (How + adjective)

### COMPARE

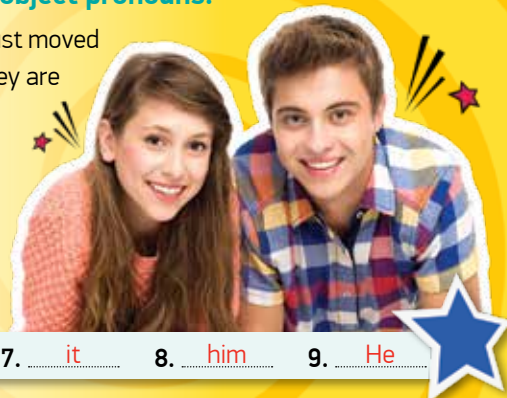
*"What is Ben like?" "He's kind and generous."*  
**BUT** *"What does Ben look like?" "He's tall and handsome."*  
**BUT** *"What does Ben like?" "Rock music."*

### INDIRECT QUESTIONS (ΠΛΑΓΙΕΣ ΕΡΩΤΗΣΕΙΣ)

Εκφράζουν ευγένεια και εισάγονται με εκφράσεις όπως: *Can/Could you tell me ..., Please tell me ..., I want / I'd like to know ..., I wonder ..., Do you know ..., Would you mind telling me ... + <sup>1</sup>if / whether / question word + <sup>2</sup>υποκείμενο + <sup>3</sup>ρήμα*  
*Are you ready? > Please tell me if/whether you are ready.* (NOT *Please tell me if/whether are you ready?*)  
*Where do you live? > Can you tell me where you live?* (NOT *Can you tell me where do you live?*)

## 1. Read the text and replace the words/phrases in bold with subject or object pronouns.

Amanda Peters and her brother, Dan, are new to our school. <sup>1</sup> **Amanda and Dan** have just moved into town with their parents. My friends and I really like <sup>2</sup> **Amanda and Dan** because they are friendly and fun to be with. Last week, they invited <sup>3</sup> **me and my friends** to their house. <sup>4</sup> **My friends and I** had a great time there! Amanda had prepared some sandwiches for everyone and <sup>5</sup> **Amanda** also offered us some pizza. <sup>6</sup> **The pizza** was delicious, so we ate <sup>7</sup> **the pizza** immediately! Dan told us ghost stories and we couldn't stop listening to <sup>8</sup> **Dan**! <sup>9</sup> **Dan** even showed us some funny videos on the Internet. It was an amazing evening!



1. They 2. them 3. us 4. We 5. she 6. It 7. it 8. him 9. He

## 2. Choose the correct option.

- All the old stamps in this album are my / mine.
- I'm sorry, Jim, but this is yours / your fault, not John's.
- The suitcase Brandon is carrying isn't his / it.
- Sia and Alan have a puppy! I'd like one like them / theirs.
- Gloria was here earlier. These glasses must be hers / her.
- Mexico is a beautiful country and its / it culture is rich.
- The boy in the green jacket is a friend of our / ours.
- Tom's trying to cut the bread. He might cut him / himself!

## 4. Choose the correct option.

- The boys really enjoyed ..... at the music festival.
  - themselves
  - b. themselves
  - their selves
  - themselves
- ..... your friend Martha look like?
  - What is
  - How does
  - c. What does
  - How is
- The queen ..... visited the earthquake victims.
  - she
  - her
  - hers
  - d. herself
- I couldn't believe ..... news. It was terrible!
  - yesterday
  - yesterdays
  - c. yesterday's
  - yesterday'
- There are no tomatoes left. Can you go to the .....?
  - a. greengrocer's
  - greengrocer
  - greengrocer'
  - greengrocers'

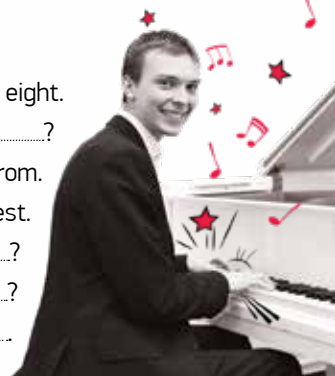
## 3. Choose the correct option.

- Which / Who is that man with the red hat over there?
- Which / When is your doctor's appointment?
- How / Why was your first day at work, Jeremy?
- Whose / Why artist's work do you admire most?
- How / What did the manager say at the meeting?
- Why / Who did she give up photography lessons?
- When / Where did they stay when they visited New York?
- Whose / Which flavour does he prefer? Vanilla or peach?

- We're going on a ..... vacation next month.
  - four-days
  - b. four-day
  - four-day's
  - four days'
- The ..... is broken. We should call the police!
  - house's door
  - house of the door
  - c. door of the house
  - door's house
- Our ..... farm is just an hour away from here.
  - a. aunt and uncle's
  - aunt's and uncle's
  - aunt and uncle
  - aunt's and uncle
- The ..... changing rooms are next to the elevator.
  - man's
  - men
  - mens'
  - d. men's
- Will you be at ..... tomorrow evening?
  - Sarah
  - the house of Sarah
  - c. Sarah's
  - Sarahs'

## 5. Complete the indirect questions.

- |                                      |  |
|--------------------------------------|--|
| 1. Will the guests be here at eight? | Please tell me <u>if/whether the guests will be</u> here at eight. |
| 2. Who is that woman?                | Could you tell me <u>who that woman is</u> ?                       |
| 3. Where is this parcel from?        | I want to know <u>where this parcel is</u> from.                   |
| 4. Are the kids ready for the test?  | I wonder <u>if/whether the kids are ready</u> for the test.        |
| 5. What did your boss say?           | Would you mind telling me <u>what your boss said</u> ?             |
| 6. Does Alan speak Spanish?          | Do you know <u>if/whether Alan speaks Spanish</u> ?                |
| 7. When is your piano concert?       | I'd like to know <u>when your piano concert is</u> .               |





1. While reading a magazine, you come across an article about gardening. Read the article carefully and answer the questions that follow.

## GARDENING CAN SURPRISE YOU



Are you fed up with going to the gym or jogging aimlessly around the park? Are you looking for a creative leisure activity? If your answer is “yes” to either of these questions, then gardening might be just the thing for you. Gardening can do wonders for your well-being, and this doesn’t apply only to those who are fond of flowers or interested in growing their own fruit and vegetables; anyone who wants to be healthy and stay in shape should give it a go. Here are some of its benefits:

### GET FIT

- For most of us, losing weight is difficult, but did you know that gardening can help you achieve this goal by burning calories quickly and easily? A recent study has found that people who garden are less likely to be overweight. On average, one hour once a week can help you lose between 11 and 16 pounds (5-7 kg) in only a few months. Gardening also provides a full-body workout. The different movements you make while gardening give your heart and muscles all the exercise they would get in a gym, and let’s not forget that you can look forward to all those flowers, vegetables and fruit. No gym can give you that.

### GET RELAXED

- Nowadays, with our busy work schedules and constant use of electronic gadgets, we rarely slow down. Stress is hard on the body and gardening helps us get in touch with nature and get back to a more peaceful rhythm of life. In one experiment regarding stress relief, researchers compared gardening with reading. Gardening won hands down by significantly improving mood.

### GET CHILDREN INVOLVED

Gardening is also a great activity to do with children for a number of reasons. The most obvious one is that it gets couch potatoes away from their computers, TVs and other electronic devices, and takes them outdoors into the sun and fresh air. This has a positive effect on both their body and mind. Gardening enables kids to do something that is physical, productive and fun. It also helps them become more creative and self-confident, while at the same time teaching them responsibility.

### GET CONNECTED

Many big cities have created community gardens in city parks where people can get together and garden; schools are also starting their own gardening projects. But the idea behind them is more than just to grow plants. These projects encourage both adults and children to make new friends and give them the chance to meet people from different walks of life. Just as food is necessary for our bodies, having friends and being socially active is vital for our mental health.

Our grandparents used to do it, and their parents before them. Gardening might be as old as time itself, but we are only now starting to realise how it affects us. So, stop wasting time and get into the garden. After all, what other activity can do so much for you?







1. What do we learn about gardening in the second paragraph? (justifications are indicative)

- a. Most people find it difficult. (does not appear in the text at all)
- b. It helps you lose more weight than working out in a gym. (says something different from what is mentioned in the text)
- c. It requires special skills. (seems logically correct but there is no evidence in the text to support it)
- d. It has an added advantage to going to a gym.

2. What did the experiment show?

- a. Gardening keeps people slim.
- b. Reading doesn't help people relax.
- c. Gardening helps people's state of mind.
- d. Reading reduces stress more than gardening.

3. Which of the following is closest in meaning to couch potatoes in the fourth paragraph?

- a. people who have an inactive lifestyle
- b. people who enjoy outdoor activities
- c. people who spend time gardening
- d. people who take care of their body and mind

4. The main aim of community gardens is to .....

- a. encourage people to grow their own vegetables
- b. help people develop social relationships
- c. get people to exercise by walking more
- d. make use of city parks





# BUILDING VOCABULARY

## EXPRESSIONS & COLLOCATIONS

1. Fill in with the words from the box. You can refer to the text on pp.10-11 for help.  
(You can ask students to highlight and learn the expressions/collocations.)

thing wonders touch go walks average hands

- Swimming is a form of physical exercise that can **do** wonders for your body.
- Peter Simons **won** the final match of the local tennis tournament hands **down**.
- People **from different** walks **of life** work for this organisation.
- To participate in the marathon, I will have to train 8 hours a week **on** average.
- Miranda has never done Zumba before, but I think she should **give it a(n)** go.
- If you **get in** touch **with** Anne, tell her I'm looking for her.
- Bungee jumping is **just the** thing **for** Ben as he loves extreme sports.

## DERIVATIVES

2. Fill in with the correct form of the words given.

### A. create - creative - creativity

- Lia is a very creative person.  
She draws beautiful paintings in her free time.
- Advertising companies need employees with lots of creativity.
- My sister wants to create her own blog and write about fashion.

### B. research (v.) - research (n.) - researcher

- More research into this medicine is necessary before it goes on the market.
- Researchers around the globe are trying to find a cure for cancer.
- A lot of scientists are researching the language of whales and dolphins.

### C. produce (v.) - productive - production

- I prefer productive leisure activities, such as writing songs and poems.
- My father works in a factory which produces gardening equipment.
- You can find plenty of information on the production of glass on the Internet.

### D. responsible - responsibility

- Who is responsible for the mess in the kitchen?
- Taking care of a young child requires great responsibility.



## WORDS EASILY CONFUSED

- achieve (sth):** to be successful in completing sth after trying hard  
(She *achieved* good results in her exams.)  
**manage (to do):** to be successful in doing sth despite difficulties  
(She *managed* to pass the exams.)  
**succeed (in doing):** to get the result you want in sth  
(She *succeeded* in passing the exams.)
- goal:** the act of putting a ball in a net to score points in a game (They *won* the handball game by one goal. / Jean scored two goals in the match.)  
**point:** a unit used to keep score in a game  
(Our basketball team is winning by eight points.)  
**score:** the number of points, goals, etc. in a game (The final score was 4-1.)
- win (sth):** to achieve first position in a game, competition, etc. (Brian *won* first prize in the short story competition.)  
**beat (sb):** to defeat sb (I *managed* to beat my opponent in the chess game. / I beat you!)
- gain (sth):** to get or acquire sth (gain weight / gain strength / gain knowledge)  
**earn (sth):** to gain sth because you worked for it (They *earn* enough money to travel twice a year.)
- affect (v.):** to influence sb/sth or cause a change in sb/sth  
(Air pollution *affects* the environment negatively.)  
**effect (n.):** a change on sb/sth that is caused by an action or a situation  
(Air pollution has a negative *effect* on the environment.)
- teach:** to pass on knowledge to sb (I *teach* students English.)  
**learn:** to receive knowledge about sb/sth (A lot of students *learn* English.)

### 3. Choose the correct option.

Back in the summer of 2004, during the UEFA European Championship, the Greek football team <sup>1</sup> **managed** / **succeeded** to make history by <sup>2</sup> **winning** / **beating** their opponents, the Portuguese team, and <sup>3</sup> **winning** / **gaining** their first big title. The final <sup>4</sup> **point** / **score** was 0-1 thanks to Angelos Charisteas, who scored the only <sup>5</sup> **goal** / **point** of the match in the 57<sup>th</sup> minute. No one believed that a small country like Greece could win this huge event, and the celebrations all over the country lasted until early the next morning. This victory had a positive <sup>6</sup> **affect** / **effect** on everyone and <sup>7</sup> **taught** / **learnt** them that with hard work and determination, anyone can <sup>8</sup> **achieve** / **succeed** their goals.





## PREPOSITIONS

### PREPOSITIONS OF PLACE

Χρησιμοποιούμε **prepositions of place** για να δείξουμε **στάση σε τόπο** (δηλαδή πού βρισκόμαστε), συνήθως μετά από τα ρήματα *be, live, stay, sit, etc.*

<b>in</b>	<b>on</b>	<b>at</b>
in the drawer (= μέσα)	on the table (= πάνω)	at the cinema/theatre/ station (κτίρια)
in the bedroom (κλειστοί χώροι)	on the floor/wall (επιφάνειες)	at home/school/work (περιβάλλοντα)
in England/London (χώρες/πόλεις)		

### ΑΛΛΕΣ ΠΕΡΙΠΤΩΣΕΙΣ

<b>in</b>	<b>on</b>	<b>at</b>
in class/bed	on page 13 / the menu	at the bus stop
in the mountains	on a mountain / an island	at the party
in the newspaper	on TV / the news / the radio / the Internet	at the concert
in the middle of	on the left/right	at the front/back of

**in front of** a mirror (= μπροστά από)  
**behind** the mask (= πίσω από)  
**next to / beside / by** the sea (= δίπλα σε)  
**opposite** my school (= απέναντι από)  
**close to / near** the park (= κοντά σε)  
**between** Mark and Sue (= ανάμεσα σε δύο)  
**among** the kids (= ανάμεσα σε πολλούς)

### COMPARE

- **in/on** Regent Street  
**BUT** **at** 85 Regent Street
- **on** a bus/train/plane/ship  
**BUT** **in** a car
- **in** the suburbs  
**BUT** **on/in** the outskirts

### PREPOSITIONS OF MOVEMENT

Χρησιμοποιούμε **prepositions of movement** για να δείξουμε **κίνηση σε τόπο** (δηλαδή ότι κατευθυνόμαστε κάπου), συνήθως μετά από τα ρήματα *go, come, walk, run, fly, drive, travel, etc.*

<b>to</b> the supermarket (= σε)	<b>towards</b> the exit (= προς)
<b>from</b> Germany (= από)	<b>through</b> the forest (= μέσω, δια μέσου)
<b>along</b> the beach (= κατά μήκος)	<b>into</b> the shop (= μέσα σε)
<b>across</b> the road (= κατά πλάτος / απέναντι)	<b>out of</b> the car (= έξω από)

### NOTE

Μπορούμε να χρησιμοποιήσουμε **by** + **μεταφορικό μέσο** για να πούμε **πώς πηγαίνουμε κάπου**. *I go to school **by** bus.* (= με το λεωφορείο)  
**BUT** *I go to school **on** foot.* (= με τα πόδια)

### COMPARE

- *I go **to** school/work.*  
**BUT** *I am **at** school/work.*
- *I go **to** my village.*  
**BUT** *I go **on** holiday/vacation.*  
*I go **on** a trip / an excursion.*
- *I go/come home. (NOT ~~I go/come to home.~~)*  
**BUT** *I am **at** home.*

### PREPOSITIONS OF TIME

Χρησιμοποιούμε τις **prepositions of time** για να δείξουμε **πότε γίνεται κάτι**.

<b>in</b> (για χρονικές περιόδους)	<b>on</b> (για μέρες, ημερομηνίες)	<b>at</b> (για μία συγκεκριμένη χρονική στιγμή)
in July	on Friday	at 2 o'clock / 11:30 am
in (the) summer	on November 11 <sup>th</sup>	at noon
in 1980 / the 1980s	on my birthday	at midnight

### ΑΛΛΕΣ ΠΕΡΙΠΤΩΣΕΙΣ

<b>in</b>	<b>on</b>	<b>at</b>
in the morning	on Monday morning	at night
in the afternoon	on the weekend (AmE)	at the weekend (BrE)
in the evening	on Christmas Day / Easter Sunday	at Christmas/Easter

**before** the show / arriving (= πριν)  
**after** the show / arriving (= μετά)  
**within** six months (= εντός, μέσα σε)  
**during** the match (= κατά τη διάρκεια)

- ! **in** the beginning (= αρχικά)
- in** the end (= τελικά)
- at** the beginning **of** (= στην αρχή του ...)
- at** the end **of** (= στο τέλος του ...)
- In the end**, they lived happily ever after.*
- I will move to Athens **at the end of** the year.*

### COMPARE

1. *We were playing cards **between** 6:00 and 8:00.*  
**BUT** *We were playing cards **from** 6:00 to 8:00.*

2. **DURING** + noun (= κατά τη διάρκεια)  
*We saw a lot of places **during** the trip.*

- BUT**
- WHILE** + clause (subject + verb) (= ενώ)  
*We saw a lot of places **while** we were on the trip.*

## 1. Choose the correct preposition of place.

- David sits alone ☒ at / ☐ in the back of the classroom.
- There is a documentary about Africa ☒ at / ☐ on TV tonight.
- Bill is waiting for us ☐ on / ☒ at the station. He's already ☒ on / ☐ at the train.
- Have you read Anna's article ☐ in / ☐ on the newspaper? It's ☐ in / ☒ on page 8.
- I left my keys ☐ on / ☒ in my desk drawer ☒ at / ☐ to work.
- What's that ☐ on / ☒ at the floor ☒ among / ☐ between the armchair and the sofa?
- Our new flat is ☒ at / ☐ in 158 Kingston Street.
- There is a huge mirror ☒ at / ☐ on the wall ☐ on / ☒ in the living room.
- You can find anything you want ☒ at / ☐ on the Internet.
- The children shouldn't play ☒ at / ☐ in the middle of the street because it's dangerous.
- You're standing ☒ in front of / ☐ behind my young son and he can't see the parade.
- I used to live in the centre, but now I live ☐ in / ☒ on the suburbs.
- Turn right and you'll see the bookshop ☒ at / ☐ on your left.
- We've got a wooden house ☐ in / ☒ on the mountains. It's hidden ☒ in front of / ☐ among the trees.

## 2. Choose the correct preposition of movement.

- We often go ☒ towards / ☐ to Frankfurt to see our parents.
- Walking ☒ through / ☐ out of the park late at night is not safe.
- The man swam ☒ across / ☐ along the river to reach the other side.
- Kate got ☐ to / ☒ out of the car and went ☒ along / ☐ into the bank.
- The child ran ☒ towards / ☐ across his mum, holding flowers.
- George walked ☐ into / ☒ along the path, taking pictures.



## 3. Fill in with the correct preposition of time or place.

- I usually wake up ☒ at 7:30 ☐ in the morning and go to bed ☒ at midnight.
- Were you sleeping ☒ from 15:00 to 17:00 yesterday?
- We can go for a walk ☐ in the evening or watch a play ☒ at the theatre.
- The students are going on a trip to the National Archaeological Museum ☐ in February.
- Betty always travels abroad ☒ at Christmas.
- ☒ At the end of the show, the audience started clapping.
- Patrick's plane will be ☐ in Prague ☒ at noon.
- ☐ In the beginning, Eve and Helen didn't like each other.
- The Wilsons stay ☒ at home ☒ at/on the weekend but ☐ on Friday evenings they go out.
- My daughter was born ☐ in 2003, ☒ on May 6<sup>th</sup>.

## 4. Choose the correct option.

- The phone rang ..... we were eating.  
a. during                      c. within  
☒ b. while                      d. between
- There is a supermarket ..... the post office in Agnes Street.  
a. close                      c. out of  
☒ b. next to                      d. along
- My dad drives me ..... school when I'm late.  
a. at                      ☒ c. to  
b. on                      d. -
- There is a nice hotel ..... the outskirts of town.  
☒ a. on                      c. at  
b. to                      d. into
- Catherine finished the project ..... the time limit.  
a. towards                      c. among  
☒ b. through                      d. within
- Claire usually comes ..... home after her husband.  
☒ a. -                      c. in  
b. at                      d. to
- Most people in Greece eat lamb ..... Easter Sunday.  
☒ a. on                      c. in  
b. at                      d. while
- The butcher's is just ..... the baker's.  
a. opposite in                      ☒ c. opposite  
b. opposite at                      d. opposite from
- Vera and Frank go ..... holiday twice a year.  
a. at                      c. in  
☒ b. on                      d. to
- We met a lot of foreign people ..... our summer course in Spain.  
a. at                      ☒ c. during  
b. in                      d. while



# LISTENING

## RESPONSES

In this type of listening task, you will hear **short sentences or questions**. You are required to choose the best response based not only on what you hear, but also on the **vocabulary, grammar** and **syntax** that is used.

### TIP

#### Before listening:

Read the options carefully. Think about what you expect to hear.

### TIP

#### While listening:

1. Pay special attention to the question words you hear (who, what, why, etc.).
2. Don't choose an option just because you hear the same word or phrase.



### 1. You will hear 10 sentences or questions. Listen to the recording and choose the best answer. (If necessary, play the recording again.)

1. Do you want to go swimming today?
  - a. Yes, let's go swimming on Sunday.
  - b. Sorry, I don't feel well.**
  - c. I'm interested in them.
2. What does Ben look like?
  - a. He's very active.
  - b. He's tall and well built.**
  - c. He's my best friend.
3. Did Alan cook this dish himself?
  - a. Yes, and it's delicious.**
  - b. Alan cooks it.
  - c. He cooked himself.
4. When are you staying at Kate's?
  - a. In her bedroom.
  - b. Next weekend.**
  - c. She stayed yesterday.
5. What is Jim studying at university?
  - a. He studies a lot.
  - b. Because he loves it.
  - c. I'm not sure.**
6. Are these your glasses?
  - a. Whose are they?
  - b. I can't read without them.
  - c. I think they're Nancy's.**
7. My birthday is in May.
  - a. Happy birthday!
  - b. Congratulations!
  - c. Mine, too!**
8. Excuse me, can you help me?
  - a. Sure, what's the problem?**
  - b. I don't need any help.
  - c. Yes, thank you.
9. Is it cold outside?
  - a. Yes, you can go outside.
  - b. No, it's not very cold.**
  - c. No, it's in your room.
10. I need to get some exercise.
  - a. Why don't you join a gym?**
  - b. Do you have a lot of homework?
  - c. I can give you some.



# SPEAKING

## TALKING ABOUT SPORTS & LEISURE

Here are a few things to keep in mind regarding the speaking section of an exam:

- Relax and don't be nervous. You need a clear mind to listen to the question carefully, and stress can make it difficult to concentrate. If you're not sure whether you heard the question correctly, ask the examiner to repeat it (but don't overdo it). This will NOT affect your marks.
- It's better to talk about things you know about, but don't be afraid to use your imagination to come up with an answer if you have to.
- Keep eye contact and be polite. No candidate has lost marks from smiling!

### 1. Read the question and the example. Then, answer the same question about yourself.

**Question:** Do you have any hobbies?

Well, I love doing *sports / outdoor activities / indoor activities / ...*, such as *hiking / football / swimming / ...*,  
because I can *get some exercise / keep fit / enjoy myself / relax / take a break from my routine / make new friends / ...*. I'm also very fond of *playing computer games / going to the cinema / ...*  
but I don't have much free time to do that.

### 2. Answer the following questions.

1. What do you usually do at weekends?
2. Do you prefer individual or team sports?
3. Which do you prefer: watching TV or surfing the Net?

#### TIP

Don't give one-word answers. Expand your answers by giving reasons and examples.

### 3. Discuss the following with a partner.

- Talk together about why people go to the following places in their leisure time.
- Tell each other about which of these places you like going to.

The gym      An Internet café  
The park      The library



#### Useful expressions

Shall I start first?  
Would you like to begin?

I think/believe that ...  
It seems to me that ...  
I suppose/guess that ...

What do you think?  
What's your opinion?

That's an interesting point.  
You're (absolutely) right.  
I (don't) think so.  
I see your point, but ...

#### Useful vocabulary

for a number of reasons  
give them the chance to  
lose weight  
stay in shape  
slow down  
provide stress relief for busy people  
improve their mood  
be good for their mental health  
get in touch with other people  
play games together in groups  
improve themselves  
enjoy some peace and quiet

### 4. Respond to the following statements. You may use the ideas given and/or your own ideas.

1. It is important to have a hobby.  
(*reduces stress / helps develop social relationships / encourages creativity*)
2. Extreme sports are popular with young people.  
(*love challenges / enjoy exciting experiences / meet people from different walks of life*)
3. Board games are one of the best free-time activities.  
(*are fun and interesting / can improve different skills / can be played with friends and family*)

#### TIP

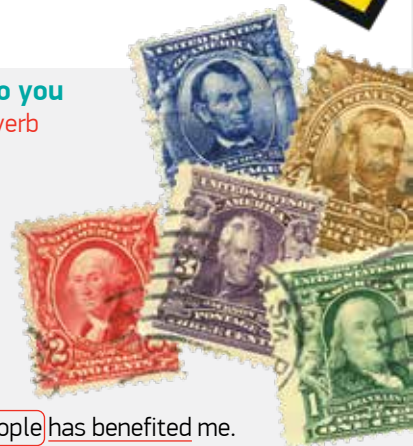
Don't forget to make full sentences when using the prompts. Think about the subject of your sentence and make sure the verb form agrees.



A **simple sentence** consists of a main clause and, in its most basic form, has a **subject** and a **verb**.

**1a. Look at these examples of simple affirmative and negative sentences. What do you notice about the position of the subject and the verb?** the subject goes before the verb

- |   |   |
|---|---|
| 1. <u>Musicians</u> <u>practise</u> .                 | 4. <u>This yoga course</u> <u>hasn't improved</u> my mood.            |
| Subject      Verb                                     | Subject      Verb   |
| 2. <u>Our coach</u> <u>told us</u> the news.          | 5. <u>Mr Martin's students</u> <u>are looking forward to</u> a break. |
| Subject      Verb                                     | Subject      Verb   |
| 3. <u>Nina</u> <u>doesn't like</u> collecting stamps. | 6. <u>Taking care of your brother</u> <u>is</u> a responsibility.     |
| Subject      Verb                                     | Subject      Verb   |



**1b. Circle the subject and underline the verb in the following sentences.**

- |                             |  |  |
|-----------------------------|--|--|
| 1. I met my teammates.      | 3. My friend's sister doesn't play tennis. | 5. Getting to know people has benefited me.      |
| 2. Mrs Fisher is an artist. | 4. All the footballers are shouting.       | 6. The witness has given the police information. |

Sentences such as the ones in exercise 1 are very basic. One way to make a simple sentence more interesting is by adding **adjectives** (e.g. beautiful, amazing) and/or **adverbs** (e.g. beautifully, rarely, extremely).

**2a. Circle the adjective and underline the adverb in the following sentences.**

- |  |   |
|--|---|
| 1. Famous musicians practise hard.                     | 4. This intensive yoga course hasn't improved my mood significantly.  |
| 2. Our coach immediately told us the bad news.         | 5. Mr Martin's students are probably looking forward to a long break. |
| 3. Nina doesn't really like collecting foreign stamps. | 6. Taking care of your brother is certainly a great responsibility.   |

**2b. What do you notice about the position of adjectives and adverbs?** adjectives go before nouns but the position of adverbs can change

**2c. Add the adjectives and adverbs in brackets to the sentences from exercise 1b to make them more interesting.**

- |  |
|--|
| 1. I met my teammates. (recently / old) I recently met my old teammates. / I met my old teammates recently.                                |
| 2. Mrs Fisher is an artist. (definitely / incredible) Mrs Fisher is definitely an incredible artist.                                       |
| 3. My friend's sister doesn't play tennis. (best / professionally) My best friend's sister doesn't play tennis professionally.             |
| 4. All the footballers are shouting. (amateur / angrily) All the amateur footballers are shouting angrily.                                 |
| 5. Getting to know people has benefited me. (different / enormously) Getting to know different people has benefited me enormously.         |
| 6. The witness has given the police information. (possibly / inaccurate) The witness has possibly given the police inaccurate information. |

Another way to make a simple sentence more interesting is by adding **more details**.

**3. Add the words/phrases in brackets to the sentences to make them more interesting.**

**a. He got a pair of trainers.**

- |  |
|--|
| 1. (as a present) He got a pair of trainers as a present.  |
| 2. (birthday) He got a pair of trainers as a birthday present.   |
| 3. (last year) He got a pair of trainers as a birthday present last year. / Last year, he got ...            |
| 4. (trendy) He got a trendy pair of trainers as a birthday present last year. / Last year, he got ...        |
| 5. (really) He got a really trendy pair of trainers as a birthday present last year. / Last year, he got ... |

**b. My daughter has decided to get a job.**

- |  |
|--|
| 1. (part-time) My daughter has decided to get a part-time job.   |
| 2. (youngest) My youngest daughter has decided to get a part-time job.                                     |
| 3. (just) My youngest daughter has just decided to get a part-time job.                                    |
| 4. (as a shop assistant) My youngest daughter has just decided to get a part-time job as a shop assistant. |



# VOCABULARY REVIEW

## TIP

1. Read each item carefully and pay attention to what comes before and after the gap.
2. Notice the differences between the options and reject the ones you know are definitely wrong.
3. Choose the correct option based on the **meaning**. You may also need to consider **grammar** and **collocations**.
4. Read the whole sentence one more time to confirm your choice.

### 1. Choose the correct option.

1. Pilates and yoga increase the feeling of .....  
a. leisure  
b. lifestyle  
**c. well-being**
2. It's ..... that you drink plenty of water on a daily basis.  
**a. vital**  
b. physical  
c. constant
3. Walking for half an hour every day benefits our health .....  
a. aimlessly  
b. outdoors  
**c. significantly**
4. Greta ..... in finishing her project on time.  
**a. succeeded**  
b. achieved  
c. managed
5. .... and inspiration are two things every artist needs to have.  
a. Creative  
b. Create  
**c. Creativity**
6. Bernard is fed ..... with working so much and earning so little money.  
a. of  
b. out  
**c. up**
7. We prefer staying ..... enjoying a cup of tea when it rains.  
a. outdoors  
**b. indoors**  
c. aimlessly
8. Do you want to ..... how to speak Spanish?  
a. learn me  
b. teach  
**c. teach me**
9. This writer is very ..... He wrote two books last year.  
**a. productive**  
b. production  
c. producing
10. Josephine doesn't ..... much money as a secretary, so she wants to find another job.  
a. win  
**b. earn**  
c. gain
11. The Canadian skier was ahead by four ..... in the championship.  
a. goals  
**b. points**  
c. scores
12. Could you please take care ..... my plants while I'm away?  
a. for  
**b. of**  
c. with
13. During the summer camp, I met students from different ..... of life.  
a. wonders  
**b. walks**  
c. things
14. I work out regularly because I want to ..... fit.  
**a. keep**  
b. lose  
c. burn
15. I prefer sending text messages when I want to get in ..... with people.  
**a. touch**  
b. walks  
c. hands
16. The government passed a new law last week which will ..... on farmers.  
a. affect  
b. have an affect  
**c. have an effect**
17. Sean sleeps one hour ..... average every afternoon.  
a. in  
b. at  
**c. on**
18. Jasmine has got a lot of ..... strength as she does boxing.  
**a. physical**  
b. constant  
c. inactive
19. We're getting ..... at Robin's place tonight to watch a comedy.  
a. out  
**b. together**  
c. in
20. Billie isn't really fond ..... driving. He usually takes the bus.  
a. on  
**b. of**  
c. about
21. Classical music provides real ..... relief for me on difficult days.  
**a. stress**  
b. leisure  
c. activity
22. The seminar on psychology has actually helped me ..... lots of knowledge.  
**a. gain**  
b. win  
c. beat
23. Simon loves extreme sports. I'm sure parkour ..... for him!  
**a. is the thing**  
b. wins hands down  
c. gets in touch



## TIP

1. Read each item carefully and pay attention to what comes before and after the gap.
2. Notice the differences between the options and reject the ones you know are definitely wrong.
3. Choose the correct option based on the **meaning** and the **grammar rules**.
4. Read the whole sentence one more time to confirm your choice.

### 1. Choose the correct option.

1. I usually go ..... university by bus because I can't drive.  
a. -  
b. at  
**c. to**
2. .... of the play, the actor spoke to the audience.  
**a. At the beginning**  
b. In the beginning  
c. In the end
3. I've got an Italian class ..... 7 and 8 o'clock.  
a. from  
**b. between**  
c. before
4. This is a cousin of ..... He is studying in Los Angeles.  
a. Margarets  
b. Margaret  
**c. Margaret's**
5. - What is Judy like?  
- .....  
a. She's very tall  
b. She likes dancing  
**c. She's very helpful**
6. I was really scared because I thought there was somebody hiding ..... the curtain.  
a. in front of  
**b. behind**  
c. along
7. Their favourite restaurant is ..... Park Street.  
a. at  
**b. in**  
c. to
8. .... friends from Hamburg are visiting them tomorrow.  
a. Theirs  
**b. Their**  
c. They're
9. Kevin's office is ..... his house, so he goes there on foot.  
a. close  
b. near to  
**c. next to**
10. Please tell me ..... at the airport.  
**a. when you will arrive**  
b. when will you arrive  
c. when will arrive you
11. Do you want to go ..... a trip this weekend?  
a. for  
b. to  
**c. on**
12. You always leave your scarf on the table. That is not ..... place!  
a. it  
**b. its**  
c. it's
13. We'd love to spend our holidays ..... an island this summer.  
**a. on**  
b. in  
c. at
14. Jeremy, tidy your room, please! I can't do everything .....!  
a. by my own  
**b. on my own**  
c. on myself
15. Don't forget to take the ..... passports with you.  
a. childrens  
b. childrens'  
**c. children's**
16. Stan is usually here at this time of day but today he's ..... work.  
a. to  
**b. at**  
c. in
17. Someone called us ..... we were sleeping.  
**a. while**  
b. during  
c. after
18. These are ..... essays. Sissy didn't do well, I'm afraid.  
a. Heather's and Sissy  
b. Heather and Sissy's  
**c. Heather's and Sissy's**
19. I never watch TV ..... midnight. I go to bed much earlier.  
**a. at**  
b. in  
c. on
20. Can you tell me ..... to Edinburgh at 9 o'clock?  
a. whether a train there is  
b. whether is there a train  
**c. whether there is a train**
21. - ..... does Betty look like?  
- She's short and thin.  
a. How  
**b. What**  
c. Who
22. Do you know .....?  
a. where are my glasses  
**b. where my glasses are**  
c. my glasses where are
23. Help ..... to some pizza, kids! I've just made it.  
a. yourself  
b. you  
**c. yourselves**
24. - What .....?  
- Handball.  
**a. does Ben like**  
b. likes Ben  
c. is Ben like
25. When the film starts, the actor is dancing ..... the middle of the street.  
a. to  
b. at  
**c. in**

# UNIT

# 2

# EDUCATION



*"Education is the most powerful weapon which you can use to change the world."*

**NELSON MANDELA**  
Political leader

## WARM-UP:

1. Which is your favourite school subject?
2. What are the characteristics of a good student?
3. Is it important to learn foreign languages?



*"The purpose of education is to replace an empty mind with an open one."*

**MALCOLM FORBES**  
Publisher of Forbes magazine

**B2**  
**INSIDER**  
EXAM PREPARATION COURSEBOOK



Super Course

# READING TRAINING

## MAIN PURPOSE

Some questions will ask you **to decide what the main purpose (or aim) of the text is**. To answer such questions, think about the reason WHY the text has been written. Sometimes, the purpose may be clearly stated in a specific part of the text. Other times, you will have to skim the text to understand its general meaning and identify its purpose. **Main purpose questions require skimming.**

1. The following is an email Mary has sent to her friend Steve. Read the email carefully and answer the question that follows.

From: Mary Jones

Dear Steve,

How are things with you? Well, guess what ... I failed my final maths exam last term 😞. So, it seems that I will have to attend summer school to catch up with the rest of the class and retake the exam in September, or else I won't be able to graduate next year. Lucky me! Unfortunately, this also means that coming to your village in July is out of the question. I had a long argument with my parents about it and they just won't let me visit you. However, they say that you can come and stay with us for a week. So, how about it? Write back soon and let me know.

Take care,  
Mary

Mary is writing to Steve .....

- a. to talk about summer school
- b. to tell him that she's visiting him in July
- c. to mention that she had an argument with her parents
- ☒ d. to invite him to stay with her

2. A text can have many purposes (e.g. to inform, suggest, explain, describe). Match the purposes (1-12) with their explanations (a-l).

- |                      |   |  |
|----------------------|---|--|
| 1. compare           | c | a. express annoyance with sb/sth                         |
| 2. complain          | a | b. tell the reader about particular facts                |
| 3. suggest           | d | c. present similarities between things                   |
| 4. inform            | b | d. recommend   |
| 5. encourage         | f | e. give reasons for/against sth                          |
| 6. argue for/against | e | f. motivate the reader to do sth                         |
|                      |   |  |
| 7. convince          | h | g. give a detailed picture of sb/sth                     |
| 8. criticise         | i | h. persuade the reader to believe sth                    |
| 9. describe          | g | i. give a negative opinion of sth                        |
| 10. explain          | k | j. draw the reader's attention to sth                    |
| 11. warn             | l | k. help the reader understand sth                        |
| 12. point out        | j | l. make the reader aware of a possible danger or problem |

3. The following extract is from your school website. Read the extract carefully and answer the question that follows.

https://www.ourschool.co.uk/extracurricularactivities

An extracurricular activity can be almost any type of activity that isn't included in any of the courses that a student is taught at school. Parents know that these activities are optional, but what they don't know is that they help develop young people's interests, abilities and talents. Moreover, parents need to realise that such activities play a particularly important role when students apply to a university or later, for a job. Research has shown that by participating in after-school activities, students learn essential life skills that benefit both their academic and professional careers. Benefits include higher academic performance, resulting in better grades, but most importantly, the development of skills, such as collaboration, communication and critical thinking. So, why are we seeing fewer and fewer students signing up for the numerous activities available here at our school? What we have found is that parents are afraid that their children will fall behind with their studies and, as a result, will not manage to enter university, something that is simply not true.

What is the main purpose of this extract?

- a. to describe different types of extracurricular activities
- b. to explain the falling numbers of students at the school
- ☒ c. to convince parents of the importance of extracurricular activities
- d. to encourage students to apply to a university



## PRESENT TENSES I

### PRESENT SIMPLE

I work - Do I work? - I don't work  
He works - Does he work? - He doesn't work

- **συνήθεια/ρoutína:**  
Nick usually **eats** lunch at home.  
I **take** a walk every day.
- **μόνιμη κατάσταση:**  
"Where **do** you **live**?" "I **live** in Madrid."  
Kate **loves** ice cream.
- **γενική αλήθεια:**  
The Sun **sets** in the west.
- **ωρολόγια προγράμματα / δρομολόγια (μελλοντική χρήση):**  
The shops in this area **close** at 8:30.  
The plane for Dubai **leaves** at 4:00.

#### KEY WORDS & PHRASES

every day/year/morning, once / twice / three times a week,  
on Monday(s), at weekends, at the weekend,  
in the morning/afternoon/evening, at night

### PRESENT CONTINUOUS

I am working - Am I working? - I'm not working  
He is working - Is he working? - He isn't working

- **πράξη που συμβαίνει τώρα (τη στιγμή που μιλάμε):**  
Look! Nick **is eating** lunch at school today!  
I'm **taking** a walk at the moment.
- **προσωρινή/εξελισσόμενη κατάσταση:**  
I'm **living** with my best friend for the time being.  
Your grades **are getting** better and better this year.
- **ενόχληση (+ always/constantly):**  
My brother **is always using** my tablet!
- **προγραμματισμένη πράξη (μελλοντική χρήση):**  
We're **travelling** to Portugal next month.

#### KEY WORDS & PHRASES

now, at the moment, Look!, Listen!,  
for the time being (= προς το παρόν), these days,  
this week/month/year, today, tonight, tomorrow,  
next week/month/year

## ADVERBS OF FREQUENCY

always, usually, often, sometimes,  
rarely/seldom (= σπάνια),  
hardly ever (= σχεδόν ποτέ), never

#### Position of adverbs of frequency

I **always** watch TV after school. (πριν το κύριο ρήμα)  
I **am always** tired after school. (μετά το ρήμα "be")

## STATIC VERBS

Τα παρακάτω ρήματα χρησιμοποιούνται συνήθως σε απλούς χρόνους (simple tenses):

1. **Ρήματα αίσθησης:** see, hear, feel (= έχω αίσθηση), smell (= έχω μυρωδιά), taste (= έχω γεύση), sound
2. **Ρήματα αντίληψης:** know, think, believe, understand, notice, remember, forget, agree
3. **Ρήματα κτήσης:** have, own, possess, belong to
4. **Ρήματα προτίμησης:** love, hate, like, dislike, want, prefer, wish
5. **Άλλα ρήματα:** be, become, look (= φαίνομαι), seem, need, mean, cost, promise, hope

Do you **understand** my problem now?

(NOT **Are you understanding** my problem now?)

This laptop **costs** too much.

(NOT **This laptop is costing** too much.)

Κάποια από αυτά τα ρήματα μπορούν να χρησιμοποιηθούν σε χρόνους διαρκείας (continuous tenses) αλλά με διαφορετική σημασία.

I **see** the happiness in your eyes. (= βλέπω)

BUT I **am seeing** Claire this afternoon. (= συναντώ / έχω ραντεβού)

The cake **smells** very nice! Can I have some? (= έχω μυρωδιά)

BUT Sandra **is smelling** the flowers. (= μυρίζω κτ)

This cheese **tastes** awful; I think it has gone off. (= έχω γεύση)

BUT He **is tasting** the food to see if it needs more salt. (= δοκιμάζω κτ)

I **think** that Mina is an excellent teacher. (= πιστεύω, νομίζω)

BUT I **am thinking** about writing a book soon. (= σκέφτομαι)

You **look** great in that suit! (= φαίνομαι)

BUT What **are you looking** at? (= κοιτάζω)

My father **has** many cousins. (= έχω)

BUT Benjamin **is having** breakfast / a shower / a great time now.

(= τρώω / κάνω / περνάω καλά)

### 1. Fill in with the Present Simple.

- We work (work) as managers for a big company.
- My sister rarely has (have) breakfast at home.
- I don't wear (not wear) make-up every day.
- When you heat ice, it melts (melt).
- Do you live (you / live) in New York or New Jersey?
- Mark never studies (study) at the university library.
- Does Tracey watch (Tracey / watch) thrillers?
- The train to Oxford doesn't depart (not depart) at 9:00.

### 2. Fill in with the Present Continuous.

- Look! They are running (run) to catch the taxi!
- Dina is always shouting (always / shout) at me!
- We aren't travelling (not travel) to Paris next Friday.
- I am not riding (not ride) my bike to the office these days.
- Is Dean coming (Dean / come) to the cinema tonight?
- People are getting (get) more and more stressed.
- Why are you mopping (you / mop) the floor again?
- Oh, no! My mobile isn't working (not work).

### 3. Put the words/phrases in the correct order using the Present Simple.

- eat / you and Nick / often / fast food?  
Do you and Nick often eat fast food?
- cry / seldom / at night / the baby  
The baby seldom cries at night.
- fix / always / my dad / without help / the car  
My dad always fixes the car without help.
- sometimes / they / for work / be / late  
They are sometimes late for work.
- the chores / usually / do / you / alone?  
Do you usually do the chores alone?
- hardly ever / Derek / at 5-star hotels / stay  
Derek hardly ever stays at 5-star hotels.

### 4. Fill in with the Present Simple or Present Continuous.

- Grace does (do) karate at the gym twice a week.
- They are seeing (see) their friends for dinner this Wednesday.
- The TV guide says the comedy on Channel 4 starts (start) at 9:00.
- Are you having (you / have) a good time at the party?
- This cafeteria belongs (belong) to Mr Evans.
- That black leather bag doesn't cost (not cost) much.
- The dog is constantly hiding (constantly / hide) my shoes!
- Those glasses look (look) really good on you.
- Does she need (she / need) my advice on this issue?
- The chef is tasting (taste) the soup he made to see if it's ready yet.
- I don't understand (not understand) what this word means.
- Gina isn't thinking (not think) about moving house for the time being.

### 5. Choose the correct option.

- ..... that noise? What is it?  
a. Are you hearing  
**b. Do you hear**  
c. Are you hear
- Andrew ..... very tired today. Is he sick?  
**a. seems**  
b. is seeming  
c. is seem
- I ..... another coffee at the moment, thank you.  
a. am not wanting  
b. not want  
**c. don't want**
- Something ..... awful! Can you open the window?  
a. is smelling  
**b. smells**  
c. doesn't smell
- We ..... at some old photos. Come and see!  
a. look  
b. looking  
**c. are looking**
- Would you like some fish? - No way! I ..... it!  
**a. hate**  
b. am hating  
c. am hate



1. The following article was published in your local newspaper and your teacher has brought it to class so that you can discuss it. Read the article carefully and answer the questions that follow.

## RETHINKING EDUCATION

1 Formal learning, which is education learners receive from teachers at schools, has existed at least since ancient Egyptian times. But in those days, it was only the very wealthy that could afford to educate their children. Today, thousands of years later, education has become compulsory in most countries, meaning that all children have to attend school, whether it is a state school or - if parents are able to pay the fees - a private one.

2 However, the present-day school system, which began more than 300 years ago, with twenty or thirty children sitting quietly in a classroom, learning a textbook by heart and taking a whole lot of tests so that they can progress to the next level if they do well, is now considered outdated. As a result, governments all over the world are trying to improve their education systems, but sadly, most of them are failing. Students are skipping classes, playing truant or even dropping out of school at an alarming rate.

So, why is this happening? Undoubtedly, no one is more suitable when it comes to answering school-related questions than students and teachers. After all, they are the ones who spend most of their time at school. In a recent study, researchers asked primary and high school students about their views on learning and how it could be improved. 3 Having fun was definitely a top priority, as was having highly trained teachers who use a variety of styles to motivate learners. But even higher on their list was being given the opportunity to get involved in hands-on activities and being challenged to find answers themselves. In addition, students described history, art, drama and music as valuable subjects which could teach them numerous things, but which were given too little time and attention at school.

Surprisingly, teachers don't disagree. For too long, school curriculums have focused on 'hard skills', that is, knowledge of subjects such as physics and chemistry, which students typically acquire from books. However, educators throughout the world now see the need to teach 'soft skills', also known as 'people skills'. In short, these are skills that make it possible for people to work together effectively, to perform well - even under difficult conditions - and to achieve their goals. Learning to cooperate with peers and dealing with problems are skills so essential to real life that schools simply cannot choose to ignore them any longer. 4

The obvious question then is, "Why aren't schools developing soft skills as much as they should?" This is a very complex question to answer, but the good news is that some teachers have already adapted their teaching strategies to fit these skills into their classrooms. It's only a matter of time before other teachers and schools catch up. The fact is that not everyone likes to change, but when it comes to improving education, change is inevitable. 5



1. Thousands of years ago, .....
  - ☐ a. not all children attended school
  - ☐ b. wealthy parents taught their children themselves
  - ☐ c. education was compulsory
  - ☐ d. there were different types of schools
2. What does the author say about schools 300 years ago?
  - ☐ a. Governments tried to improve them.
  - ☐ b. They were not very different from today's schools.
  - ☐ c. They were considered outdated.
  - ☐ d. Fewer children used to quit than today.
3. What can be concluded from the study?
  - ☐ a. Having fun at school is the most important thing for students.
  - ☐ b. Students have some suggestions to make.
  - ☐ c. Students pay little attention during lessons.
  - ☐ d. Teachers and students have different views about education.
4. Which of the following is NOT a soft skill?
  - ☐ a. finding solutions to problems
  - ☐ b. being a good team member
  - ☐ c. having an excellent knowledge of maths
  - ☐ d. being able to work under pressure
5. What is the main purpose of the article?
  - ☐ a. to compare different types of schools
  - ☐ b. to criticise all education systems
  - ☐ c. to point out the need for change in education
  - ☐ d. to inform teachers of changes in education





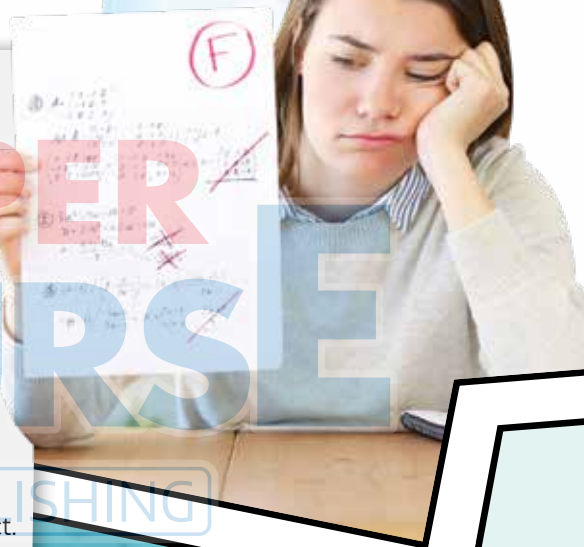
# BUILDING VOCABULARY

## EXPRESSIONS & COLLOCATIONS

1. Fill in with the words from the box. You can refer to the texts on p.23 and pp.26-27 for help.

matter comes heart pressure rate argument question

1. I had a(n) argument with my mum about my ballet performance.
2. Nicky always gets stressed when she has to work under pressure.
3. Violence in schools is increasing at an alarming rate nowadays.
4. When it comes to money, I'm very careful how I spend it.
5. I'm sorry, Rick, but going to Cindy's party is out of the question.
6. Harry has to learn this poem by heart for the end-of-year show.
7. Don't worry. It's only a(n) matter of time until you find a new job.



## DERIVATIVES

2. Fill in with the correct form of the words given.

### A. benefit (v.) - benefit (n.) - beneficial

1. Studies have shown that learning foreign languages benefits our memory.
2. Exercising and eating homemade food is beneficial to our health.
3. There are a lot of benefits to attending a private school.

### B. train - trained - training

1. Vivian will receive computer training to improve her skills.
2. Julian had to train himself to be more organised at work.
3. Our company needs to hire trained employees for the new project.

### C. motivate - motivated - motivation

1. Athletes who are very motivated usually get the best results.
2. Good teachers can motivate their students to do well at school.
3. We all need some motivation to deal with difficulties in our lives.

### D. solve - solution

1. Don't panic! The solution to your problems is quite simple.
2. The detective couldn't solve the mystery of the woman's disappearance.

### E. criticise - criticism

1. Positive criticism can actually benefit one's work.
2. You shouldn't criticise Tom! He's really good at his job.

### F. inform - informative - information

1. If you need more information about the summer camp, please contact us.
2. I am pleased to inform you that you have passed your driving test.
3. The course I took was quite interesting and informative.



## WORDS EASILY CONFUSED

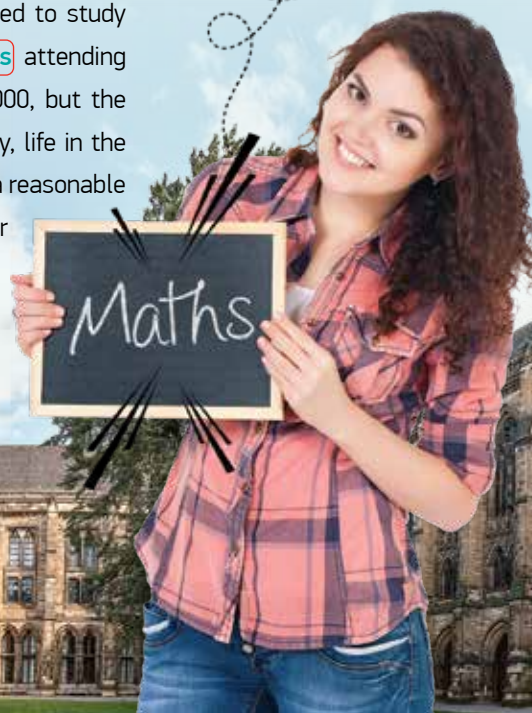
- be able (to do):** to have the necessary skills to do sth  
*(She is able to write with both hands.)*  
**be capable (of doing):** to have the necessary skills to do sth  
*(She is capable of writing with both hands.)*
- include:** to have as part of sth *(Cleaning is included in the price of the room.)*  
**contain:** to have or keep inside *(The box contains toys and books.)*  
**involve:** to have sb/sth as part of an activity or situation  
*(Having your own business involves working long hours.)*
- purpose:** the reason why sth happens or is done  
*(The purpose of this study is to examine the effects of mobile phones on teenagers.)*  
**aim:** a result you want to achieve  
*(The main aim of this project is to improve working conditions.)*  
**goal:** a result you want to achieve  
*(I want to achieve my goal to get good grades.)*  
**target:** a level you intend to achieve  
*(The organisation's target is to increase its sales by 70%.)*
- fee:** the amount of money needed for a professional or educational service  
*(The admission fee to this museum is only €3. / You have to pay high tuition fees at this private school.)*  
**price:** the amount of money expected or given in payment  
*(What's the price of this coat, please?)*  
**cost:** the amount of money needed in order to buy, do, or produce sth  
*(The cost of producing recycled plastic bottles is not high.)*
- highly:** very, extremely *(Stephen is highly educated. He's got two MAs.)*  
**high:** at a distance above the ground *(I have to jump high to reach the top shelf.)*

### 3. Choose the correct option.

My personal <sup>1</sup> **purpose** / **goal** last year was to enter university. I'm really good with numbers and I'm <sup>2</sup> **capable** / **able** of solving difficult maths exercises quickly, so I applied to study economics and I got accepted. The study programme <sup>3</sup> **contains** / **involves** attending daily lectures and writing weekly assignments. The university fees are £9,000, but the <sup>4</sup> **cost** / **price** of accommodation is not <sup>5</sup> **included** / **involved**. Unfortunately, life in the city is very expensive, so I'm afraid it'll be difficult to find a place to stay at a reasonable <sup>6</sup> **price** / **cost**. However, I'm <sup>7</sup> **high** / **highly** motivated and I can't wait for the academic year to start!



SUPER  
COURSE  
ELT PUBLISHING





## PRESENT TENSES 2

### PRESENT PERFECT SIMPLE

I have worked - Have I worked? - I haven't worked  
He has worked - Has he worked? - He hasn't worked

- πράξη που έγινε στο παρελθόν και δε μας ενδιαφέρει πότε:  
Greg **has participated** in many football matches.  
Oh, no! **I've lost** my ticket.
- εμπειρία που (δεν) έχουμε ζήσει:  
I **have never watched** a horror film before.  
This is the best story I've (ever) read. (με υπερθετικό βαθμό)  
This is the first time he **has visited** London. (με τα first/second/... time)
- πράξη που έχει μόλις ολοκληρωθεί (με το just):  
I've **just tidied** the house.

- κατάσταση που ξεκίνησε στο παρελθόν και συνεχίζεται μέχρι το παρόν (με stative verbs και τα work, live, stay):  
He **has known** his best friend since high school.  
I **have lived** in Madrid for 6 years.  
How long **have** you **worked** here?

### KEY WORDS & PHRASES

already (= ήδη), yet (= ακόμη), still (= ακόμη), ever, never, recently, lately, just, once / twice / three times, this week, so far (= έως τώρα), before (στο τέλος της πρότασης)

I've **already** done my homework.  
I haven't found my passport **yet**.  
I **still** haven't travelled by plane. (σε άρνηση)

### PRESENT PERFECT CONTINUOUS

I have been working - Have I been working? - I haven't been working  
He has been working - Has he been working? - He hasn't been working

- πράξη που ξεκίνησε στο παρελθόν και συνεχίζεται μέχρι το παρόν (έμφαση στη διάρκεια):  
I've **been learning** Russian for 5 years.
- πράξη με διάρκεια στο παρελθόν που τα αποτελέσματά της είναι ορατά στο παρόν:  
"Why are your shoes dirty?" "I've **been doing** the gardening."

### KEY WORDS & PHRASES

all day/night

for (+ χρονικό διάστημα) = εδώ και  
I've **been working** here **for** years.

since (+ χρονικό σημείο) = από  
I've **been working** here **since** 1992.

since (+ πρόταση με Past Simple) = από τότε που  
I've **been working** here **since** I graduated.

How long ...? (= Εδώ και πόσο καιρό ...; / Πόση ώρα ...)  
**How long** have you **been working** here?  
**How long** have you **been talking** on the phone?

❗ Μπορούμε να χρησιμοποιήσουμε τα **for, since, How long ...?** και με **Present Perfect Simple** με **stative verbs** και τα **work, live, stay**. **How long** have you **worked** here?

## HAVE BEEN TO / HAVE GONE TO / HAVE BEEN IN

**HAVE BEEN TO** (= έχω πάει κάπου και έχω γυρίσει ή δε βρίσκομαι πλέον εκεί)  
Rebecca **has been to** Japan once.

**HAVE GONE TO** (= έχω πάει κάπου και δεν έχω γυρίσει ή είμαι ακόμα εκεί)  
"Where's Mum?" "She **has gone to** the supermarket."

**HAVE BEEN IN** (= ζω/μένω/βρίσκομαι κάπου + for/since)  
My uncle **has been in** California **for over a decade**.

### NOTE

Στις παρακάτω περιπτώσεις, **ΔΕ** χρησιμοποιούμε πρόθεση:  
He **has been** abroad.  
He **has gone** abroad.

### 1. Fill in with the Present Perfect Simple.

- Jade has already watched (already / watch) this series.
- We have just finished (just / finish) the test.
- They haven't called (not call) us about our order so far.
- Have you brought (you / bring) all the suitcases from the car?
- Scott hasn't answered (not answer) my email yet.
- Has it been (it / be) hot here lately?
- This is the tastiest cake I have ever eaten (ever / eat).

### 2. Fill in with the Present Perfect Continuous.

- The grass is still wet. It has been raining (rain) a lot this week.
- The neighbours have been shouting (shout) at each other for two hours.
- Your hands are dirty. Have you been fixing (you / fix) your bicycle?
- Ricky is lying! He hasn't been studying (not study) history since 9 o'clock.
- Has Margie been working (Margie / work) on this project all day?
- How long have they been living (they / live) in Stockholm?
- I haven't been cooking (not cook) for the party all afternoon.

### 3. Choose the correct option.

- Have you tried sushi?  
a. so far    **b. ever**    c. yet
- Josh has scored four times in the match.  
**a. so far**    b. never    c. before
- They have been making noise over an hour.  
a. since    b. already    **c. for**
- How long have you been staying with Tom?  
a. This month    **b. How long**    c. Before
- I haven't applied to a university yet.  
a. still    b. just    **c. yet**
- It has been snowing heavily yesterday.  
a. lately    **b. since**    c. all day
- We've been chatting online all night.  
**a. all night**    b. before    c. once
- Gina has visited Brazil.  
a. twice    b. ever    **c. never**
- Liam has emailed me the concert details.  
a. still    **b. just**    c. twice
- I haven't met Jennifer before.  
**a. before**    b. ever    c. already

### 4. Choose the correct option.

- Fay isn't here. She has gone to the butcher's.  
a. been to    b. been in    **c. gone to**
- Paul has been in South Africa for 10 years.  
a. gone to    **b. been in**    c. been to
- We haven't been to Ibiza many times.  
**a. been to**    b. been in    c. gone to
- You won't find Mark here. He's gone to the theatre.  
**a. gone to**    b. been to    c. has gone to
- The little kitten has been in the garage for hours.  
a. been to    b. gone to    **c. been in**
- Aunt Laura has never been abroad.  
a. been in    **b. been**    c. been to

### 5. Fill in with the Present Perfect Simple or Present Perfect Continuous.

- You won't find me at my old address. I have just moved (just / move) to Athens.
- Mike has been practising (practise) the piano since 2 o'clock. He should stop now.
- My parents have been learning (learn) traditional dances for 5 years.
- Has Gloria sent (Gloria / send) the wedding invitations yet?
- Have you been sleeping (you / sleep) all afternoon?
- Mia has been ironing (iron) all morning. She looks tired.
- We haven't known (not know) the truth for very long.
- Have they heard (they / hear) from each other since their fight?



# LISTENING

## SHORT CONVERSATIONS

In this type of listening task, you will hear **a number of short conversations**. Each conversation has a short title to tell you what it is about, followed by a question with three options. You are required to choose the best answer to the question based on what you hear.

### TIP

**Before** you listen to the recording, read the titles, the questions and the options carefully.

### TIP

Choose an option **after** you have heard the whole conversation. The correct answer may come at any stage of the conversation.



### 1. You will hear people talking in ten different situations. For questions 1 – 10, choose the best answer. (If necessary, play the recording again.)

#### At home

1. What will the boy do?
- a. tidy the living room
  - b. take out the rubbish
  - ☒ c. do the dishes

#### At the bus stop

2. How will the woman get to Battersea Road?
- a. She will take bus number 22.
  - ☒ b. She will take a bus and then a taxi.
  - c. She will take a taxi and then walk.

#### Shopping

3. The girl's mother persuades her **NOT** to buy a new .....
- a. mobile phone
  - ☒ b. dress
  - c. pair of shoes

#### Going out

4. What is **TRUE** according to what you hear?
- ☒ a. Tim agrees to go with Karen.
  - b. Karen will go to her parents' house alone.
  - c. Tim and Karen will stay in.

#### Complaining

5. The woman ordered .....
- a. steak and chips
  - b. cake with chocolate ice cream
  - ☒ c. chocolate cake

#### A trip to Paris

6. Nicole feels her second trip to Paris was more .....
- a. boring than her first trip
  - b. tiring than her first trip
  - ☒ c. exciting than her first trip

#### Talking to the teacher

7. From the conversation, it can be concluded that .....
- a. Fiona will miss an important class
  - b. Fiona did not see a doctor
  - ☒ c. the teacher will not grade Fiona's essay

#### On the telephone

8. According to the conversation, Kim .....
- a. was expecting John's call
  - ☒ b. used to be John's colleague
  - c. will see John tomorrow

#### Good news

9. What does Mr Turner encourage Paul to do?
- a. work hard this year
  - b. think about his options carefully
  - ☒ c. start applying to universities soon

#### Asking for information

10. When can guests order breakfast without paying extra?
- ☒ a. from 7:30 to 10:30
  - b. from 7:30 to 11:30
  - c. 24 hours a day



# SPEAKING

## TALKING ABOUT EDUCATION



### 1. Read the question and the example. Then, answer the same question about yourself.

**Question:** Do you enjoy school?

*To be honest, I like some aspects of school. I definitely look forward to meeting my friends because we chat / play / have fun / ... during the break. There are also some subjects I enjoy, such as history / literature / ..., which I'm good at. However, I don't really like maths / taking a whole lot of tests / learning things by heart / ... because I think it's a waste of time / too difficult / quite boring / ....*

### 2. Answer the following questions.

1. Do you have a favourite teacher?
2. Where do you prefer doing your homework?
3. What would you like to do when you leave school?

### 3. Discuss the following with a partner.

- Talk together about how important the following are for students.
- Tell each other about which of these you find the most important.

Extracurricular activities  
Modern school facilities and equipment  
Group projects

Highly trained teachers  
School holidays  
Internet access at school

#### TIP

Don't speak too fast. Think carefully about what you want to say and speak a little slower than normal. This way, you will make fewer mistakes.

#### Useful expressions

Personally (speaking), I think that ...  
The way I see it, ...

For example/instance, ...

Do you agree?  
How do you feel about ...?

I (totally) agree with you.  
That's exactly what I had in mind.  
I'm not so sure about that because ...  
I suppose you've got a point but ...

#### Useful vocabulary

play an important role  
help develop students' talents  
give sb the chance/opportunity to  
be vital/essential  
make lessons more interesting/memorable/enjoyable  
learn to work together / cooperate with peers  
encourage teamwork  
motivate students  
help students perform better / improve their grades  
take a break from their studies  
recharge their batteries  
do research online  
provide a variety of information/activities

### 4. Respond to the following statements. You may use the ideas given and/or your own ideas.

1. Learning English should be compulsory in all schools.  
(*is essential for a career / helps us communicate with people from other countries / is the language of the Internet*)
2. School trips offer students a lot of benefits.  
(*learn new things / create unforgettable memories / take a break from school routine*)
3. Students should be able to choose which subjects they take at school.  
(*will be more motivated to study / will focus on what interests them / will achieve their goals more easily*)

#### TIP

If you realise you have made a mistake while you are speaking, don't worry. You can either correct it immediately or just carry on speaking.





When we write, we often need to **show how the ideas between two or more sentences are connected**. To connect ideas, we use **linking words/phrases**. These can express:

ADDITION	CONTRAST	RESULT
and	but	so
Moreover	However	As a result

Note the difference in meaning between these two sentences: *I was tired **but** I walked home.* / *I was tired, **so** I walked home.*

### 1. Read the pairs of sentences (a and b) and answer the questions that follow.

#### 1. **and / Moreover**

- My children's school is in a great location and the facilities are excellent.
- My children's school is in a great location. Moreover, the facilities are excellent.

#### 2. **but / However**

- I've got a lot of homework for tomorrow but it won't take me long to finish it.
- I've got a lot of homework for tomorrow. However, it won't take me long to finish it.

#### 3. **so / As a result**

- John was using his mobile phone in class, so the teacher took it away from him.
- John was using his mobile phone in class. As a result, the teacher took it away from him.

- Which linking words/phrases join two sentences into one longer sentence? **and, but, so**
- Which linking words/phrases are used to begin a new sentence? **Moreover, However, As a result**
- Which linking words/phrases are more formal? **Moreover, However, As a result**

#### TIP

Pay attention to punctuation and don't forget commas where necessary (e.g. *Moreover, ... / However, ... / As a result, ...*).

Before **and** we don't usually use a comma.

Before **but** the use of a comma is optional.

Before **so** we usually use a comma.

### 2. Rewrite the sentences using the linking words/phrases in brackets.

- The trip to the museum was a complete waste of time. It was exhausting.
  - The trip to the museum was a complete waste of time and (it was) exhausting. (and)
  - The trip to the museum was a complete waste of time. Moreover, it was exhausting. (moreover)
- Choosing a university is not an easy decision to make. It is certainly an important one.
  - Choosing a university is not an easy decision to make. However, it is certainly an important one. (however)
  - Choosing a university is not an easy decision to make but it is certainly an important one. (but)
- It has been snowing for two days. All the roads are closed.
  - It has been snowing for two days. As a result, all the roads are closed. (as a result)
  - It has been snowing for two days, so all the roads are closed. (so)

OTHER LINKING WORDS/PHRASES	Moreover	However	As a result
	In addition / Furthermore	Nevertheless / Nonetheless	As a consequence / Consequently

### 3. Underline the TWO best options.

- Texting while driving is illegal. In addition / Furthermore / As a consequence, it is dangerous.
- Jean has been studying hard all year. Nonetheless / As a result / Consequently, her grades have improved.
- Neil has had offers to work abroad. However / As a result / Nevertheless, he prefers not to leave his own country.
- Jim is very cooperative and creative. In addition / Moreover / However, he works well under pressure.
- It was late at night. Nevertheless / As a consequence / Consequently, we couldn't buy any food.
- Tina has never taken German lessons. As a result / Nonetheless / However, she speaks German fluently.
- Playtime develops a child's imagination. Moreover / Nevertheless / Furthermore, it promotes social skills.
- This city is amazing. Nonetheless / Consequently / Nevertheless, I can't imagine spending my whole life here.

# VOCABULARY REVIEW

## TIP

Before you start, remember the TIP on p.19.

### 1. Choose the correct option.

1. I'd like to ..... cooking lessons this year as I want to improve my skills in the kitchen.  
a. sign up  
**b. attend**  
c. enter
2. A lot of educators believe this teaching method is ..... and shouldn't be used anymore.  
a. inevitable  
**b. outdated**  
c. extracurricular
3. The Ministry of Education has announced that there will be changes in the school .....  
**a. curriculum**  
b. priority  
c. collaboration
4. I can't ..... with your problem right now. Let's discuss it later.  
**a. deal**  
b. cooperate  
c. participate
5. You should always talk politely to others. It's a(n) ..... of respect.  
a. argument  
b. rate  
**c. matter**
6. Their disagreement resulted ..... a big fight and they aren't friends anymore.  
a. at  
**b. in**  
c. up
7. I can't do anything right when I am ..... I need to be relaxed and calm.  
a. by heart  
**b. under pressure**  
c. out of the question
8. Annabel really enjoys her studies and has ..... a lot since last year.  
a. graduated  
b. performed  
**c. progressed**
9. Karl can help you with your physics test. He has a good knowledge ..... physics.  
**a. of**  
b. in  
c. about
10. Getting enough sleep on a daily basis is very ..... to our health.  
a. benefit  
**b. beneficial**  
c. benefited
11. Rosie isn't able ..... much Spanish yet as she has only been learning it for two months.  
a. of speaking  
b. to speaking  
**c. to speak**
12. My job ..... working at weekends and travelling a lot.  
a. contains  
**b. involves**  
c. includes
13. Today, you can enter any gallery in the city without paying an admission .....  
a. cost  
b. price  
**c. fee**
14. Lisa ..... from medical school ten years ago but she never became a doctor.  
a. entered  
b. applied  
**c. graduated**
15. Travis is surfing the Internet for ..... on exotic places to visit.  
a. informative  
**b. information**  
c. informing
16. You definitely have to take this course. It's .....  
a. complex  
**b. compulsory**  
c. optional
17. Miss White's students are not ..... to do anything at all.  
**a. motivated**  
b. motivation  
c. motivating
18. Harold had a(n) ..... with his wife about how to decorate their living room.  
a. pressure  
**b. argument**  
c. matter
19. Bethany can't ..... to buy a new house this year as everything is really expensive.  
a. attend  
b. result  
**c. afford**
20. I didn't go to the office last week, so now I have to catch ..... with my work on the project.  
a. on  
**b. up**  
c. behind
21. Some students ..... out of school in order to find a job.  
a. skip  
b. fall  
**c. drop**
22. My cousin applied ..... an MA programme at a university in the Netherlands.  
a. to  
**b. for**  
c. at
23. Modern technology has caused ..... changes to people's everyday routines.  
**a. inevitable**  
b. outdated  
c. effectively
24. Dave, I'm afraid you'll have to retake the chemistry exam because you've ..... it.  
a. cooperated  
b. entered  
**c. failed**



## 1. Choose the correct option.

1. The Earth ..... around the Sun and that's why the seasons change.  
☒ a. goes  
☐ b. is going  
☐ c. it goes
2. Listen! Someone ..... to get into the house. Call the police immediately!  
☐ a. tries  
☐ b. try  
☒ c. is trying
3. Hugh isn't a good student because he ..... his homework every day.  
☐ a. isn't doing  
☒ b. doesn't do  
☐ c. doesn't
4. Paul and Lia haven't met each other .....  
☐ a. still  
☒ b. yet  
☐ c. already
5. We ..... with Aunt Laurel this week as Mum and Dad are on a trip.  
☐ a. stay  
☒ b. are staying  
☐ c. staying
6. I ..... Ray since primary school and we are still good friends.  
☐ a. know  
☐ b. have been knowing  
☒ c. have known
7. The boss ..... lunch at the moment, so you can talk to him.  
☐ a. doesn't have  
☒ b. isn't having  
☐ c. isn't have
8. How long ..... for your end-of-year exams, Mason?  
☐ a. have you studied  
☐ b. are you studying  
☒ c. have you been studying
9. You ..... your clothes on the floor! Stop it!  
☒ a. are always leaving  
☐ b. have always left  
☐ c. always leaving
10. Mrs Lee is not home at the moment. She has ..... her office.  
☐ a. been in  
☐ b. been to  
☒ c. gone to
11. The plane ..... at 2:30 pm. We should hurry up!  
☐ a. is departing  
☒ b. departs  
☐ c. does depart
12. This is the fourth time we ..... Munich. We just love this city!  
☒ a. have visited  
☐ b. have been visiting  
☐ c. visit
13. ..... to the beach this weekend? I want to come with you!  
☐ a. Do you go  
☐ b. Do you going  
☒ c. Are you going
14. Mr Jackson ..... late for work. He is a very responsible employee.  
☐ a. hardly ever is  
☒ b. is hardly ever  
☐ c. hardly is ever
15. I'm worried because Lena ..... from her violin lesson yet.  
☐ a. hasn't been returning  
☐ b. isn't returning  
☒ c. hasn't returned
16. What have you been doing since you ..... from university?  
☐ a. have graduated  
☐ b. have been graduating  
☒ c. graduated
17. We ..... Sunday lunchtime at home because we prefer eating out.  
☒ a. don't usually spend  
☐ b. don't spend usually  
☐ c. not usually spend
18. Our grandparents have ..... Liverpool for 30 years even though they grew up in London.  
☐ a. been to  
☒ b. been in  
☐ c. gone to
19. My brother has been learning how to play the guitar ..... 2016.  
☐ a. for  
☒ b. since  
☐ c. until
20. .... this puzzle? I can't find the correct answer on my own!  
☒ a. Do you understand  
☐ b. Are you understand  
☐ c. Are you understanding
21. I ..... I saw James in a black car in the town centre yesterday but I'm not sure.  
☒ a. think  
☐ b. am thinking  
☐ c. thinking
22. Thomas isn't here. He has ..... abroad for his summer holidays.  
☒ a. gone  
☐ b. been  
☐ c. gone to
23. This soup ..... weird. Don't eat it. You can have a salad instead.  
☐ a. tasting  
☐ b. is tasting  
☒ c. tastes
24. I ..... haven't finished my project, so I can't go out tonight.  
☒ a. still  
☐ b. yet  
☐ c. already
25. My daughter ..... classes as she enjoys school very much.  
☐ a. skips never  
☒ b. never skips  
☐ c. is never skipping
26. The children ..... in the park all afternoon. They must be exhausted.  
☐ a. are playing  
☐ b. have played  
☒ c. have been playing
27. Has your sister been Mr Baker's secretary ..... many years?  
☐ a. since  
☒ b. for  
☐ c. so far

# LISTENING TRANSCRIPTS



**B2**  
**INSIDER**  
EXAM PREPARATION COURSEBOOK



## UNIT 1

### RESPONSES

P.16

#### EXERCISE 1

1. Do you want to go swimming today?
2. What does Ben look like?
3. Did Alan cook this dish himself?
4. When are you staying at Kate's?
5. What is Jim studying at university?
6. Are these your glasses?
7. My birthday is in May.
8. Excuse me, can you help me?
9. Is it cold outside?
10. I need to get some exercise.

## UNIT 2

### SHORT CONVERSATIONS

P.32

#### EXERCISE 1

##### 1. At home

- F: Why are you lying on the couch? Get up! There are still lots of chores we need to do before Mum and Dad get home.
- M: Like what? I've already taken the rubbish out. Don't tell me there's more!
- F: Of course there is. Just look at the living room. It's a mess! And the sink is full of dirty plates and glasses. Mum and Dad will know that we've had a party and then we'll get into trouble.
- M: Well, tell me what you want me to do.
- F: I'll tidy up in here, and you can wash the dishes.
- M: OK.

##### 2. At the bus stop

- F: Excuse me! Does this bus go to Battersea Road?
- M: I'm afraid not. You normally need to take bus number 22, but it doesn't run at weekends.
- F: Oh, dear! I didn't know that. What am I going to do now?
- M: You can take bus number 20, get off at the last stop, and then take a taxi the rest of the way. Or you could walk, but it's a good mile or so.
- F: I've got all these bags to carry. I think your first suggestion sounds better.

##### 3. Shopping

- F1: Mum, can you take me to the shops? I need a new dress.
- F2: I thought you were saving up for that new mobile phone you wanted.
- F1: I am, but it's Kate's birthday party next Saturday, and I don't have anything to wear.
- F2: But you bought a new dress last week! And the week before that, a new pair of shoes. If you want that new mobile soon, you'll have to stop spending so much money.
- F1: You're right, Mum. I suppose I could wear the one I bought last week.

##### 4. Going out

- F: Tim, are you ready to go?
- M: Ready for what?
- F: Don't you remember? We promised my parents we'd visit them tonight.

M: Oh, no! I forgot. I'm really tired and I'd rather stay in tonight. Can't we visit them another time?

F: We never go anywhere anymore because you're always tired. We haven't been out for months. Well, I'll go alone then. I'd like us to go together, but I can't make you come if you don't want to.

M: OK, Karen. Just give me ten minutes to get ready.

##### 5. Complaining

- F: I don't know why you didn't let me complain to the manager.
- M: Because you would have made a scene, that's why. Couldn't you tell that the waiter was new?
- F: Yes, but that doesn't mean I shouldn't say anything. He didn't bring me what I asked for. I ordered a steak with rice, not chips. And the chocolate cake had ice cream on it, when I specifically said that I didn't want any ice cream at all.
- M: Listen, I'm sure that next time we go, it'll be much better.
- F: You must be kidding! I don't think I'll ever go to that restaurant again.

##### 6. A trip to Paris

- F1: Hi, Nicole. I heard you went on a trip last weekend. Where did you go?
- F2: Paris.
- F1: But weren't you in Paris a few months ago?
- F2: Yes, I was. But that was my first time, and I got bored because I was there on business. This time, I visited all the famous sights and it was amazing!
- F1: That sounds exhausting.
- F2: Ha ha! Not at all. It was really worth it.

##### 7. Talking to the teacher

- F: Excuse me, sir. Can I talk to you for a minute?
- M: What seems to be the problem, Fiona?
- F: I missed classes last week because I had the flu. But I've done the essay you gave the class while I was sick and I was wondering if you'd be willing to grade it.
- M: I'm sorry you were sick, Fiona, but I can't. You must bring me a note from your doctor.
- F: Really? I didn't know that I had to bring a doctor's note. I would've asked him to give me one if I had known.
- M: There's nothing I can do about it, Fiona. School rules, I'm afraid.

##### 8. On the telephone

- F: Hello!
- M: Hi, Kim. It's John Merchant.
- F: John! What a pleasant surprise! We haven't spoken since I left the company.
- M: Yes, it's been over a year.
- F: So, are you still working in London?
- M: Yes, but I'm here in Manchester for two days on business. I'm also coming in July for a week.
- F: Great! So, when can we meet?
- M: What about going out for dinner tonight? I haven't got any meetings until tomorrow morning. I can pick you up at 8:00.
- F: That'd be lovely. See you then.

##### 9. Good news

- M1: Congratulations, Paul! I just heard the good news.
- M2: Oh, thanks, Mr Turner.

- M1: You worked very hard this year. You deserved to pass, Paul.  
M2: I don't think I would have been able to get such high grades without your help.  
M1: So, which universities have you applied to?  
M2: I have a couple in mind. But I still have some time to think about it.  
M1: Well, don't take too long. The deadlines for applications are next week.

### 10. Asking for information

- M1: You're in room number 302, on the third floor. Here's your key.  
M2: Thanks. Oh, and one more question. What time is breakfast served?  
M1: Breakfast is served from 7:30 to 10:30 in the restaurant. Or it can be brought to your room if you prefer, at no extra cost. You can also order breakfast up until 11:30, but there's an extra charge. However, our kitchen is open 24 hours a day with a selection of sandwiches and salads. You'll find a menu with all the prices in your room.  
M2: Thank you very much.

## UNIT 3

### LONGER CONVERSATIONS & MONOLOGUES P.48

#### A leisure activity

- F: Come on, John! We have to do something!  
M: I know. You're right. But I just don't have the energy to get up.  
F: (1)That's what you always say! I've had enough of this! We always get back from work and sit in front of the TV. We've become real couch potatoes. Tell you what ... why don't we go to the park? We can put on our trainers and go for a jog. But nothing too fast because (1)we're both out of shape.  
M: I don't feel like it. Look at all those dark clouds. Not to mention it's freezing outside.  
F: A little rain never hurt anyone, John, and we'll be running so we won't feel the cold. Why don't you just say that you don't want to do anything?  
M: (2)That's not true. I just don't see the point of running around doing nothing else. You have to admit ... there's nothing exciting about it.  
F: But everyone says it's one of the best forms of exercise there is, and it costs next to nothing. Listen, (3)how about joining the gym that's just opened down the road? It's really close, so it won't take us long to get there.  
M: Hmm ... OK. Everyone says it's really good. And they offer a variety of classes ... like aerobics, CrossFit and TRX. I'm sure we'll find something that we can both enjoy.  
F: Great!

#### First day at university

- F: Hello. Can I help you?  
M: Yes, please. I'm a new student here and I don't know where to go.  
F: Well, if you give me your name, I can check on the computer and tell you.  
M: Thank you. Er, my name is Philip Barson.  
F: Let me just check ... Philip Barson ... Right, you're in room 214, which is upstairs, the first room on your right. But you'll have to get your student card first. (4)You can pick it up in the meeting room. That's downstairs, next to the cafeteria.

- M: But I'll be late for my lesson if I go there now. I'd rather not be late on the first day.  
F: Lessons start in fifteen minutes, and if you've brought a photo with you, you should finish quite quickly.  
M: A photo? I didn't know I had to bring one.  
F: Well, we sent an email to all our new students telling them to bring a photograph with them. Didn't you get it?  
M: (5)Oh, now that you mention it, I remember reading it. I forgot about the photo, though.  
F: I see. (6)Well, you can get your picture taken downstairs, but you'll have to pay six pounds for it and you'll have to wait in line, too.  
M: So, I will be late for my first lesson after all.  
F: Don't worry too much about it. It's only the first day and most students will be late anyway. It always happens.

#### A radio show

Good afternoon, listeners. (7)On last week's show, we learnt how to make the best chocolate truffles ever. Today, we will be talking about the history of chocolate because anyone who wants to be called a cook or a chef should know all about this most delicious sweet.

The history of chocolate started thousands of years ago, in Mesoamerica, the area known today as Central America. The Maya lived there for a long time and some of them still do even today. Their history started around 4,000 years ago, but the first cities were built around 750 BCE. As in ancient Greece, their civilisation was made up of numerous independent cities. (8)The Maya developed their own written language and number system, they wrote plays and they were good at art, building and maths. They were also the first people to discover cocoa, or as they called it, cacao. Cacao was very important for the Maya. In fact, it was so important that it was used as money. (9)As a drink, the Maya would add cacao to a cup of hot water and probably some chilli pepper, and they called this "xocolatl", which means "bitter water". It was bitter because there was no sugar in Mesoamerica at that time. The Maya drank this during important celebrations and would even give it as a reward to soldiers who won important battles. When cacao was first introduced to Europe, it was used as medicine. But, with the addition of honey, sugar or vanilla, it quickly became the chocolate we all love today.

## UNIT 4

### EXTENDED DIALOGUE: TRUE / FALSE P.64

#### Talking about holidays

- M: Hi, Katherine. Come and have a look! I'm so excited!  
F: What's up? What's all this stuff, Neil?  
M: (1)Well, I went to the travel agency and picked up some holiday brochures.  
F: (1)Great! It's about time we booked our holiday.  
M: Anyway, I know we talked about going to Italy this year, but I found these adventure holidays and I thought we could have a look at them.  
F: (2)What's an adventure holiday?  
M: (2)Sit down and I'll explain it to you. This one, for instance, is a water adventure holiday. It includes windsurfing, scuba diving and sailing lessons.  
F: That sounds great, Neil. (3)But I was really looking forward to a few days in a remote place, away from everything. I told you I need to get away from all the hustle and bustle of the city.