

Education

Extra vocabulary

1 Match each word in *italics* with a word or phrase that has a similar meaning.

When in Rome, do as the Romans do ...

Studying abroad is a great ¹ *opportunity*, and for many people, it's a ² *dream* come true. However, it is important to ³ *realize* that people in other cultures may think and behave differently. In some cultures, for example, your ⁴ *options* of what to wear may be different. It may also be wrong to drink alcohol, or for women and men to ⁵ *mingle* in certain places. If you go to another country on a study trip, try to ⁶ *respect* the culture you are living in. You may not be ⁷ *at ease* with certain things, but do not think that your ⁸ *values* are always better. Try to understand, and live as the local people live.

- a ___ choices e ___ show consideration for
 b ___ chance f ___ socialize
 c ___ ambition g ___ comfortable
 d ___ standards h ___ understand

2 Read this text. Then choose the correct meaning of each word in *italics*.

Think of a world where you can learn at any time, and in any place. Where you make the ^a *rules* and can even study without going to class. Well, the World Wide Web gives you the ^b *chance* to do all this and more. Today, there are thousands of courses available for people to ^c *choose*. Learning online is popular for ^d *independent* learners who prefer to study at their own speed. Plus, the ^e *fees* are lower, and you can get ^f *support* 24 hours a day. In the future, you can ^g *expect* that more and more of us will ^h *participate* in this kind of education.

- a 1 regulations 2 decisions
 b 1 time 2 opportunity
 c 1 select 2 support
 d 1 wealthy 2 self-sufficient
 e 1 costs 2 standards
 f 1 help 2 access
 g 1 say 2 anticipate
 h 1 ask about 2 take part in

3 Complete the text with the words in the box.

equals academic regulations encouraged allowed individually respected creative

A teacher I remember

I am not a very ^a _____ person, so I didn't really enjoy school. I'm pretty independent, so I didn't like all the rules and ^b _____. However, I remember Mr. Rutter. He was my chemistry teacher in high school. I really ^c _____ him because he treated us all as ^d _____. There were a lot of students in the class, but he always tried to help us ^e _____. His lessons were very ^f _____, too. He always ^g _____ us to do our best, and even ^h _____ us to choose what we wanted to study.

Relationships

Extra vocabulary

1 Match each word or phrase in *italics* with a word or phrase that has a similar meaning.

St. Valentine's Day

Did you ever ¹ *wonder* about the origins of St. Valentine's Day? The ² *tradition* of sending Valentines – secret messages that say “I love you” – was ³ *introduced* in the year A.D. 270. The Roman Emperor Claudius made it illegal to get married because he wanted more single men for his army. However, a priest named Valentine continued to marry young ⁴ *couples* in secret. When the emperor discovered this, he ordered Valentine to be killed. The ⁵ *date* when Valentine died was February 14. Today, St. Valentine's Day is a day when it is ⁶ *common* for many people around the world to give ⁷ *romantic* gifts to the ones they ⁸ *love*.

- a ____ men and women
- b ____ loving
- c ____ begun
- d ____ popular
- e ____ day
- f ____ custom
- g ____ ask yourself
- h ____ care for

2 Read this text. Then choose the correct meaning of each word or phrase in *italics*.

My family

I am from Kuwait, where family is very important. For us, the family is a place where each individual family member can find a support. Family members can ask the family for help if they need something. For example, they can ask for help to buy a car, start a ^a *business*, or celebrate an ^b *important* event such as a wedding. When someone is old or ^c *sick*, everybody helps him or her. For us, it is ^d *surprising* that people in other countries send their ^e *elderly* relatives to ^f *nursing homes*, making them the responsibility of strangers. We would ^g *hate* to do this. We think our family should ^h *take care of* us. Each individual supports the group, and the group supports each individual.

- a 1 help 2 cooperation
- b 1 popular 2 significant
- c 1 unwell 2 tired
- d 1 wonderful 2 difficult to understand
- e 1 old 2 sick
- f 1 hospital 2 care homes
- g 1 agree 2 dislike very much
- h 1 care for 2 think about

3 Complete the text with the words and phrases in the box.

complaint However look forward to
quality punishments surprised trouble

Listening is important

We shouldn't be ^a _____ to learn that most young people have problems when they are growing up. ^b _____, for many of them, it is hard to talk about these problems with their parents. What's more, when they get into ^c _____, their parents often don't help them, they simply punish them. Better communication between parents and children is the key. Many children have the same ^d _____ – that their parents do not spend enough ^e _____ time with them. Young people need support and love from their parents, not ^f _____. They should be able to ^g _____ coming home. After all, young people in trouble really just want someone to talk to.

Extra vocabulary

1 Match each word or phrase in *italics* with a word or phrase that has a similar meaning.

Yo-Yo Ma is no ¹ *ordinary* cello player. Born in 1955 in Paris to Chinese parents, his ² *career* as a musician began at the age of four, when he started to study the cello with his father. Later, he continued ³ *training* in music at Harvard University. Today, he is ⁴ *renowned* as one of the most ⁵ *talented* musicians in the world, with over 75 albums and 15 Grammy® awards. He has also recorded music for many movies, and ⁶ *performed* in front of audiences all around the world. His music combines both Asian and Western cultural and artistic traditions. ⁷ *Critics* particularly like “The Silk Road Project,” which ⁸ *demonstrates* the influence of Asian culture around the world.

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|---|-----|-----------|---|-----|--------------|
| a | ___ | average | e | ___ | shows |
| b | ___ | education | f | ___ | reviewers |
| c | ___ | played | g | ___ | gifted |
| d | ___ | famous | h | ___ | working life |

2 Complete the text with the words in the box.

bands	compose	history	imagine
melody	musical	remember	reminds

A jingle is a short phrase that ^a _____ you of a company’s name or its product. Nike’s “Just do it” and Toyota’s “Drive your dreams” are jingles. Often, a jingle has a ^b _____, to make it easier to ^c _____. The ^d _____ of ^e _____ jingles is said to go back to 1939, when Pepsi made the first radio jingle. Coca-Cola then made many jingles of their own, such as “The Real Thing” and “Always Coca-Cola.” Today, both companies pay top international ^f _____ millions of dollars to ^g _____ and sing their jingles.

3 Read this text. Then choose the correct meaning of each word or phrase in *italics*.

Music in the movies

Imagine watching a movie with no music! When movies ^a *first* began, there was no sound, so orchestras played music in the movie theaters to ^b *make* the movies more enjoyable! ^c *Today*, the music that goes with a movie is an important ^d *element* of the movie itself. You probably don’t know the name James Horner. However, you may know his music. He is one of the most ^e *well-known* composers of movie music in the world. He has composed the music for a lot of ^f *top* Hollywood movies, including the most ^g *popular* movie ever – *Titanic*. In fact, people often remember the music from a movie more than the movie itself! Perhaps you can’t remember the movie *The Bodyguard*, but you might remember the song “I Will Always Love You,” ^h *performed* by Whitney Houston. It sold millions of copies worldwide and became one of the biggest-selling songs in history.

- | | | | | |
|---|---|------------|---|----------------|
| a | 1 | previously | 2 | originally |
| b | 1 | cause | 2 | create |
| c | 1 | These days | 2 | At this moment |
| d | 1 | amount | 2 | part |
| e | 1 | respected | 2 | famous |
| f | 1 | important | 2 | maximum |
| g | 1 | common | 2 | successful |
| h | 1 | sung | 2 | acted |

Happiness

Extra vocabulary

1 Complete the text with the words in the box.

aggressive alone enjoyment future
optimistic trouble worried

Healthy in body, healthy in mind

For a long time, researchers have known that physical activity increases ^a _____ of life and prevents depression. But the ^b _____ was that they didn't know exactly why. Now, however, we have the answer: exercise increases levels of phenylethylamine. This is a chemical in your body that puts you in a good mood and makes you feel more ^c _____. Whether your exercise is something you do ^d _____, like perhaps jogging, or a more ^e _____ team sport, like rugby, phenylethylamine will make you happy. So in the ^f _____, doctors can be more confident when they tell their ^g _____ patients to start exercising, rather than giving them pills.

2 Read this text. Then choose the correct meaning of each word or phrase in *italics*.

Superman

For many years, Christopher Reeve was ^a *renowned* for playing the movie character Superman in the Hollywood movies. But in 1995, he broke his neck in a horseback riding ^b *accident* and spent the rest of his life in a wheelchair, almost completely unable to move. He also needed a machine to help him breathe. However, despite his ^c *disabilities*, Reeve refused to be ^d *depressed* and fought back. Four years after his terrible accident, he received an award for his autobiography, *Still Me*. It is a ^e *humorous* story of his life, showing both his ^f *courage* and his ^g *optimistic* nature. That same year, he also won an award for starring in the movie *Rear Window*. "Nothing's impossible," he said. "Demand the best of yourself and demand the respect of people around you." He died in 2004, after a heart attack. His example should ^h *provide* encouragement and inspiration for people everywhere.

- | | | | |
|------------------------|-------------------------------|--------------------|--------------------|
| a 1 employed | 2 well-known | e 1 funny | 2 short |
| b 1 competition | 2 disaster | f 1 anger | 2 bravery |
| c 1 cost | 2 physical impairments | g 1 hopeful | 2 uncertain |
| d 1 unhappy | 2 silent | h 1 give | 2 ask for |

3 Write each word in *italics* in the correct column.

Time for chocolate

Chocolate is good for you! Research shows that chocolate can make you happier and healthier. A *study* found that chocolate can help *prevent* cancer and heart disease. In addition, it showed that chocolate can be *effective* when used as a *painkiller*. The study *revealed* it can also help you *relax* and improve your memory. It can even act as an anti-depressant. So that's why eating chocolate makes you happy! Chocolate is also known to contain a lot of *healthy* vitamins and *minerals*. So, the next time you want to eat chocolate, go ahead!

Nouns	Adjectives	Verbs
_____	_____	_____
_____	_____	_____
_____	_____	_____

Fashion and beauty

Extra vocabulary

1 Complete the text with the words in the box.

fashion	media	millions	personalities
popular	successful	supermodels	talented

End of the supermodel?

Until fairly recently, ^a _____ were on every magazine cover, in every newspaper, and on TV all the time. They were making ^b _____ of dollars. Yet the people we now see most often in the ^c _____ are not supermodels. They are actors and other ^d _____. These people are becoming more ^e _____ and replacing the supermodels as examples of glamour and ^f _____ today. Perhaps this is a good thing, as to be ^g _____, they need more than just good looks – they have to be ^h _____ as well. “I don’t think that people are that interested in models anymore ... It says a lot about our society, and I think it’s good,” said Calvin Klein.

2 Read this text. Then choose the correct meaning of each word or phrase in *italics*.

Looking good?

When you think about eating ^a *disorders*, you probably think about people who are worried about being too fat. But some people – often men – worry about being too thin. From boys playing with ^b *muscular* action figures to men watching their favorite sports or action movie stars, the message is clear: you have to be big to be a man. Perhaps this explains why bodybuilding has grown so much since the 1980s. These days, there are millions of bodybuilders around the world. Some bodybuilders are so ^c *anxious* about their ^d *image* that they take drugs to help them ^e *put on* weight and muscle more quickly, ^f *risking* serious physical problems in later life. They may also suffer mental health problems and become too ^g *critical* of their own appearance, never believing that their muscles are big enough. It seems that everyone, no matter what size, has problems developing a positive ^h *attitude* to his or her body.

- | | | | | |
|---|---|-----------------------|---|--------------------------|
| a | 1 | diseases | 2 | problems |
| b | 1 | strong | 2 | popular |
| c | 1 | happy | 2 | concerned |
| d | 1 | appearance | 2 | weight |
| e | 1 | gain | 2 | reduce |
| f | 1 | making plans for | 2 | increasing the danger of |
| g | 1 | satisfied with | 2 | disapproving of |
| h | 1 | way of thinking about | 2 | way to exercise |

Mind and body

Extra vocabulary

1 Read this text. Then choose the correct meaning of each word or phrase in *italics*.

Technology can help ¹ *the elderly* to live more ² *independently*. This is the main ³ *goal* of AgeLab at the Massachusetts Institute of Technology. Researchers are developing computers that link elderly people with such ⁴ *conveniences* as transport and meal services. For people who find it difficult to ⁵ *attend* appointments with doctors, there are special televisions that make it possible to have a ⁶ *health* check with a doctor without leaving home. There are even refrigerators that ⁷ *kindly* make their own shopping lists, and a computer telephone service that calls twice a day and then tells family or friends if there is no answer. Clearly, researchers are ⁸ *determined to* make life for elderly people as healthy and active as they can.

- a ___ services
- b ___ old people
- c ___ purpose
- d ___ freely
- e ___ go to
- f ___ fitness
- g ___ certain that they can
- h ___ thoughtfully

2 Match each word or phrase in *italics* with a word or phrase that has a similar meaning.

The secret of a long life

If you've ever wondered what life is like past the age of 100, then ask American George Stratton. He is an ^a *energetic* and ^b *youthful* 102-year-old from Wisconsin, U.S. So what's his secret for living a long and happy life? First, he reduces ^c *stress* by not worrying about things too much. "A laugh is better than a ^d *pill* any time," he says. Although he tries to keep ^e *fit*, he believes ^f *relaxation* is important, too. He also eats ^g *healthily* and doesn't have snacks. He stopped smoking cigars 20 years ago and drinks alcohol only ^h *in moderation*. He thinks old age is wonderful!

- | | | | | |
|---|---|----------|---|---------------|
| a | 1 | happy | 2 | active |
| b | 1 | childish | 2 | young-looking |
| c | 1 | tension | 2 | weight |
| d | 1 | a tablet | 2 | a present |
| e | 1 | calm | 2 | in good shape |
| f | 1 | rest | 2 | exercise |
| g | 1 | a lot | 2 | well |
| h | 1 | a little | 2 | at home |

Extra vocabulary

1 Match each word in *italics* with a word or phrase that has a similar meaning.**Murder Mystery Weekend**

Do you like Agatha Christie stories? Then you'll enjoy a ¹ *delightful* Murder Mystery Weekend at Twyford Towers Manor.

You can ² *expect* an unforgettable weekend of murder and mystery. Arrive on Friday evening for a welcome party, and then dinner. As you relax and meet other guests, the ³ *entertainment* begins. Someone is killed, and you must find out who the murderer is! You have that evening and all day Saturday to talk to guests and do your best to ⁴ *trap* the murderer before he or she ⁵ *escapes*. On Saturday evening, there will be a formal dinner, and then the mystery is solved.

Come and have a great weekend with us! We ⁶ *recommend* you ⁷ *book* early to avoid disappointment: (827) 482-9665. \$250 per person. It's ⁸ *excellent* value!

- | | | |
|-----------------|--------------------------|-----------------------|
| a ___ very good | d ___ catch | g ___ very pleasant |
| b ___ fun | e ___ suggest | h ___ look forward to |
| c ___ gets away | f ___ make a reservation | |

2 Complete the text with the words in the box.

adventure amazing experience favorite journey
Open-minded travel unforgettable

The world's first travel agency

In 1841, Englishman Thomas Cook began the world's first travel agency. He organized rail trips around England, making all the arrangements and providing good-quality accommodations and food. It was an ^a _____ success. The idea of ^b _____ for leisure, rather than work, became popular, and the "tourist" was born. ^c _____ people wanted to ^d _____ new things and enjoy a little ^e _____. In 1856, Cook started his Circular Tour of Europe, and later arranged tours to faraway places like Egypt, India, and the U.S. In 1872, Cook was able to offer the world's first around-the-world vacation – an ^f _____ 212-day ^g _____ by ship across the Atlantic, stagecoach from the east to the west coast of America, then a ship to Japan, and an overland trip across China and India. Today, Thomas Cook is one of the world's ^h _____ travel agencies.

3 Read this text. Then choose the correct meaning of each word in *italics*.**Explorers of the future**

The ^a *explorers* of the future will not travel across the oceans in ships, but go deep into space, in spaceships. ^b *Expeditions* into space will ^c *attempt* to map the stars and ^d *discover* new planets. NASA (The National Aeronautics and Space Administration, a U.S. government agency) aims to return to the moon before 2020, and is making plans for human ^e *exploration* of Mars and other planets. Many experts believe there is water on Mars. In fact, The Mars Society is an international ^f *network* of people all over the world who support the idea of human exploration of Mars. In 2008, the National Space Society ^g *launched* a new Space Ambassadors Program. The aim is to train volunteers to educate the public and promote the benefits of space exploration and research.

- | | | | |
|-----------------|------------|-----------------|----------------|
| a 1 adventurers | 2 tourists | e 1 development | 2 study |
| b 1 Journeys | 2 Tours | f 1 system | 2 organization |
| c 1 struggle | 2 try | g 1 started | 2 opened |
| d 1 notice | 2 find | | |

The gender gap

Extra vocabulary

1 Match each word or phrase in *italics* with a word or phrase that has a similar meaning.

Although women today have more ¹ *rights* than ever before, there is still a long way to go before they can enjoy ² *equality with* men. Research shows that in many countries, women earn less than men. Also, fewer women in ³ *professional* jobs reach the top jobs. There are far fewer women CEOs (chief executive officers – people in charge of companies) than men CEOs. Men have far more opportunities for exerting power than women. Japan, for example, has one of the lowest proportions of women in ⁴ *government* of any developed ⁵ *nation*. In some countries, such as Saudi Arabia, women still cannot ⁶ *vote*. Also, many cultures still have a strong ⁷ *belief* that a son is better than a daughter. In countries like India and China, this causes a great ⁸ *division* in the population, as there are now many more boys than girls.

- a ____ country
- b ____ the same opportunity as
- c ____ split
- d ____ political power
- e ____ qualified or skilled
- f ____ participate in elections
- g ____ idea
- h ____ social and legal freedom to act

2 Choose the word or phrase that has a similar meaning to the words in *italics*.

Not so different after all?

There are many books that support the idea that men and women are basically different. Some are very popular. However, experts are starting to question whether this view of gender difference is correct. Those who ^a *disapprove of* such books say they tend to be very male-centered and simply ^b *support* negative sexist stereotypes. They say that the ^c *behavior* of men and women, and the ^d *feelings* they have, are learned in society. “We found that women and men are far more alike than they are different,” say experts Barnett and Hyde. They ^e *criticize* those who say men and women are from different planets. Researchers like Barnett and Hyde argue that all we need is support, love, and ^f *understanding*. They ^g *encourage* us to see ourselves as similar. The key to a successful relationship, they say, is to ^h *appreciate* just how similar we are.

- | | | | |
|---------------------|--------------------|-------------|--------------|
| a 1 like | 2 don't agree with | e 1 copy | 2 attack |
| b 1 confirm | 2 blames | f 1 fun | 2 acceptance |
| c 1 way of thinking | 2 actions | g 1 urge | 2 want |
| d 1 emotions | 2 experiences | h 1 realize | 2 agree |