

**WORKBOOK**  
**AND DIGITAL WORKBOOK WITH KEY**

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**FOURTH EDITION**



# READY FOR

**LUCY HOLMES**

 macmillan  
education

**B2**  
**FIRST**

## Reading and Use of English Part 7 Multiple matching

## Don't forget!

If there are any questions you have not answered, scan the whole text again to look for the information you need.

- 1 You are going to read an article in which four people talk about their lifestyles. For questions 1–10, choose from the people (A–D). The people may be chosen more than once.

## Which person states

- running out of money forces them to give something up?  
 their partner is keen for them to have a lifestyle change?  
 they'd like to be able to take more time off to relax?  
 more sleep at night would have a beneficial effect on their life?  
 they've become more eager to try new sports?  
 they undertook a building project as part of a lifestyle change?  
 they get great pleasure from their journey to work?  
 a change in career led to a positive outcome?  
 they are motivated to do physical exercise by their partner?  
 their previous job used to be very demanding?

1	
2	
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9	
10	

- 2 In the following two sentences from the magazine article, the word **run** is used with different meanings.

*This is a direct result of **running** my own real estate agency.*

*I can't make up my mind at the moment – I need to soon or she'll **run** out of patience!*

Match the expressions with **run** (1–8) to their meanings (a–h).

- |                                  |                                                                                           |
|----------------------------------|-------------------------------------------------------------------------------------------|
| 1 to run a tight ship            | a to be in a bad situation where there is a possibility of something bad happening to you |
| 2 to run in the family           | b to finish naturally                                                                     |
| 3 to be running on empty         | c to try to escape                                                                        |
| 4 to run your eye over something | d to look quickly at the whole of something                                               |
| 5 to run for office              | e to control something firmly and effectively                                             |
| 6 to make a run for it           | f to continue to be active with little energy left                                        |
| 7 to run the risk of             | g refers to a quality or ability that many relatives have                                 |
| 8 to run its course              | h to try to be elected                                                                    |

- 3 Complete the sentences using the correct form of the expressions from Exercise 2. There is one expression you will not need. There is an example at the beginning (0).

- 0 Would you mind running your eye over my proposal for the meeting?  
 1 It appears you have an excellent talent for drawing. Does it \_\_\_\_\_?  
 2 The thieves \_\_\_\_\_ after robbing the bank in the High Street.  
 3 The local councillor \_\_\_\_\_ losing her seat this year.  
 4 I must consider coordinating my campaign of \_\_\_\_\_ of society president.  
 5 I think our friendship has \_\_\_\_\_ as we don't contact each other anymore.  
 6 Sandra \_\_\_\_\_ and was a strict manager before she retired.

## MAKING A POSITIVE CHANGE

Four people were asked how they'd change their lifestyle and why.



## A Luke

I've wanted to make improvements to my life for as long as I can remember. But it's easier said than done, isn't it? It's just getting rid of bad habits that I have come to accept in my life as normal, I guess. I tend to work long hours. This is a direct result of running my own real estate agency. Usually, with people who have regular jobs, when it's the weekend or evening, it signals a time to put your feet up and switch off. With me, this is a rare occurrence. I'm not exactly tied to my phone, but it's my responsibility if something goes wrong. I can't ignore it because there's no one else to solve the problem and sometimes it can't wait until Monday morning. My wife wants us to take a year out and just see the world. We're lucky that we have the finances to do it, but I can't make up my mind at the moment – I need to soon or she'll run out of patience!



## B Sophia

To be honest, I really don't have a great deal to complain about when it comes to the way I live my life. This isn't to say I don't spend countless hours trying to improve it, though. I'm always trying something different. I used to stick to the same thing and was very much a creature of habit. I wasn't very daring at all. These days, I'm far more adventurous. From time to time, I'll get bored with going for a jog, so I'll do a course in skiing or scuba diving or anything random like that. Then, I'll get bored of it or simply won't have the cash and I'll get my running kit on again. I always seem to come back to that because it's just a case of putting on some trainers. I suppose the main thing is that it's good to stay active, especially as you get older. Luckily, my boyfriend feels the same way as me in this regard, so we encourage each other.



## C Elizabeth

I guess the single most useful thing for me would be to start again and completely change direction in terms of my chosen work path. But that's not going to happen any time soon, so in a close second place, I'd have to say turning my light off at a decent time would be a fantastic idea. It sounds so simple, doesn't it? But, for some reason, it isn't. I usually go upstairs and start reading. If I get into something good, this means going to sleep late. If I could wake up late, it would be OK, but I can't. I just get into a vicious circle this way, and I'm sure I'm not alone. So, I have to rely on my alarm and set off early the next morning. I must say, though, that my bike ride is a great start to the day. I absolutely love it, especially when I see all the traffic jams and stressed out drivers on the way. I wouldn't want to change this. I didn't use to do it and I can honestly say I even enjoy it in the pouring rain. That surprises a lot of people.



## D Daniel

I often have moments to think about how I can change my life. The thing is there's a difference between thinking about it and actually doing it. I'm proud that I've actually managed to do so because there was a point when I thought I couldn't. I used to work in London and had to commute in from the suburbs every day. My day would start at around 6, and I wouldn't be back home, relaxing on my sofa, until around 12 hours later. Then when we had kids, I decided to give up my high-powered job and instead took on something much more manageable. This was stressful for me at the time, especially when we were renovating our new home, but I have no regrets. It's a simple lifestyle, but I guess that's the whole point. Shorter working hours mean I get to catch up on stuff during the week that I'd have usually had to find time for at weekends and this is great.



## Vocabulary Lifestyle

Write the words in the correct order to make sentences. There is an example at the beginning (0).

- 0 quite / grandmother / My / has / lifestyle / sedentary / a  
*My grandmother has quite a sedentary lifestyle* \_\_\_\_\_.
- 1 American / I / know / way / little / very / about / life / the / of  
 \_\_\_\_\_.
- 2 job / My / means / I / lifestyle / a / stressful / have  
 \_\_\_\_\_.
- 3 of / you / the / people / private / Are / lives / interested / in / famous  
 \_\_\_\_\_?
- 4 active / was / When / he / young / he / a / very / had / lifestyle  
 \_\_\_\_\_.
- 5 your / How / lifestyle / would / you / to / change / try  
 \_\_\_\_\_?
- 6 extremely / modern / is / way / The / life / of / fast-paced  
 \_\_\_\_\_.
- 7 well / relaxed / My / suits / character / my lifestyle  
 \_\_\_\_\_.
- 8 of / in / The / this / lead / a / people / traditional / life / town / way  
 \_\_\_\_\_.

### Clothes

Choose the correct adjectives to complete the sentences.

- 0 I'm not keen on *casual* / *tight-fitting* clothes. I prefer baggy ones.
- 1 Oh no! I've got wine on my brand *new* / *second-hand* silk shirt.
- 2 It's best to wear a *scruffy* / *smart* suit to an interview.
- 3 Wow! I love the shoes. They're so modern and *trendy* / *baggy*.
- 4 I'd wear *casual* / *formal* clothes like jeans every day if I could.
- 5 He always chooses dark stuff, nothing *tight-fitting* / *colourful* at all!
- 6 Everyone wore very *casual* / *formal* dresses to the ball.
- 7 *Plain* / *Scruffy* tops tend to be versatile because they go with anything.
- 8 Mohammed's clothes are *smart* / *baggy* because he's lost weight.

### Get phrases

1 Complete the sentences with words from the box to form a verb with *get*. The verb with *get* should have the same meaning as the verb or phrase in brackets. There is an example at the beginning (0).

away back by off out of over to

- 0 I'd like a new job because it's hard to get \_\_\_\_\_ *by* \_\_\_\_\_ (*manage to live*) on my salary.
- 1 Jack is slowly getting \_\_\_\_\_ (*recovering from*) the death of his father.
- 2 How did that prisoner manage to get \_\_\_\_\_ (*escape*) from all those police officers?
- 3 We didn't get \_\_\_\_\_ (*arrive in*) Paris until late, so we didn't want to call and wake you.
- 4 They got \_\_\_\_\_ (*returned*) at four in the morning, so they're still sleeping.
- 5 I wish I could get \_\_\_\_\_ (*stop*) the habit of buying coffee from coffee shops. It's expensive!
- 6 Let me know when you're getting \_\_\_\_\_ (*leaving*) the train and I'll come and pick you up.

2 Complete each gap in the text with the correct form of the phrases from the box. There is an example at the beginning (0).

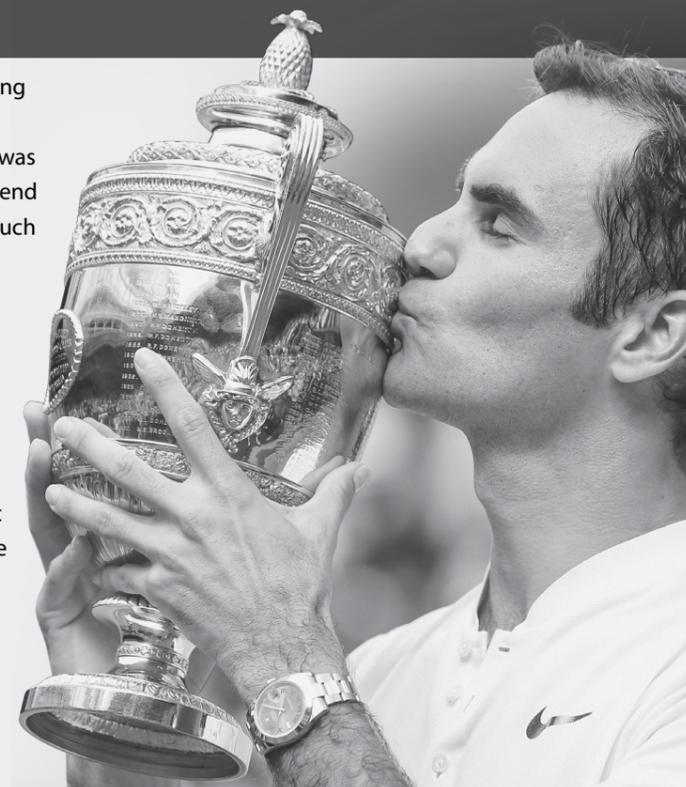
get angry get excited get into trouble get over it  
 get rid of get stressed get stuck get the chance get to have

### MEETING MY HERO

When I heard that Roger Federer was going to be playing an exhibition match in my home town, I tried not to (0) \_\_\_\_\_ *get* \_\_\_\_\_ too \_\_\_\_\_ *excited* \_\_\_\_\_ – I was supposed to be working that day after all. But as my friend said, when would we (1) \_\_\_\_\_ to see such a legend play again?

I'm happy that I hadn't (2) \_\_\_\_\_ my old tennis racket because I wanted him to sign the handle. I (3) \_\_\_\_\_ on the way there, as we (4) \_\_\_\_\_ in an awful traffic jam and I didn't think we were going to make it. I mean, (5) \_\_\_\_\_ this experience wasn't something that happened to me every day and I didn't want to miss it. I got there just in time and was over the moon to chat to him.

Unfortunately, I (6) \_\_\_\_\_ because I was on the local news talking to him. My boss (7) \_\_\_\_\_ because I should have been at work. One day, she'll (8) \_\_\_\_\_, but it might take a while!



### Language focus *Be used to, get used to and used to*

Complete the questions using the correct form of *be used to, get used to, used to* and the verb in brackets. There is an example at the beginning (0).

- 0 A: Did you \_\_\_\_\_ *use to have* \_\_\_\_\_ (*have*) many friends at school?  
 B: Yes, I did.
- 1 A: \_\_\_\_\_ you \_\_\_\_\_ (*work*) every day?  
 B: No, I'm not. I have a part-time job.
- 2 A: Have you \_\_\_\_\_ (*be*) a student again?  
 B: Yes, but I miss earning money.
- 3 A: \_\_\_\_\_ you \_\_\_\_\_ (*swim*) every day as a child?  
 B: Yes, I was because I was in the county team.
- 4 A: What time \_\_\_\_\_ you \_\_\_\_\_ (*get up*) these days?  
 B: At around seven o'clock in the morning, for work.
- 5 A: Why didn't you \_\_\_\_\_ (*do*) your homework?  
 B: Because it was so difficult.
- 6 A: How long did it take to \_\_\_\_\_ (*eat*) English food?  
 B: Ages. But now I love it!
- 7 A: Why aren't you \_\_\_\_\_ (*speak*) French?  
 B: Because everyone wants to chat to me in English.
- 8 A: \_\_\_\_\_ you \_\_\_\_\_ (*live*) in the countryside?  
 B: Gradually, I suppose, but I still miss the city.

### Language focus Habitual behaviour

Underline the adverbs or adverb phrases used in the incorrect position in the sentences below. Rewrite the relevant part of each sentence. There is an example at the beginning (0).

*from time to time she'll*

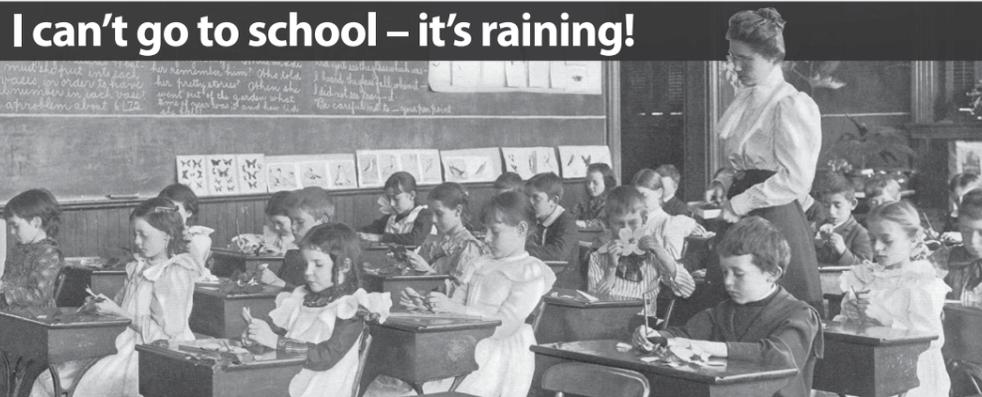
- 0 Sandra tries to maintain a vegan lifestyle but she'll from time to time slip up and eat a burger.
- 1 Did you tend to not have a lot of friends as a kid?
- 2 They'll spend sometimes the whole day watching films.
- 3 My parents never are impolite to staff in restaurants.
- 4 Karen now and again has to commute to her office in the city.
- 5 Always that student is forgetting his homework.
- 6 It's like not her to miss a social gathering.
- 7 My sister used often to go to parties as a teenager.
- 8 I stayed at friends' houses hardly ever when I was younger.

### Reading and Use of English Part 1 Multiple-choice cloze

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

**How to go about it**

When choosing an answer, look carefully at the whole sentence, not just the words immediately before and after the gap.



**I can't go to school – it's raining!**  
It's true that a popular topic of conversation in England is the weather. Have you ever taken a day off school because of it? Would you (0) ...B... suspicious if someone didn't turn up for school because of the weather?

Well, in 1960s England, these were actually (1) ..... reasons to miss school. Back then, teachers were required to record reasons why pupils weren't at school each day. This is clear from (2) ..... at a log from Leighton Buzzard, in the county of Bedfordshire. (3) ....., the reason for non-attendance was the weather.

Victorian school wasn't free. As such, poor people could attend, but only (4) ..... they were (5) ..... by charitable organisations. They didn't use to have appropriate clothing and wore scruffy, thin tops, dresses or trousers, (6) ..... without coats or shoes. Deciding not to set (7) ..... on foot to school in poor weather conditions suddenly becomes understandable. It must have been a real risk to their health. One day, when only 30% of the pupils went to class, lessons were (8) ..... and everyone huddled together close to the fire.

- |                |             |             |                |
|----------------|-------------|-------------|----------------|
| 0 A have       | B get       | C make      | D go           |
| 1 A correct    | B true      | C valid     | D proper       |
| 2 A looking    | B searching | C examining | D studying     |
| 3 A Hardly     | B Rarely    | C Almost    | D Frequently   |
| 4 A if         | B then      | C whether   | D before       |
| 5 A guaranteed | B sponsored | C donated   | D commissioned |
| 6 A usual      | B rarely    | C seldom    | D often        |
| 7 A in         | B up        | C off       | D back         |
| 8 A prevented  | B opposed   | C excluded  | D suspended    |

### Listening Part 3 Multiple matching

1 0 1 You will hear five short extracts in which people are talking about moving to another country. Before you do the exam task in Exercise 2, listen and match the five speakers to the people in the box.

college student doctor manager school pupil teacher

- Speaker 1 \_\_\_\_\_
- Speaker 2 \_\_\_\_\_
- Speaker 3 \_\_\_\_\_
- Speaker 4 \_\_\_\_\_
- Speaker 5 \_\_\_\_\_

2 0 1 Listen to the five speakers again and choose from the list (A–H) what each speaker says. Use the letters only once. There are three extra letters which you do not need to use.

- A I was very disappointed by the whole experience.
- B I was interested in discovering new things.
- C I was surprised by the number of English people there.
- D I thought the cost of living was OK.
- E I found it hard to adapt to the change of routine.
- F Communication was sometimes difficult.
- G I was concerned about losing my old friends.
- H I missed my family a lot.

Speaker 1	<input type="checkbox"/>	1
Speaker 2	<input type="checkbox"/>	2
Speaker 3	<input type="checkbox"/>	3
Speaker 4	<input type="checkbox"/>	4
Speaker 5	<input type="checkbox"/>	5

3 Complete the listening extracts with the correct forms of the verbs in the box. The verb in each pair of extracts (a and b) is the same. There is an example at the beginning (0).

get look make set turn

- 0 a ... my dad got transferred.
  - b ... there's a lot to get your head round.
  - 1 a I had to \_\_\_\_\_ the alarm for seven o'clock.
  - b \_\_\_\_\_ up a business in another country is not an easy thing to do!
  - 2 a ... I never \_\_\_\_\_ up for nine o'clock lectures ...
  - b ... it \_\_\_\_\_ out to be a great success.
  - 3 a I was actually \_\_\_\_\_ forward to meeting new people ...
  - b I haven't \_\_\_\_\_ back!
  - 4 a ... no one \_\_\_\_\_ any fuss about it.
  - b ... it's the best decision I've ever \_\_\_\_\_.
- 4 Match the extracts in Exercise 3 to the following meanings. There is an example at the beginning (0).
- 0 There's a lot to learn and understand. ... there's a lot to get your head round.
  - 1 I've never made a better decision. \_\_\_\_\_
  - 2 Nobody worried about it. \_\_\_\_\_
  - 3 It's difficult to start a company abroad. \_\_\_\_\_
  - 4 It was very successful in the end. \_\_\_\_\_
  - 5 It's been a great achievement and I've become even more successful. \_\_\_\_\_

**Don't forget!**  
You will not hear exactly the same words as those in sentences (A–H). Before you listen, consider at least one alternative way of expressing the general idea contained in each sentence.





2 Read the model answer to the task in Exercise 1. Match each paragraph (1–4) to its purpose (a–d).

- |             |                                                              |
|-------------|--------------------------------------------------------------|
| Paragraph 1 | a Summary of the main ideas                                  |
| Paragraph 2 | b Communicating the first idea giving opinions and examples  |
| Paragraph 3 | c Introducing with a direct question to the reader           |
| Paragraph 4 | d Communicating the second idea giving opinions and examples |

3 Tick (✓) the techniques the writer uses in the model answer in Exercise 1.

- 1 informal language
- 2 taking a neutral stand point
- 3 asking the reader questions
- 4 formal language
- 5 idioms
- 6 semi-formal language
- 7 addressing the reader
- 8 a catchy title
- 9 headings
- 10 a range of adjectives and adverbs

4 Underline an example of each technique you ticked in Exercise 3 in the model answer.

5 Write an answer to the task below. Write your answer in 140–190 words in an appropriate style.

You see this announcement in an international magazine.

## Writing Part 2 Article

### Don't forget!

- > Begin with an interesting opening paragraph.
- > Include direct questions and/or direct speech for a lively article.
- > Use contractions and phrasal verbs for an informal style.
- > Include a range of descriptive language and linking words.
- > Leave the reader something to think about at the end.
- > Give your article a catchy title.

1 Read the following Writing Part 2 task and model answer. Put the paragraphs (A–D) from the model answer in the correct order.

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_

You see this announcement in an international magazine.

## WHY ARE PEOPLE SO NOSTALGIC FOR THE PAST?

As we look to the future, so many people like to look back to where they've come from. What are the reasons for this love of our past lives? And why does it sometimes seem so much better than the present? The three best articles will be published in next month's magazine.

### Back to the past

**A** The key is to be able to have this kind of positive selection in the present. But with bills to pay and a nine-to-five job, it's no surprise that the present often proves to be more of a challenge.

**B** The thing is, we tend to focus on positive memories. If you're anything like me, you'll remember parties and holidays rather than a job you disliked. Stressful aspects of life are going to dominate the present but not the past. That distance almost allows us to forget the things we simply don't want to remember.

**C** People love to look back at the good old days and to take a trip down memory lane. Why does the present very rarely live up to our nostalgia for the past?

**D** An obvious answer is that we're getting older. We might reflect that at that point in the past, we had our lives ahead of us and all the excitement and mystery that goes with it. Another response might be that our lives were simpler then. This is almost certainly the case with childhood. We had someone else to look after us and fewer responsibilities.

## UNHAPPY WITH YOUR LIFESTYLE? CHANGE IT!

What would make your life better? Think of two changes that would have a positive effect on your life. The three best articles will be published in next month's magazine.

Write your article.

### Useful language

Addressing the reader	Attitude adverbs	Developing points
<i>You wouldn't believe ...</i>	<i>Importantly, ...</i>	<i>Let's start with ...</i>
<i>Have you ever ...?</i>	<i>Surprisingly, ...</i>	<i>On top of all that, ...</i>
<i>What would life be like if ...</i>	<i>Essentially, ...</i>	<i>What's more, ...</i>
<i>You absolutely must ...</i>	<i>Suddenly, ...</i>	<i>Above all, ...</i>
<i>Just imagine ...</i>	<i>Amazingly, ...</i>	<i>Another advantage of ...</i>
<i>I'm sure you'd agree ...</i>	<i>Incredibly, ...</i>	<i>Yet another reason is ...</i>

