


PRONUNCIATION

- 3  5.02 | weak forms in quantifiers | Listen and write the sentences you hear. Then, mark the words in the quantifiers which use a weak /ə/ sound (like the vowel sound in *the*).

1



2

3


4

5

LISTENING


- 4   5.03 | Listen to the recording. Choose the words in the text that are different from what you hear.

Slow cities are where people can have a slower life. They can walk or cycle around. There are green spaces for people to visit. The food in restaurants and supermarkets is always local and organic and people enjoy healthy eating. People also care about the culture of the city.

- 5A  5.04 | Listen to an interview about living a slow life. Number the topics (a–e) in the order you hear them.

- a eating
- b a tip for starting a slow life
- c nature
- d work
- e free time





- B  5.04 | Listen again and choose the correct option (a–c) to complete the statements.

- 1 Jay says it's possible to have a slow life in a fast city by changing
 - a the job you do.
 - b the way you do things.
 - c the flat you live in.
- 2 Jay changed his working week by
 - a working from 8 a.m. to 6 p.m.
 - b working only four days a week.
 - c working from home.
- 3 In his free time, Jay began to
 - a switch off his phone.
 - b stop reading the news.
 - c spend more time online than before.
- 4 Once a week, Jay and his wife
 - a invite friends for dinner.
 - b talk about their day during dinner.
 - c eat dinner without speaking.
- 5 Jay looks at the trees around him when he
 - a walks to the shops.
 - b goes running.
 - c cycles to work.
- 6 Jay suggests that the presenter
 - a plans to do just a few things each day.
 - b wakes up earlier each morning.
 - c is nice to people she meets.

- C Choose the correct words to complete the sentences.

- 1 Jay says that apartments in New York are not cheap to **buy / rent**.
- 2 Jay ends work on a **Thursday / Friday**.
- 3 Jay thinks that time on social media is a **good / bad** use of time.
- 4 In the past, Jay ate his dinner in front of **his wife / the TV**.
- 5 Jay thinks that a list of **five / twenty** things to do each day is a bad idea.

- D  5.04 | Listen again and check.

- 6   5.05 | Listen to the recording. Write what you hear. You will hear the sentences only once.

1

2

3

4