1 Time

1.1 Do you live in the past, present or future?

GOALS ☐ Talk about your daily life ☐ Ask questions

Vocabulary & Speaking daily life

1 Which sentence below best describes your life? Why? Compare your answers with a partner.

1 My life is too busy. I need more time.
2 I'm quite busy, but I have time to do everything I want.
3 I have too much time and not enough things to do.

2a Work with a partner. Match the verbs to the nouns and noun phrases.

spend do (x5) stay make (x2)	some exercise housework time with relatives the shopping in for the evening future plans a to-do list some work homework
eat have (x5) go (x3) chat	an early night to bed late fun a good time a family meal a lie-in healthy food on a trip with friends online shopping

b 1.1 Listen and check your answers.

c 1.2 Listen and repeat the phrases.

3 Tell your partner about things you would like to do, things you need to do and things you don't need to do this weekend. Use the vocabulary from exercise 2a.

Grammar & Speaking question forms

4 The article and questionnaire are from a psychology magazine website. Read the article and find one positive and one negative thing about each type of person – past, present and future.

5 Choose two activities from exercise 2a which are typical for each of the three types of people. Compare your ideas with a partner.

future type → make a to-do list

Psychology

Home › Psychology tests › Time type

The secret powers of time

Do you often think about the past? Can you enjoy the present time, or do you worry about the future? The psychologist Professor Philip Zimbardo describes three types of people: past, present and future people.



What time type are you?

Past types
You enjoy remembering the past and sometimes you miss 'the good old days'. You worry about making changes or trying new things. You spend a lot of time with your family.

Present types
The most important thing is to feel good now. You like doing fun things with fun people. You don't have a healthy lifestyle. You avoid doing difficult or boring things.

Future types
You spend most of your time working, saving and planning for a better future. You eat well and exercise regularly. You can say 'no' to immediate pleasures. You don't mind waiting for the good things in life. Future people are usually more successful in work and study. But they often don't enjoy their free time because they are busy thinking about the next thing.

According to Zimbardo's research, most people are mainly a past, present or future type, although everybody is sometimes the other types. Ideally, we should try to have an equal balance of all three to be happy and successful, and to have good relationships.

Take the test

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6a Work with a partner. Do the questionnaire together and make a note of your partner's answers.

b Read the results of the questionnaire. Who is more past-focused, you or your partner? Do you agree with the results?

How past-focused are you?

1 How often do you look at old photos or videos?
- a often
- b sometimes
- c never

2 Who do you prefer to spend time with?
- a friends I met a long time ago
- b new friends
- c both old and new friends

3 Are you interested in your parents'/ grandparents' stories about the old days?
- a yes, very interested
- b quite interested
- c no, not at all

4 Do you enjoy family events, like birthday parties?
- a I love them
- b they're OK
- c not really

5 Where do you go for your summer holiday?
- a the same place every year
- b a different place every year

6 When did you last see your older relatives?
- a very recently
- b quite recently
- c a long time ago

Results

If you have 3–6 'a' answers, you're very past-focused. If you have 0–2 'a' answers, you're not very past-focused.

7 Look at the word order of questions in the Grammar focus box, then choose the correct option to complete the rules.

GRAMMAR FOCUS question forms

Questions with *do* and *did*

Question word	Auxiliary	Subject	Main verb
	Do	you	enjoy family events?
When	did	you	(last) see your older relatives?
Who	do	you	spend time with?

Questions with *be*

Question word	*be*	Subject	Adjective/Noun/Verb
	Are	you	interested in your parents' stories?
Who	is	your	favourite relative?

- We put auxiliaries (*do/does/did*) [1] **before** / **after** the subject.
- We put the verb *be* (*am/is/are/was/were*) [2] **before** / **after** the subject.
- We put prepositions (e.g. *to, with*) at the [3] **beginning** / **end** of the question.

→ Grammar Reference page 134

8 Match the question words and answers.

1 How much ...?	a every day
2 How often ...?	b $30
3 How many ...?	c action films
4 What kind ...?	d six o'clock
5 What time ...?	e five

9a Put the words in the right order to make questions.

1 do / live / who / you / with ?
2 music / you / what / to / listen / do / kind of ?
3 you / for / appointments / how often / are / late ?
4 museums / enjoy / do / going / you / to ?
5 to / did / what / last night / time / go / you / bed ?
6 you / are / today / tired ?
7 spend / how much / on Facebook / do / you / time ?
8 have / fun / when / you / did / last ?

b 1.3 Listen and check your answers. Then ask and answer the questions with a partner.

10a TASK Work with a partner. Write five questions for a questionnaire with the title 'Are you more present-focused or future-focused?' Use different question words and give two or three possible answers. Use the topics below or your own ideas.

How often do you do exercise?
a never b sometimes c often

- to-do lists?
- healthy lifestyle?
- keep fit?
- late for appointments?
- go to the dentist?
- stay out until late?
- save money?
- plan things in advance?
- have a good time

b Work with another pair and answer both quizzes. Who is the most present-focused and future-focused?

VOX POPS VIDEO 1

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1.2 Free time

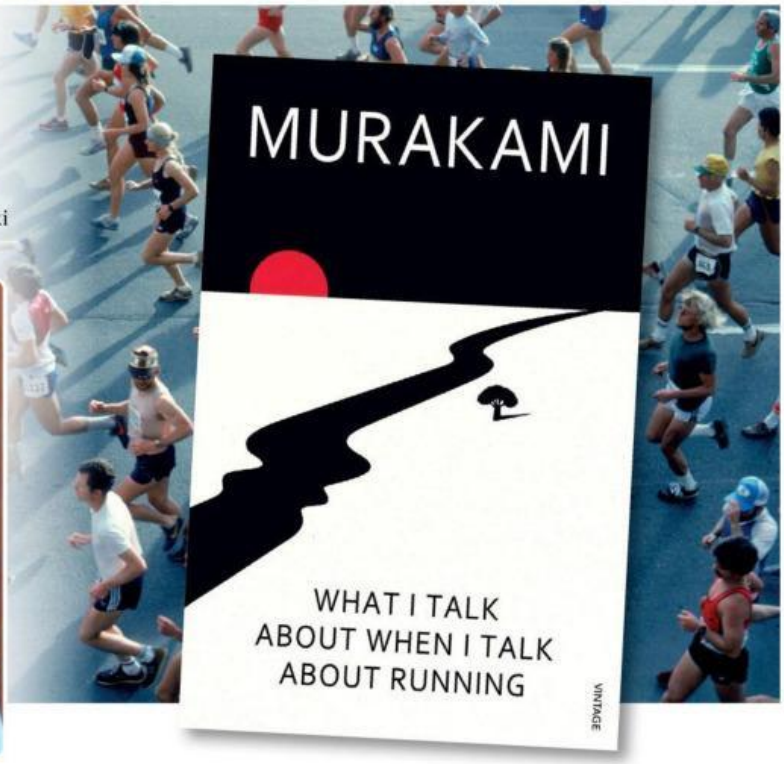
GOALS ☐ Talk about how often you do things ☐ Talk about your free time

Grammar & Speaking present simple and adverbs of frequency

1 Work with a partner and discuss the questions.

1 Do you ever go running? Why/Why not?
2 Why do you think some people enjoy running?
3 Look at the photos. Do you know the author Haruki Murakami? Would you like to read the book?


Haruki Murakami



2a You are going to listen to a review of the book in the photo. Before you listen, write questions using the prompts.

1 why / Murakami / run ?
2 how often / he / go running ?
3 how many miles / he / run / every week ?
4 he / do / any other sports ?

b 1.4 Listen and answer the questions in exercise **2a**.

3 1.4 Listen again and complete the sentences with an adverb or frequency expression from the box.

most days sometimes usually never often
occasionally nearly always

a It is _____ about getting better at something.
b He's _____ worried about beating other people.
c He runs _____.
d He _____ thinks about the weather.
e He _____ gets an idea for a book.
f He doesn't _____ think about anything.
g He _____ listens to rock music.

4 Work with a partner. Add the adverbs and frequency expressions from exercise **3** and the ones in the box to the table. Which ones have similar meanings?

every now and then rarely hardly ever
once or twice a day/week/month, etc.

100%	1 always		
	2 _____	3 _____	
	4 _____		
	5 _____		
	6 _____		
	7 _____	8 _____	9 occasionally
	10 _____	11 _____	
0%	12 _____		

5 Look at the sentences in exercise **3.** Choose the correct option to complete the rules in the Grammar focus box.

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GRAMMAR FOCUS present simple and adverbs of frequency/frequency expressions

- We use adverbs of frequency and frequency expressions to talk about how often we do things.
- An adverb of frequency usually goes [1] **after** / **before** the main verb.
  He nearly always listens to rock music.
- An adverb of frequency usually goes [2] **after** / **before** the verb *to be*.
  He's never worried about beating other people.
- An adverb of frequency usually goes [3] **after** / **before** the auxiliary verb (*do/does*) in negative sentences.
  He doesn't usually think about anything.
- Frequency expressions can go at the beginning or end of a sentence.
  He runs most days.

→ Grammar Reference page 135

PRONUNCIATION stress

6a 1.5 Listen to these sentences and notice which words and parts of words are stressed.

1 He **some**times **thinks** about the **wea**ther.
2 **Once** or **twice** a **year** he does a tri**ath**lon.
3 It is **often** about getting **bet**ter at **some**thing.

b 1.6 Listen again and repeat the sentences.

7 Put the adverbs of frequency or frequency expressions in the correct place in the sentences. Some can go in more than one place.

We spend time with relatives. (occasionally) →
We occasionally spend time with relatives.

1 We spend time with relatives. (occasionally)
2 My best friend does some exercise. (most days)
3 We watch films. (hardly ever)
4 My family go out for a meal. (once or twice a week)
5 I'm in bed by 11 p.m. (nearly always)
6 We don't go abroad on holiday. (usually)
7 I chat with friends online. (every now and then)
8 I have a lie-in at the weekend. (rarely)

8a Rewrite the sentences in exercise **7** to make them true for you.

b Work with a partner. Ask each other questions to find out more information.

A *We hardly ever spend time with relatives.*
B *Oh? Why not?*
A *Because they live too far away.*

Vocabulary & Speaking free-time activities


1 a


b


c


d


e


f

9a Work with a partner and put the sports and free-time activities into the correct group.

out for a coffee/meal football computer games karate camping swimming on Facebook exercise to the gym for a walk running ~~yoga~~ chess ~~clubbing~~ cards aerobics ~~golf~~ basketball

a play *golf*
b do *yoga*
c go *clubbing*

b Label the photos with phrases from exercise **9a**.

c Can you add any more words to each group above?

10 Find two examples from exercise **9a** of activities that ... .

1 you usually do on your own
2 you usually do with other people
3 people do outdoors
4 people do indoors
5 you do when you are feeling lazy
6 you do when you are feeling full of energy

11a TASK Work in a group. Ask each other questions about some of the free-time activities in exercise **9a** and make a note of the answers.

How often do you go running?

b Tell the class what you found out. Who spends a lot of time doing one sport or activity in their free time and who doesn't?

Haiyan goes running most days.
Mehmet never goes running, but he plays chess once or twice a week and is a member of a chess club.

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1.3 Vocabulary and skills development

GOALS ☐ Predict before you read a text ☐ Understand and use nouns and verbs with the same form

Reading & Speaking predicting before you read a text

1 Work with a partner. Look at the photos and discuss the questions.
1 What do the photos show?
2 Why do you think people do this?
3 What do you think about it?

2a Look at the photos, title and subheading. What do you think the blog is about? Is it positive or negative about taking photos?

b Write down five words or phrases that might be in the blog and compare your ideas with a partner.

c Read the information in the Unlock the code box about predicting.

UNLOCK THE CODE
predicting

- Predicting or guessing before you read can help you understand a text better. Before reading, you can ask yourself: What do I already know about this topic?
- Use photos, the title and the subheadings to predict what the text is about and what type of text it is, e.g. a newspaper article.
- You can also predict some of the key vocabulary in the text.

3 Read the blog. Were your predictions in exercise **2a** correct? How many of your five words or phrases were in the blog?

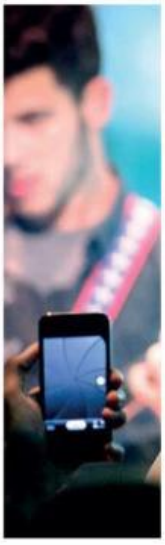
4 Answer the questions with a partner.
1 What two events does the writer describe?
2 What's the problem at both events?

5 When you go to a concert or exhibition, what do you photograph? Give your reasons.

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September 18





'Take a photo of it and I'll look at it when I get home!'

THIS BLOG IS ANGRY!

So … I'm in the Louvre Museum in Paris and I'm looking at one of the most famous paintings in the world, *Mona Lisa* by Leonardo da Vinci. But I can't actually see it very well, because there are two tourists standing in front of it, and they are taking photos of the painting. But wait … no, it's not a photo … it's a film. They're filming the painting! And then one stands next to the *Mona Lisa* as the other films her.

As they go off, one says, 'We'll post that on Facebook and have a look at it back at the hotel'. Another tourist arrives, looks at the painting for a second, takes a photograph of it and moves on.

But isn't the whole reason for going to the gallery to see the paintings 'live'? OK, you can look at them on the museum website. But seeing them actually in front of you is a different experience. That's why I went – to see the real thing. Why look at it on a tiny screen when the whole wonderful thing is there in front of you? But really these

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tourists are not looking at the painting at all – they're recording their own lives.

Now to a rock concert in London – it's Muse, my favourite band. I'm close to the stage, but even so my view is blocked by a hundred mobile phones filming. And not just one song, the whole concert. These will be on YouTube within an hour – poor quality, terrible sound. Why do they do it? Why don't they look at the band?

We don't live our lives any more, we simply record them, post them on Facebook and look at them later.

Vocabulary & Speaking nouns and verbs with the same form

6a Look at the highlighted words in the blog. Are they nouns or verbs? Write N or V next to each word in the box.

blog	photograph	film	look	experience	record	post

b Read the information in the Vocabulary focus box about nouns and verbs with the same form.

VOCABULARY FOCUS nouns and verbs with the same form

Some words can be both a noun and a verb with similar meanings, e.g. *look*. When you use these words as nouns, you need to know which verbs to use with them, e.g. *to have a look*.

c Put the nouns from exercise **6a** with the correct verb in the table. Sometimes a noun can go in more than one column.

make	have	take	write

d Add the words in the box to the correct column in the table.

text	plan	promise	dream

7a TASK Complete the questions using the verb + noun phrases in exercise **6**.

1 Do you ever _____ about flying?
2 When did you last _____ at your phone?
3 When you go on holiday, do you _____ for what you are going to do every day?
4 When somebody _____ of you, do you smile or stay serious?
5 Do you ever _____ to someone and then change your mind?
6 Would you like to _____ about your daily life? Do you think people would read it?
7 When you _____, do you use special language like LOL or BTW?
8 Do you ever _____ and then post it on YouTube?

b Work with a partner. Take turns to ask the questions in exercise **7a**. Ask more questions to find out extra information.

A *Do you ever have dreams about flying?*
B *Yes, often.*
A *When did you last have one?*
B *Last week. I dreamt I was flying over the sea.*

c Tell the class two interesting facts about your partner.

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1.4 Speaking and writing

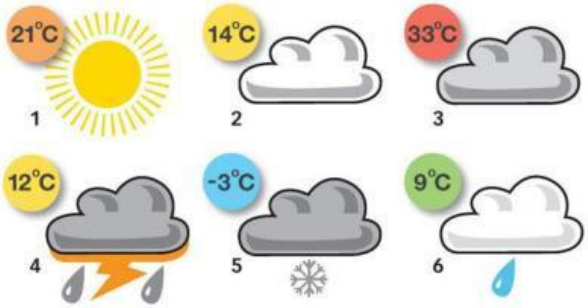
GOALS ☐ Talk about the weather ☐ Talk about your likes and dislikes ☐ Write a web post

Speaking & Vocabulary talking about the weather; talking about likes and dislikes

1 Work with a partner and describe the weather in the photos.



2a Match the symbols and temperatures to the weather headlines.



a hot, cloudy and **humid**
b cloudy and **mild**
c sunny, dry and **pleasant**
d cold and **damp** with a few **showers**
e heavy rain, a **thunderstorm**
f light snow, temperature below zero

b Replace the words in *italics* with a **bold** word from exercise **2a**.

1 If it's a *nice* evening, we can eat outside.
2 I hate this *warm, wet and uncomfortable* weather.
3 The air's *cold and a bit wet* this morning.
4 There are going to be some *short periods of rain* later.
5 Yesterday it was really cold, but today it's *not too cold*.
6 Did you hear the *heavy rain, thunder and lightning* last night?

3 Work with a partner and describe today's weather. Do you think it's typical for the time of year?

4 **1.7** Listen to Faisal from Dubai, Marek from Alberta and Gina from Rio de Janeiro talking about their favourite season. Who talks about these topics? Write F, M or G.

1 an exciting celebration
2 eating outside
3 enjoying the colours of nature

5a **1.7** Listen again and complete the sentences.

1 I'm not keen on _____ in the sea in the summer.
2 My favourite winter activity is _____.
3 I really love catching fish in the _____.
4 I'm really interested in _____.
5 I'm really into watching _____.
6 I don't mind _____ weather.
7 I prefer _____ weather to summer weather.
8 I quite like watching _____.
9 I can't stand large _____.

b **1.8** Listen and check your answers.

c **1.9** Listen and repeat the sentences.

d Which of the expressions in exercise **5a** mean the following?

a you don't like something
b you hate something
c you like something a lot
d something isn't a problem for you
e you like one thing more than another thing
f you like something, but not a lot

6 Complete these sentences so they are true for you.

1 I really love ...
2 My favourite summer activity is ...
3 I don't mind ...
4 I can't stand ...

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1.5 Video

Adventure sports in Chile







1 Match the words to the definitions.

hike climb slopes rapids peak

1 to walk for a long distance, especially in the country
2 parts of a river where the waters go fast
3 parts of a hill or mountain, especially for skiing
4 to go or come up a hill, mountain or stairs
5 the pointed top of a mountain

2 These photos are of Pucón, Chile's adventure capital. Describe the photos and guess what people do there.

3 Watch the video. Which sports did the speaker talk about?

a hiking up the volcano
b sailing and waterskiing on the lake
c scuba-diving in the lake
d kayaking down the rapids
e skiing or snowboarding down the mountain
f visiting Pucón by helicopter

4 Watch again and answer the questions.

a What kinds of landscape make Chile popular with tourists?
b How many people live in Pucón?
c What kinds of activities do people do in the summer? Name two.
d How tall is Villaricca Volcano?
e What kinds of activities do people do in the winter? Name two.
f How many metres do the slopes of Ski Pucón cover?

5a TASK Work with a partner. Read the situation below.

You have won an adventure sports holiday! You must choose from the following options.
- Where would you prefer to go: a lake or the mountains?
- When would you like to go: summer or winter?
- What kinds of adventure sports would you like to do?
- What other activities would you like to do?

b Discuss your answers to the questions. Decide on your adventure holiday.

c Work with another pair. Compare your adventure holidays. Did you choose similar activities?

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Review

1a Write the questions for the answers.

1 How many people _____?
Five. My parents, my two sisters and me.

2 _____?
Twenty-four. I'm twenty-five in February.

3 _____?
Nothing special. On Saturday I went into town and on Sunday I stayed in.

4 _____?
In a flat. I'd like to live in a house, though.

5 _____?
All sorts, really. Dance, Latin, R&B.

6 _____?
About once a month. In fact I went last night. I saw a really good film.

b Work with a partner and ask and answer the questions.

2a Choose the correct option in these sentences.

1 I go to the gym *hardly ever / never / every now and then*.
2 I *most days / rarely / once a month* have a lie-in.
3 We have a family meal *most days / nearly always / always*.
4 My cousin and I *once a week / every now and then / sometimes* chat online.

b Write five sentences about your free time. Use the frequency words in **A** and the activities in **B**.

A (nearly) always every now and then hardly ever once or twice a week/month never rarely most days occasionally sometimes often

B go online go out for a meal do aerobics play cards go swimming go camping go to the gym play golf go clubbing play computer games do yoga

c Ask your classmates questions about their free time. Find two people who do the same free-time activities as you and two people who do different activities.

How often do you ...? Do you usually ...? Do you ever ...?

3 **1.10** Listen to eight questions. For each question, write down a one-word answer.

4a Decide which word or phrase doesn't go with the verb in the first column.

1 **make**	a to-do list	time with relatives	future plans	a cake
2 **do**	fun	exercise	housework	the shopping
3 **have**	an early night	a lie-in	a family meal	shopping
4 **play**	yoga	basketball	cards	computer games
5 **go**	on a trip	a family meal	running	out for a coffee

b Work with a partner and ask and answer the questions.

1 What kind of exercise do you do?
2 When was the last time you went on a trip?
3 How often do you have a family meal?
4 Who in your family does most of the housework?
5 Where do you usually go shopping for clothes?



5a Rewrite the questions, changing the underlined verbs into verb + noun expressions.

Do you text with one hand or two? → Do you write texts with one hand or two?

1 Do you know anyone who blogs about their life?
2 Do you ever photograph yourself?
3 How often do you post on social network sites?
4 Do you ever look at language learning websites?
5 Do you ever dream about falling?

b Work with a partner and ask and answer the questions.

6a Work in a group. On your own, make guesses about the likes and dislikes of the students in the group. Write the name of a student and continue the sentence.

I think Carlos is really into sport.

1 I think _____ loves ...
2 I don't think _____ is very keen on ...
3 I imagine that _____ doesn't mind ...
4 I'm sure _____ is really into ...
5 My guess is that _____ can't stand ...

b Compare your guesses together.

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Communication

1.4 All students Exercise 7a

1 **Social**

Prepare a mini presentation about things you like and don't like doing in your free time. Use the ideas below and your own ideas.

- exercise
- housework
- relaxation
- time with other people
- shopping

2 **Academic**

Prepare a mini presentation about things you like and don't like about student life. Use the ideas below and your own ideas.

- exams
- early morning lectures
- sitting at a computer all day
- working alone
- working in a library
- writing essays
- food in the college cafeteria

3 **Professional**

Prepare a mini presentation about things you like and don't like at work. Use the ideas below and your own ideas.

- travelling abroad on business
- early morning meetings
- going to meetings
- wearing a uniform
- working in a team
- sitting at a computer all day
- working at home

Grammar reference

1.1 Question forms

1 Questions with *do* and *did*

GR1.1

Auxiliary	Subject	Main verb	Short answer
Do	you	drink coffee?	No, I don't.
Does	your husband	buy you presents?	Yes, he does.
Did	you	enjoy the concert?	No, I didn't.

Question word	Auxiliary	Subject	Main verb
When	**do**	your children	do sport?
Who	**does**	your sister	play tennis with?
How often	**did**	you	go on holiday as a child?

- In *yes/no* questions we normally put the auxiliary verbs *do/does/did* before the subject. (See below for questions with *be*. *Have got* is also different.)
- We can add question words (*Who, When, How, Why,* etc.) at the start of questions.
- We can use an expression instead of a question word. Common expressions include:
  How often ***What time*** ***What kind of*** (+ noun)
- We put prepositions (e.g. *to, with, from*) at the end of the question. *What music do you listen **to**?*

In present simple questions with he/she/it we don't add *-s* or *-es* to the main verb.
Does my hair look nice? NOT ~~*Does my hair looks nice?*~~

2 Questions with *be*

GR1.1 (continued)

Question word	*be*	Subject		Short answer
	Are	you	hungry?	No, I'm not.
	Was	he	at home?	Yes, he was.
Who	**is**	your	English teacher?	
Why	**are**	our friends	late?	

- When the main verb in a question is *be*, we change the order of the subject and the verb.
  ***Are** you OK?* NOT ~~You are OK?~~
- We do not use auxiliary verbs in questions with the verb *be*.
  ***Are** you American?* NOT ~~Do you are American?~~

1 Match the question beginnings 1–7 with endings a–g.

1	Where do	a	your new car?
2	How often does	b	Peter angry?
3	Where are	c	food does he like?
4	What time did	d	you arrive home last night?
5	What kind of	e	Sally write in her diary?
6	What colour is	f	you study at university?
7	Why is	g	your new friends from?

1 *f* 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___

2 Write the sentences as questions. Add the question word in brackets where necessary.

1 Laura gets up early. (When?) *When does Laura get up?*
2 You saved a lot of money. (How much?) _____
3 You both enjoy painting. (–) _____
4 We are worried about Jon. (Why?) _____
5 The children speak French well. (How well?) _____
6 Helen was busy last weekend. (–) _____
7 You remember a lot of things from school. (What?) _____
8 Mum plays in the garden with her grandchildren. (Who with?) _____

3 Read the article. Write questions for the answers.

> The psychologist Geert Hofstede believes that people in some cultures think about the future more than others. He wrote a questionnaire and he gave it to students from 23 different countries to find out what the students cared about. He discovered that being happy in the present is important in some cultures, but future happiness is more important for others. For example, East Asians work hard for future goals, but Americans care more about free time.

1	*What did Hofstede write?*	a questionnaire
2	_____	to students
3	_____	from 23 different countries
4	_____	for future goals
5	_____	about free time

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1.2 Present simple and adverbs of frequency

1

GR1.2))

High frequency	←		→	Low frequency
always	most days nearly always usually often	sometimes every now and then occasionally	hardly ever rarely	never

We use adverbs of frequency and frequency expressions when we talk about how often we do things or how often things happen.

Specific frequency expressions:

once	a	day
twice		week
three times *etc.*		month, etc.

- In positive sentences, we put adverbs of frequency (including the expressions *hardly ever* and *nearly always*) before the main verb, but after the verb *be*.
- In negative sentences, we put adverbs of frequency after auxiliary verbs (*do/does*), but we put *sometimes* before the auxiliary.
- In questions, we put the adverb of frequency after the subject.

2

GR1.2)) (continued)

Positive	Negative	Question
I **always** work in the morning.	I don't **always** work in the morning.	Do you **always** work in the morning?
I'**m always** tired on Friday evenings.	I'**m** not **always** tired on Friday evenings.	**Are** you **always** tired on Friday evenings?

We put frequency expressions such as *most days* or *every now and then* at the beginning or at the end of a sentence.

I cook a nice meal ***every now and then***. NOT ~~*I cook every now and then a nice meal*~~.

Use a positive verb with *never*.
I am never late. NOT ~~*I'm not never late.*~~

1 Circle the best option.

1 I need music when I run so I *always* / *occasionally* take my MP3 player with me.
2 It *usually* / *sometimes* rains when we go camping, but not often.
3 My doctor is angry because I *hardly ever* / *often* do exercise.
4 Paul *rarely* / *nearly always* swims in the sea if the weather's nice.
5 I *occasionally* / *never* go to large sports events – I quite like them.
6 We *often* / *sometimes* have a coffee after we go to the gym, but most days we don't.
7 We're not really into computer games, but we play them *every now and then* / *every day*.

2 Make questions or statements in the positive or negative form.

1 James / be / nearly always / at the gym (?)
Is James nearly always at the gym?
2 my parents / often / go on Facebook (–)
3 I / never / do karate (+)
4 his brother / occasionally / play / cards in the evening (?)
5 Katy / be / usually / keen on watching basketball (–)
6 Sandra and I / sometimes / go out for a meal on weekdays (–)
7 Ben / always / happy / when he wins his chess matches (+)
8 you / both / swim / every now and then (?)

3 Rewrite the underlined sentences. Use the adverbs in brackets.

Training to run a marathon isn't easy. [1] Marathon runners train four to six days a week for six months before they run their first race. [2] They are not satisfied with their performance in their first marathon. In addition to training, [3] they eat healthy food and [4] have rest days. [5] They need a lot of support from their families, but [6] their families find it difficult because they spend so much time training.

1 *Marathon runners nearly always train four to six times a week* (nearly always)
2 _____ (usually)
3 _____ (nearly always)
4 _____ (once or twice a week)
5 _____ (sometimes)
6 _____ (often)

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LIVEWORKSHEETS

1 Video Do you live in the past, present or future?

Vox pops

1 Work with a partner. Ask and answer the questions.

1 Do you have a large collection of photos and videos?
2 Who takes the most photos in your family?
3 What do you take photos of?
4 Where do you keep your photos?
5 How do you organize your photos and videos?

2 Watch the video. Write the names.

How often do you look at old photos and videos?

1 Who looks at photos ...
a once every two or three weeks? _____
b as often as possible? _____
c once every two months? _____

What kind of photos and videos do you have?

2 Who has ...
a mostly photos of their grandchildren? _____
b lots of photos of their baby daughter? _____
c photos of old architecture? _____

Where do you keep your photos?

3 Who keeps photos ...
a in just their phone? _____
b on the computer and in files? _____
c on their laptop or phone? _____

3 Work with a new partner. Think about what the speakers said. Whose photo habits are most similar to yours?









