

Listen and read

Staying young

6a  4.3 Listen to and/or read the extracts about the things four people do to stay young. Match the people with the activities.

- 1 sport _____
- 2 learning a language _____
- 3 travelling _____
- 4 having good friends _____

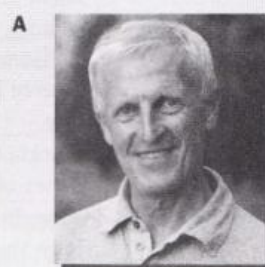
b Listen to and/or read the extracts again. Are these sentences true (T) or false (F)?

- 1 People generally live twice as long now as they did at the start of the 20th century. T
- 2 Hungarian is difficult because of the number of words it has. _____
- 3 Richard would like to study Hungarian in a class at school. _____
- 4 Agata's friends are all younger than she is. _____
- 5 Agata says your attitude to life is important. _____
- 6 Mike runs shorter distances than he did in the past. _____
- 7 For Mike, the physical benefits of exercise are more important than the mental ones. _____
- 8 Before she went to Rome, Clara had never visited another country. _____
- 9 Clara thinks it's easier to travel when you're younger. _____

c Find words or phrases in the extracts that mean:

- 1 difficult (para A) tough
- 2 a way of describing how far a car has travelled, used here to refer to age (para B) _____
- 3 your general attitude to life (para B) _____
- 4 a really positive feeling (para C) _____
- 5 absorb your surroundings (para D) _____

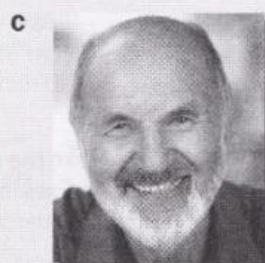
70 is the new 60, so they say, and with average life expectancy more than double what it was just over 100 years ago, there's no escaping the fact that we are now living longer. But there are some people who take that even further, proving that age really is no limit to what you can achieve. Meet some people who think they've found the secret to staying young.



A *Órvendek!* Pleased to meet you! A few years back, I went on a sightseeing holiday to Budapest, and I instantly fell in love with this beautiful city. I loved everything about it – the history, culture, people. So I decided to try learning the language. It was really tough at first, as Hungarian is very different from most other European languages in the way words are formed and the grammatical cases, so I was learning quite a lot of rather new concepts. But I've kept it up, and nowadays I use online video chat to have lessons twice a week with a teacher based in Hungary. She's quite strict with me and sets me regular homework (it's like being back at school again sometimes!), but it's great and keeps my mind active. I also think I've proved that it's never too late to learn something new! **Richard, 71**



B For me it's all about the company you keep. I have a great group of friends, all of whom are 'young'. By that I don't mean they have fewer miles on the clock than me (in fact the opposite is true), but that they simply have a fresh attitude to things. You won't ever hear any of them say things like 'I'm too old for that' or 'you wouldn't catch me doing that at my age'. We all share the same outlook – that it's there for living, so we get together every week and try something new. Last week we went bowling, and this week we're going to try paintballing! You can look back at what's happened to you over the years, or you can look ahead at the years to come. I choose the latter. **Agata, 67**



C It sounds obvious, I know, but the best way to stay young and healthy is exercise. I started running in my late fifties, and I still run now, but not as far as I used to. I go twice or three times a week and usually manage about three kilometres. I love it – it's like a lifeline for me. My doctor says I have the metabolism and physical fitness of a 50-year-old, but it's not just that it keeps my body in shape and working, it's what it does for me mentally, too. The buzz you get when you get the blood moving round the body like this is when you feel truly alive, and I think that's the same whatever your age is. My advice to other people my age would be to get outside and get moving, even if it's only a short distance each day. **Mike, 69**



D When I retired a few years ago, I'd never been abroad. I'd always wanted to visit Rome, and try Italian food in Italy. I'd heard so much about it from my children and it sounded wonderful, so a couple of years back, I thought 'What the heck!' and booked a two-week holiday. Needless to say I had a great time. I loved everything about it – the sights, the food, the people, the feeling of immersing yourself in another culture. Well, since then, I've 'caught the bug', as they say, and I've been all over Europe. The only thing that holds me back is my pension. I love travelling and I think this time of life is a great time to do it. There's less pressure to get to see all the places you think you have to, and more time to relax and soak up the atmosphere. My dream now is to visit somewhere further afield. I'd love to visit Japan, for example.

Clara, 68

Grammar review

Adjectives

- 1 Do the quiz. Add up your score, then work in pairs and compare your answers.

Adjectives quiz

- 1 Put the adjectives in brackets in the correct place in the sentences.

- a You shouldn't feel if you do things for yourself sometimes. (selfish) **1 point**
- b Worry less about your appearance and you'll have a life. (great, personal) **2 points**
- c Don't get if you don't always hear people say things about you. (upset, positive) **2 points**
- d Don't always be rational – it's to listen to your voice. (inner, important) **2 points**

- 2 Choose the correct answers to complete the compound adjectives.

- a It's a *well-knowing* / *well-known* fact that you're far too *easy-going* / *-gone*. **2 points**
- b Pay attention to me, I'm a *50-year-old* / *-years-old* version of you. **1 point**
- c Try not to get so stressed *up* / *out* when things don't go according to plan. **1 point**

For two bonus points: think of two more adjectives formed from phrasal verbs (as in 2c).

- 3 Complete the sentences with adjectives formed from the nouns in brackets.

- a You'd be more _____ (belief) if you told fewer lies. **1 point**
- b Don't be so _____ (drama) about everything. Things are never as bad as they first seem. **1 point**
- c Stay _____ (cheer) – you've got a lot to be happy about. **1 point**

For two bonus points: think of two more adjectives which end in ways a–c.

- 4 Complete the adjectives with the correct prefixes. Look at the words in brackets to help you.

- a Remember the time you were _____-confident (= too) and took a really big fall? **1 point**
- b You've been _____honest (= the opposite of) in the past, but it's never too late to change. **1 point**

For four bonus points: think of four more prefixes which modify the meaning of adjectives and explain what they mean.

- 5 We use adverbs of degree (*very, really, etc.*) to change the meaning of adjectives. Choose the correct adverbs of degree.

- a Sometimes your behaviour can be *very* / *completely* awful. **1 point**
- b It's *pretty* / *absolutely* hard being you sometimes. **1 point**
- c I know you're *a bit* / *not much* worried about your future, but you don't need to be. **1 point**

For three bonus points: think of three more adverbs of degree which modify the meaning of adjectives.