

Exercise 2. Match the words with meanings

Word	Meaning
1. traffic jam	a. the white stripes at intersections where pedestrians cross the road
2. speed limit	b. the place is extremely crowded and blocked with traffic or people.
3. parking space	c. a place where you can park a single car
4. bumper to bumper	d. a long line of vehicles that cannot move forward because there is too much traffic, or because the road is blocked by something
5. get behind the wheel	e. the vehicles are so close to one another that they are almost touching and are moving very slowly.
6. the end of the road	f. to sit in the driver's seat
7. zebra crossing	g. the fastest speed that you are allowed to drive on a road
8. congestion	h. a process or person is unable to progress any further.

Exercise 3. Fill the gap while you listen to the text below. (Track 1)

Richard Ryan is stuck in traffic. There must be (1) somewhere up ahead because he's been sitting in the same spot for the last few minutes. The cars aren't moving at all. It looks like it's going to be another slow commute.

Even though he left his house early to beat (2), if the cars don't start to move soon, Richard will be late for a very important meeting. He has to meet some lawyers who are advising his company on a construction project. Richard is the president of a big company. If he's late, he won't get in trouble, but he hates to be late for anything.

Sergey is stuck in the same (3) and he's headed to the same meeting that Richard is going to. He's worried about being late, so he gets out his cell phone and calls one of his coworkers to tell her that traffic is bad. Sergey doesn't know that his boss, Richard, is in the same traffic jam. If he knew that, he wouldn't be so tense. Sergey has a reputation for being late to work. He always blames it on the traffic. Everyone tells him he has to leave his house earlier to

beat the rush. Sergey likes to (4) at night, so it's not easy for him to wake up early.

Both Richard and Sergey live in California where traffic congestion and delays are common problems. Richard is thinking about moving his business to a (5)that's closer to the downtown business district where most of his employees live. If he did that, Sergey could ride his bike to work and forget about getting stuck in a traffic jam.

Exercise 4. Listen to the conversation and choose True or False (Track 2)

Sentences	True	False
1. The Bristol train is at 20.12.		
2. First class is at the back of the train.		
3. Passengers for Oxford are delayed by 8 minutes.		
4. The Paris flight is EV318.		
5. People in the front of the train carriage can get out easily at Liverpool Street.		
6. The back doors won't open.		
7. Liverpool Street has lots of other underground lines.		
8. Redbridge is the last stop.		

Exercise 5. Divide the passages below into two groups: 'good things about cycling' and 'bad things about cycling.'

1. Look how cars have taken over our cities. The poisonous fumes, the aggressive speed of these machines endangering our lives, the traffic jams.	2. Cycling in the rain is not many people's idea of a good time. You get wet, dirty, and cold. Not a good way to go anywhere!
3. A bicycle is easily stolen. Even with the best lock, the risk of losing a bike is still possible.	4. It is hard to know what makes cycling so enjoyable. Maybe the combination of fresh air, the smooth motion and the exercise. Anyway, you soon realise why people get obsessed!
5. Sadly, many people don't cycle because it's dangerous. Outside Amsterdam or Copenhagen, road systems often aren't designed with cyclists	6. If you ride a bicycle you don't use petrol or other fossil fuels, so you are not emitting

in mind. Car drivers go too fast, or aren't properly trained how to share the roads with cyclists.	carbon dioxide into the atmosphere and contributing to climate change. Ride on!
7. We all know cycling is great exercise. As one doctor told me, in his experience, the longest living people are ballroom dancers and cyclists.	8. Cyclists are exposed to the pollution from all the cars, buses and lorries on the road, and this can take the pleasure out of cycling.
9. Not all cities have cycling facilities like cycle paths and secure bicycle parking. This can make life very difficult for cyclists.	10. On a bicycle you don't get stuck in traffic jams. Much of the time a bicycle is a much quicker way to cross a city than almost all other forms of transport.

Good things about cycling	Bad things about cycling
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