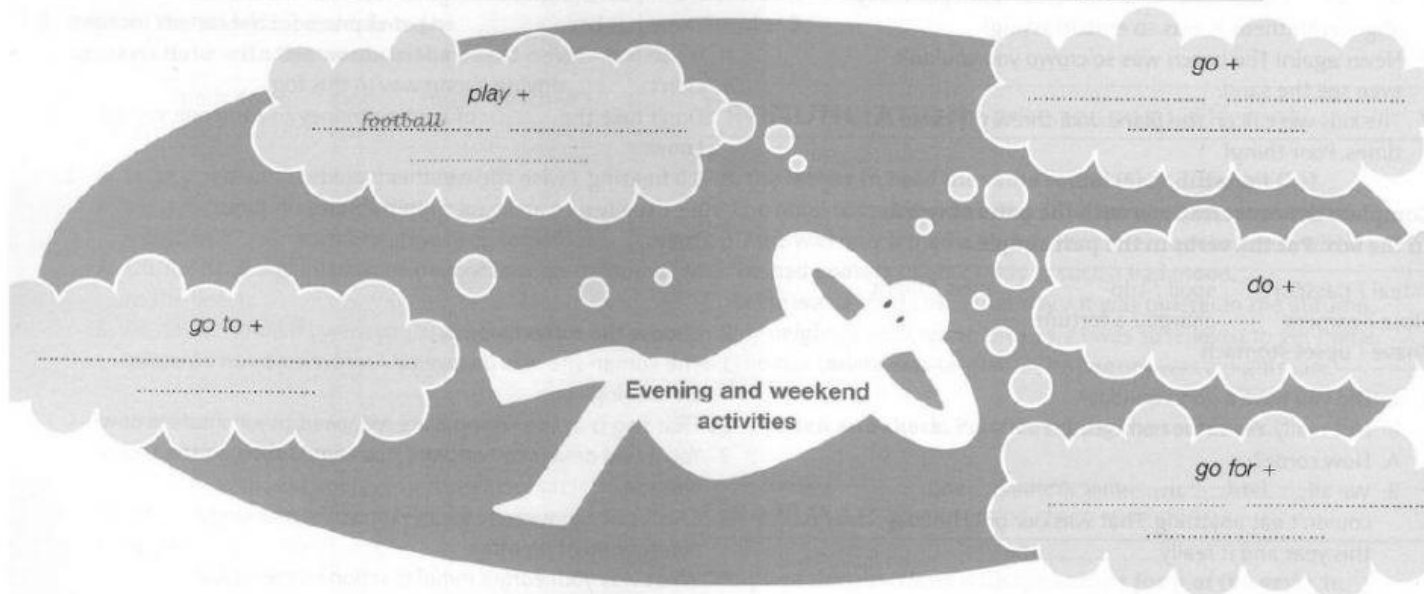


VOCABULARY Free-time activities

1 Complete the spidergram with the words in the box.

the theatre	football	the cinema	climbing	cards
some baking	sailing	tennis	a ride on my bike	
a friend's place	a run	a drive	a bit of exercise	shopping



2 Complete the conversations. Put the words in brackets in the correct order.

- A: Mum, I'm bored.
 B: Well, go and or
 (play / ride / your / football / bike)
 A: But that's boring. I do that every day.
 B: Well, and then.
 (in / bedroom / stay / tidy / up / your)
- A: What did you do at the weekend?
 B: I just and
 (in / it / stayed / took / easy)
 A: How come? You're usually such a party animal.
 B: Yeah, I (fancy / just / going / clubbing / didn't)
 A: Fair enough.
- A: What's your idea of a perfect Friday night?
 B: Going or just at home. What about you?
 (easy / for / to / it / place / a / friend's / dinner / taking)
 A: My idea of heaven is
 (for / and / staying / exams / studying / in / my)
 B: Why on earth would you want to do that?
 A: Only joking. My ideal night out is going and then
 (going / watch / clubbing / bar / football / to / a / the / to)

GRAMMAR Habit and frequency

3 Complete the questions with the answers. Use the present simple of the verbs in the box.

play golf	go walking in the country	eat out
go clubbing	go to the gym	work

- A: How ?
 B: About once every two months. The local restaurants are quite expensive.
- A: ever weekends?
 B: Yes, all the time. I'm at my desk every Sunday morning.
- A: much?
 B: Not as much as I should, so I'm starting to put on weight.
- A: ever ?
 B: No, never. It's not my kind of thing. I'm into team sports like football or rugby.
- A: a lot?
 B: Yeah, at least three times a week. My best friend is a DJ.
- A: often ?
 B: Whenever I can. I love being away from the city.

- 4 Look at the answers to the question 'How often do you listen to music?' Choose the correct words. Then number the answers in order (1 = most often).

- a Not quite / that often. Maybe once a week.
- b All the / Every time. I can't live without my iPod.1
- c Hardly ever / never. I never have the time.
- d Not as much as I used to / was used to. Maybe only once a fortnight.
- e Never / Not never. I'm more into books.
- f Quite much / often. Probably five times a week.
- g Not as much as I would / did like to. Just two or three times a week.
- h Nearly every / all day. Usually when I want to relax in the evenings.

- 5 If possible, replace the underlined past simple forms with **used to**. One sentence cannot change.

- 1 When I was at my first school, I had loads of time to see my friends, but now I have to study all week.
- 2 I took every weekend off, but these days I spend every waking hour at the office.
- 3 I worked from six in the morning until 10 at night one day last week. It was just exhausting.
- 4 My colleagues and I always left work on time but now we're expected to stay late at the office.
- 5 I spent all weekend with my family before I started working. Now, I hardly ever see them.

LISTENING

- 6 4.1 You are going to hear Mike giving a talk about making small changes to your life. Listen to Part 1 and circle the four aspects that he mentions.

travel sport food relationships free time shopping

- 7 4.2 Listen to Part 2. Mike, Amy, and Jack talk about the changes they made. Who did or said what? Write M, A, or J.

- Changing my routine has changed my attitude.A
- I became bored with my hobby even though I'm
- quite good at it.
- I thought you needed money to have a good time.
- It's silly to keep repeating things that upset you.
- I wanted to share my ideas with other people.
- I feel motivated to help others join in.
- I developed a great social life at no cost.

PRONUNCIATION Sentence stress

Language note unstressed sounds

Structural words (e.g. prepositions, conjunctions, auxiliaries and articles) are not usually stressed because they don't carry the main information in a sentence. The unstressed syllables are usually pronounced with the same vowel sound, /ə/.

Like a lot of people, I used to have a pretty fixed routine ...

- 8 Mark the stresses in these sentences from *Listening*. Practise saying the sentences with the correct stressed and unstressed syllables.

- 1 Like a lot of people, I used to have a pretty fixed routine.
- 2 I'm in a much better mood when I get to work.
- 3 I'm into sport and I'm quite good at it.
- 4 All my friends were playing the same sports.
- 5 What have you got to lose?

- 9 4.3 Listen and check. Practise the sentences again.

DEVELOPING CONVERSATIONS

Are you any good?

- 10 Complete the replies with the phrases in the box.

Yeah, quite good.	No, I'm useless.
I'm OK.	No, not really.

So are you any good at singing?

- 1 I can't sing at all. In fact they asked me leave the school choir.
- 2 Actually, I've been in a band for ages and we've won a few talent competitions.
- 3 I used to sing a bit at school and I like to do karaoke with my friends.
- 4 I haven't got a very good voice. I get really embarrassed if people hear me sing.