

1

Feeling good

VOCABULARY Feelings: nouns

1 * 1.1 Match the pictures with the words in the box. Listen and check.

affection ~~amusement~~ anger
confusion exhaustion joy



amusement



1 _____



2 _____



3 _____



4 _____



5 _____

2 ** Choose the correct word.

There was some confusion / *confused* about the location of the party.

- Do you become *anxiety* / *anxious* before you give a presentation?
- He was *depressed* / *depression* so he made an appointment to see the doctor.
- It was a *relieved* / *relief* to get home after a hard day studying in the library.
- Dad, please don't dance at the party. You're such an *embarrassed* / *embarrassment*!
- The volleyball team were *proud* / *pride* of winning the tournament.
- We all need some rest and *relaxed* / *relaxation* at the weekend.

3 ** 1.2 Complete the dialogues with the correct noun in the box. Listen and check.

amusement confusion depression
exhaustion ~~joy~~ relief

A: It's a joy to see our brother again.

B: Yes. I'm so happy. We haven't seen him for nearly ten years!

1 A: What is the biggest problem for runners after a marathon?

B: exhaustion. They need rest and lots of protein.

2 A: We nearly didn't get to the concert on time.

B: Yes, it was a huge relief when that taxi stopped for us!

3 A: The students looked at the teacher with confusion when he started singing.

B: I know. He likes to make them laugh!

4 A: There's a lot of amusement about our project.

B: You're right. It isn't very clear, is it?

5 A: I suffer from depression in the winter.

B: Yes, it's mainly due to a lack of sunlight.

4 *** Complete the text with feeling nouns. The first letters are given.

My mum and dad take great pride in their two granddaughters. It's a 1j _____ to see

them all together. They

have great 2a _____ for Susan especially as she's very loving. They always say nice things about her, which causes her a great deal of

3e _____. She gets shy every time

someone gives her a compliment, which is a source of 4a _____ as it's quite funny.

Jenny is more serious. She's at university and took her exams last month. She worked very hard and occasionally suffered from 5a _____.

It was a huge 6r _____ when the exams were over and Jenny was able to relax.



READING

1 Quickly read Dave's first paragraph and Sara's first paragraph. What are they doing this weekend?

Happier outside?

Best friends Dave and Sara get away from the exhaustion of their study routines and get out into nature.

Dave

I've been studying for my final exams and I've hardly left the house apart from to see friends. So, my parents have booked me on a wildlife weekend in the mountains! Hopefully, I'll get to see lots of animals in their natural habitat. Hiking in the mountains is going to be unbelievable, too, and I can't wait to see our accommodation – it looks so cosy!



Saturday

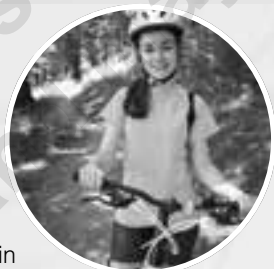
I've arrived at the hiking lodge after a three-hour train ride. It's a bit of a disappointment as it's ever so basic and cold, but I should have known that hiking wasn't going to be luxurious! I haven't seen many wild animals yet. We've been walking for ages, but all we've seen is a wild pig. I hope this trip is worth it.

Sunday

Guess what? I've seen my first eagle! I was losing hope, but then I heard a loud squawk – an eagle was flying right above me! What's more, a bearded vulture with a wingspan of over two metres also made an appearance! It dropped some bones on a cliff near us, which it does to make it easier to eat the marrow inside. It was amazing to see. Being in nature all weekend has been such a joy!

Sara

Like Dave, I've been spending too much time indoors revising, and even though I've been getting out for a quick jog every day, my fitness levels are low and I'm sick of the city. So, my dad's found an outdoor activity course in the countryside about an hour's drive away, and I'm going this weekend! Lucky me!



Saturday

Dad's just dropped me off at the activity centre. It's very smart, and everyone looks super fit! We're going out for a nice run in the woods now, can't wait, then after lunch it's the high rope. I have zero confidence about this, and my fear of heights is not going to help at all. I'm not looking forward to it, to be honest.

Sunday

Yesterday was a total embarrassment. I got stuck half-way across the rope walkway – I completely froze! Even though everyone was so supportive, I felt awful. On top of that, I've just done the mountain bike race. I'm used to cycling, but on roads, not in the woods. Now I'm waiting in the activity centre to see the nurse, as I've hurt my wrist. It's going to be a real relief to go home!

2 1.3 Read and listen to the article. Are the sentences true (T) or false (F)?

Dave and Sara don't know each other. F

- 1 They had both been revising hard before their weekend away.
- 2 Neither Dave nor Sara had been doing any exercise.
- 3 Their parents drove them both to their weekend activities.
- 4 Their first impressions were both very positive.
- 5 Dave enjoyed his weekend away but Sara didn't.

3 1.3 Read and listen again. Answer the questions with a word or short phrase.

What was Dave disappointed about on arrival?

the accommodation

- 1 Was Dave more excited on the first day or the second day?
- 2 How many types of wild birds does Dave mention?
- 3 Which activity was Sara looking forward to?
- 4 Which activity was Sara embarrassed about?
- 5 What happened to Sara during the bike competition?

4 **Word Power** Find nouns, adjectives and adverbs with the suffixes below in the text.

| | |
|-------------|---------------------------------|
| -able/-ible | <i>unbelievable (adjective)</i> |
| -ic | |
| -ive | |
| -ly | |
| -ance/-ence | |
| -ment | |
| -tion | |
| -ness | |

GRAMMAR Present perfect review

1 * Choose the correct answers.

We (ve been) / were on holiday for two days. We're going home tomorrow.

- They 've lived / lived in Amsterdam since 2018.
- He 's been / was in Scotland for a month. He came back last week.
- A:** How long have you waited / did you wait for your exam results?
B: For ages. They finally came yesterday.
- My son went on a cycling trip two days ago, but he hasn't texted / didn't text me yet.
- I've been in the library all morning and I 've written / wrote one essay so far.

2 ** 1.4 Write the present perfect or past simple form of the verbs in brackets. Listen and check.

Jobs that make people happy

Mabel Mwanza has worked (work) as a safari tour guide in Zambia for five years. Her father ¹ _____ (teach) her about animals when she was a young girl and she ² _____ (love) nature ever since. Since she became a guide, she ³ _____ (take) many groups of visitors around the park and shown them some amazing animals. She ⁴ _____ (start) a safari blog a year ago and it ⁵ _____ (be) very successful. The safari business ⁶ _____ (grown) and she now has a team of twenty staff. Most importantly, she ⁷ _____ (make) lots of people happy.



3 ** 1.5 Put the words in the correct order to make sentences. Listen and check.

been / the car / Ken / all wet. / has / washing / he's / and

Ken has been washing the car and he's all wet.

- listened to / Katie / yet. / that new album / hasn't
- been / Jim / a new song / finish it / writing / and / has / hopes to / soon.
- you / upstairs? / any noises / have / coming from / heard
- been / all morning. / waiting / Mum / for you / has / to text
- had / so far. / my brother / two accidents / has / on his new bike

4 *** Make questions for the sentences.

What has Sam been studying ?

Sam has been studying economics.

- What _____ ?
I've bought some pizza for dinner.
- How long _____ ?
She's been living in her apartment for just a few months.
- Where _____ ?
John has been sleeping on the sofa.
- Which _____ ?
I've read *The Hunger Games* and *The Hobbit* this month.
- What _____ ?
He's been fixing his bike all afternoon.

5 *** Complete the sentences with the present perfect simple or present perfect continuous form of the verbs in the box.

go land paint study sunbathe work



She 's been sunbathing all afternoon.

- He _____ to the supermarket.
- They _____ in the garden.
- The plane _____ at the airport on schedule.
- She _____ her bedroom all afternoon.
- I _____ for six hours and I'm so tired!

VOCABULARY and LISTENING Feelings: phrasal verbs

1 * Match 1-6 with a-f.

- 1 He bought his mum some chocolates d
 - 2 I got carried away ___
 - 3 You need to calm down ___
 - 4 She left her bag on the bus ___
 - 5 Let's chill out ___
 - 6 That film was so scary - ___
- a and read the whole book!
 b on the sofa with a good film.
 c so now she's really stressed out.
 d to cheer her up.
 e it really got to me.
 f and tell me what happened.

2 ** Choose the correct answers.

Vicky doesn't usually dance at parties, but last night she really got carried (away) / off.

- 1 All this bad news is really getting me *down* / over.
- 2 I didn't like this song at first, but it's growing *in* / on me.
- 3 It takes time to get *over* / out of a broken heart.
- 4 I know your friend was mean, but don't let it get *on* / to you.
- 5 She used to like rap music, but she's gone *off* / down it recently.

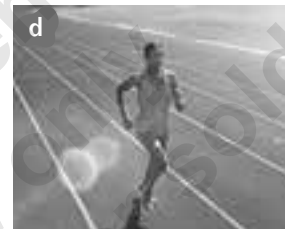
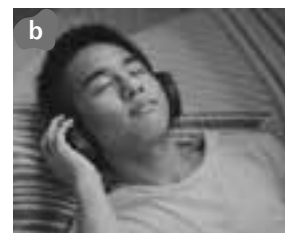
3 *** Complete the text with the correct form of the phrasal verbs in the box.

cheer me up get me down get over
 grow on me not get to me stress me out

I changed schools when I was fifteen. When my dad said we were moving to another city, the news really stressed me out. I loved my old school and had lots of friends. I realized I wouldn't see them again and it ¹ _____ - I was feeling really low. On my first day at the new school, a boy came up to me and offered to show me around. He was really kind and that ² _____. The school isn't too bad. The teachers are pretty friendly and it's got a great sports hall and gym. I think that little by little it's ³ _____. I'm slowly ⁴ _____ the shock of moving and I still miss my friends, but it ⁵ _____ any more.



4 1.6 Listen and match dialogues 1-4 with pictures a-d.



- 1 _____ 2 _____ 3 _____ 4 _____

5 1.6 Listen again and choose the correct answers.

For relaxation, Jamie listens to ...

- a rock. b jazz. c rap.

1 When Carla listens to dance music, she ...

- a runs faster. b cycles faster.
 c starts dancing.

2 Classical music helps Steve ...

- a relax. b sleep. c concentrate.

3 Kim listens to music when she is ...

- a cooking. b studying. c cleaning.

4 Steve and Kim both listen to music using ...

- a earphones. b headphones.
 c speakers.

6 Are the sentences true (T) or false (F)?

Jamie listens to music when he's had a good day. F

- 1 He likes jazz musicians from the 1960s. ___
- 2 Carla trains every day for the athletics team. ___
- 3 She likes techno music from the 1980s. ___
- 4 Steve is revising for exams at the moment. ___
- 5 He isn't a fan of loud orchestral music. ___
- 6 Cooking and listening to music cheers Kim up. ___
- 7 Kim's family listen to the radio while they eat. ___

GRAMMAR Verb patterns (1)

1 * Match 1-7 with a-g.

- | | |
|----------------------|---|
| 1 He decided | a to do the washing up, but she forgot. |
| 2 They're planning | b practising our new song. |
| 3 Let's start | c to go to Peru to see his relatives. |
| 4 Everyone remembers | d taking her dog for a walk. |
| 5 My grandma enjoys | e is good for your mental health. |
| 6 Ana promised | f listening to their first album. |
| 7 Listening to music | g to open an ice cream shop. |

2 ** Complete the sentences with the *-ing* or *to + infinitive* form of the verbs in brackets.

Helen hates doing her homework at the weekend. (do)

- Our teacher agreed _____ us more time to finish our projects. (give)
- Jim kindly offered _____ me how to play guitar. (teach)
- It's a lovely day. I feel like _____ for a walk. (go)
- My parents refused _____ me stay out until midnight. (let)
- She can't stand _____ in front of an audience. (sing)
- I need _____ dinner ready before mum gets home. (get)
- Clara bought some earphones _____ to music on the bus. (listen)
- I think that _____ is the best form of exercise. (swim)

3 ** 1.7 Choose the correct sentence. Listen and check.

- I was lost so I stopped asking for directions.
 - I was lost so I stopped to ask for directions.
- She regrets shouting at her teacher.
 - She regrets to shout at her teacher.
 - He forgot to lock the car and someone stole it.
 - He forgot locking the car and someone stole it.
 - Remember to buy a birthday card for your brother today!
 - Remember buying a birthday card for your brother today!
 - It's dinnertime soon so she's stopped to eat snacks.
 - It's dinnertime soon so she's stopped eating snacks.

4 *** Complete the sentences with the *-ing* or *to + infinitive* form of the verbs in the box.

buy do fall go meet pass walk

- I don't mind walking when it's sunny.
- _____ all your exams is a good feeling!
 - I'll never forget _____ off my bike when I was six.
 - Do you try to avoid _____ the washing up?
 - Where would you like _____ on holiday?
 - I miss _____ my friends after school.
 - He's gone to the shops _____ some eggs.

5 *** 1.8 Complete the dialogue with the *-ing* or *to + infinitive* form of the verbs in brackets. Listen and check.

Ingrid: We're planning to go (go) on holiday next month.

Jacob: Lucky you!

Ingrid: I know. But ¹ _____ (decide) where to go isn't always easy, is it?

Jacob: True. Especially when everyone wants something different! We go on holiday ² _____ (relax). It's a shame that planning the holiday is so stressful!

Ingrid: Exactly. We've had arguments about it, but in the end my parents promised ³ _____ (take) my sister to the beach. She'd like ⁴ _____ (go diving) in the sea.

Jacob: How about you?

Ingrid: I'd prefer ⁵ _____ (go) somewhere new and exciting. Maybe a city.

Jacob: Oh, well, at least the beach will be fun. Which beach are you going to?

Ingrid: Well, that's the problem. My sister suggested ⁶ _____ (go) to the one we always go to!

Jacob: Perhaps ⁷ _____ (stay) at home is the best option!



SPEAKING Describing recent experiences

1 1.9 Complete the dialogue with the words in the box. Listen and check.

can imagine have you been I've never been
just been nice so jealous was it like

Colin: Have you been to any good concerts lately?

Deb: I've ¹ _____ to see some live music.

Colin: Really? Was it a rock concert?

Deb: No, it wasn't. It was an open mic night.

Colin: Cool! What ² _____?

Deb: It was brilliant.

Colin: I'm ³ _____! I've always wanted to go.

Deb: ⁴ _____ to one before, but it's very relaxed. People just come up and sing or tell jokes. Some people play an instrument. There was one guy who played the saxophone – he was so good.

Colin: That sounds amazing. Did you sing?

Deb: Well, I've never been confident about singing, but I tried this time. I was so nervous.

Colin: I ⁵ _____! How did it go?

Deb: It went really well. Lots of people clapped.

Colin: ⁶ _____!



2 Put the dialogue in order 1-7.

- a And what was it like?
b At a friend's house.
c 1 Have you seen any good films recently?
d Batman? Nice! Where did you watch it?
e It was a bit boring, actually. It was really slow and the special effects weren't great. I was disappointed.
f I can imagine.
g Yes, I have. I saw the latest Batman film last week.

3 Match 1-6 with a-f.

- | | |
|-----------------|---------------------------------|
| 1 Have you seen | a a football match on Saturday. |
| 2 What was | b imagine! |
| 3 It was | c any good films recently? |
| 4 I went to | d the concert like? |
| 5 I'm so | e jealous! |
| 6 I can | f absolutely amazing! |

4 1.10 Complete the dialogue with sentences a-f. Listen and check.



Nina: Hi Dave! Where have you been this weekend?

Dave: Hi Nina! I haven't been here. I've been to a music festival.

Nina: Really? ¹ b

Dave: With George and Lila. You know, my cousins. I think you've met them before.

Nina: Yes, I think I have. Lucky you! ² _____

Dave: In Nottingham.

Nina: Oh wow, that's quite far away. ³ _____

Dave: Well, my dad took us part of the way and then we caught a train into Nottingham as the traffic into the city on Saturday can get quite bad.

Nina: Cool. So, tell me more about the festival! ⁴ _____

Dave: They were amazing. Some really famous bands were playing and it was such a great atmosphere!

Nina: Really? ⁵ _____

Dave: No, it was free. You just had to book online. The tickets went really quickly.

Nina: ⁶ _____ Next time, I want to come!

Dave: Sure! Actually, we're thinking of going to another one next month, if you want to come?

Nina: I'd love to!

- a How did you get there?
b ~~Who did you go with?~~
c I'm so jealous!
d What were the bands like?
e Wasn't it expensive?
f Where was the festival?

WRITING A personal profile

1 1.11 Complete the profile with the words in the box. Listen and check.

and because but ~~however~~ so that's why

PROFILE | INTRODUCTION | PHOTOS | CONTACT

SATOSHI'S BLOG

Hi! I'm Satoshi. I was born in Tokyo. However, my dad got a job in London
 1 _____ we moved there when I was younger and I was brought up there.
 Then I came back to Japan 2 _____ I've been living here for a year. I'm
 sixteen now. I love being back in my home country, but I'm still struggling with the
 cultural differences between Japan and the UK, especially music!

So let me tell you what I'm into – rock music! I've been listening to British music
 since I was at junior school. My favourite bands are Oasis and Radiohead. They're
 both bands that were famous in the 90s. I love Oasis songs 3 _____ they are
 full of energy and cheer me up. Radiohead's songs can be pretty depressing, but the
 more you listen to them, the more you can appreciate the lyrics.

I love British music, 4 _____ most of my classmates are into J-pop. Some
 of it's OK, but it mostly sounds the same. It gets me down listening to music on
 my own and 5 _____ I'd like to share music with you – the best tracks and
 videos online and where to buy rare albums. That's why I've joined this site.

Send me a message and we can start sharing.



2 Choose the correct answers.

I've lived in London. I've also / *what's more* lived in Tokyo.

- I'd like to visit the UK, *and* / *but* I don't have enough money.
- My friends don't know many British bands *so* / *because* I listen to them alone.
- I've got lots of 60s and 70s records *what's more* / *as well as* more recent music.
- I can speak English *so* / *because* I lived in Vancouver.
- I was born in Japan. *After that* / *Before* I moved to Canada.
- Although* / *However* I'm Japanese, I've never seen Mount Fuji.



3 Complete the sentences with the words in the box.

after ~~down~~ into out to up (x2) with

- When problems at school get me down, I listen to my favourite album.
- She grew _____ in Japan and can speak Japanese fluently.
 - Going to a live concert always cheers me _____.
 - He hangs out _____ his friends in the basketball team.
 - How did you get _____ Britpop?
 - I'd like to eat _____ every night, but it's too expensive.
 - My sister looked _____ me after my cycling accident.
 - We're all looking forward _____ the concert tonight.

4 Write your own personal profile.

I was born in _____
 I grew up in _____
 Then _____
 I got into _____
 I'm looking forward to _____

REVIEW UNIT 1

1 Put the letters in order to make feelings nouns.

- mbrssmnteaae embarrassment
- 1 scononifu _____
- 2 suatnexhio _____
- 3 frelie _____
- 4 seamtenmu _____
- 5 dripe _____
- 6 tyanxie _____
- 7 yjo _____
- 8 speedronis _____

2 1.12 Complete the sentences with the words in the box. Listen and check.

amused anxiety confusion
exhausted relaxation relieved

- She was very amused when I fell off my chair.
- 1 He hasn't slept for 24 hours so now he feels _____.
 - 2 This spa hotel is great for rest and _____.
 - 3 There is _____ in the departure lounge about which flight was cancelled.
 - 4 She was very _____ to get home before the storm.
 - 5 The cause of their _____ was the poor economic situation.

3 Complete the sentences with the present perfect or present perfect continuous form of the verbs in brackets.

- He has listened to his favourite songs many times. (listen)
- 1 I _____ all my revision and I'm ready for tomorrow's exam. (do)
 - 2 It _____ for hours and the river levels are going up dramatically. (rain)
 - 3 He _____ three times, but she hasn't answered. (phone)
 - 4 We _____ each other for more than 50 years. (know)
 - 5 The police _____ for the robbers, but haven't found anyone yet. (search)

4 1.13 Choose the correct word. Listen and check.

The scene at the end of *Titanic* always gets / goes to me. It always makes me cry.

- 1 He tried to *carry / cheer* Sara up after her accident.
- 2 I've gone *off / over* spicy food since I had a very hot curry last week.
- 3 During the demonstration, the police asked the crowd to *get / calm* down.
- 4 Flying always stresses me *up / out*. It's the take-off I can't stand.
- 5 She gets *carried / taken* away when she does karaoke and sings at the top of her voice!

5 Find five more phrasal verbs.



6 Complete the sentences with the correct form of the verbs in brackets.

- Shopping is stressful for some people. (shop)
- 1 I enjoy _____ video games after a busy day at school. (play)
 - 2 No one agreed _____ part in the school concert. (take)
 - 3 She remembers _____ home, but she has no memory of the accident. (get)
 - 4 There are four people so I suggest _____ a taxi. (take)
 - 5 We hope _____ a house when I get a new job. (buy)

LEARNING to LEARN

Now I can ...

- talk about feelings using nouns
- use the present perfect and present perfect continuous
- talk about feelings using phrasal verbs
- use *-ing* forms and *to + infinitive* forms
- describe recent experiences
- write a personal profile

WRITING A personal profile

Kevin's page



Hi, I'm Kevin and I'm sixteen.

Give some basic personal details.

Let me tell you a bit about myself. I was born in London but I grew up near Liverpool, England. It's a fantastic and vibrant city with a lot of culture.

Use a chatty informal style and talk to the reader directly.

Say what your hobbies and interests are.

So, what am I into? Well, I've been a part of a community theatre group for the past six years. I started by helping out with making the costumes (I'm good at sewing), but I discovered I love the excitement of the theatre, the stage and the bright lights! That's why I got into acting.

Use connectors to organize the information.

Say what you're doing, and give your reasons for writing your profile.

I've been in some plays and had a small role in a TV drama. However, my main passion is films. I love watching all kinds of films from all over the world, as well as hanging out with my friends and discussing the films we've seen.

Use phrasal verbs.

Include a closing sentence at the end.

At the moment I'm studying for my exams. I'm in a play, too, so I'm pretty busy. After that, I'd really like to study acting full-time, and maybe even go to Hollywood! I've joined this site because I'd like to meet other young actors so we can share our experiences and maybe even form a theatre group.

Send me a message and we can start chatting. Looking forward to meeting you!

Tips for writing

- Use these phrases to talk about basic personal details:
 - I was born in ...*
 - I grew up ...*
- Use these phrases to talk about your interests:
 - I'm into ...*
 - I got into ...*
 - My main passion is ...*
- Use these words and phrases for a direct and informal style:
 - Let me tell you a bit about myself.*
 - So, what am I into? Well, I ...*
 - Looking forward to meeting you!*
 - Send me a message and we can start chatting!*

UNIT 1

Feelings: nouns

| | |
|------------|---------------|
| affection | embarrassment |
| amusement | exhaustion |
| anger | joy |
| anxiety | pride |
| confusion | relaxation |
| depression | relief |

Feelings: phrasal verbs

| | |
|-----------------------------|-------------------|
| calm down | get over (sth/sb) |
| cheer (sb) up | get to (sb) |
| chill out | go off (sth/sb) |
| get carried away | grow on (sb) |
| get (sb) down | stress (sb) out |
| sb/sth = somebody/something | |

UNIT 2

Success and failure

| | |
|--------------------|---------------------|
| fail to | mess up |
| fulfil your dreams | miss an opportunity |
| give up | overcome a problem |
| go to plan | realize an ambition |
| go wrong | turn out badly/well |
| make it | work |

Collocations with *do*, *make* and *take*

| | |
|----------------|-----------------------|
| do (sb) good | make sense |
| do nothing | make sure |
| do well | take control of (sth) |
| do without | take the opportunity |
| make an effort | take (sth) seriously |
| make a fortune | take time off |

UNIT 3

Media and news

| | |
|-------------|-----------|
| advertising | newsfeed |
| eyewitness | presenter |
| gossip | source |
| headline | story |
| issue | update |
| journalism | viewers |

Communication: verbs + prepositions

| | |
|--------------------|--------------|
| admit to | react to |
| blame (sth/sb) for | refer to |
| boast about | report on |
| comment on | respond to |
| complain about | share with |
| criticize (sb) for | warn against |

UNIT 4

Clothes: adjectives

| | |
|-------------|----------------|
| casual | smart |
| classic | sporty |
| comfy | stylish |
| designer | trendy |
| practical | unconventional |
| second-hand | unfashionable |

Appearance: adjectives

| | |
|--------------|----------|
| bizarre | neutral |
| chilled | relaxed |
| dull | striking |
| elegant | stunning |
| eye-catching | vibrant |
| glamorous | vidid |
| gorgeous | weird |

UNIT 5

City living: compound nouns

| | |
|------------------|-------------------|
| apartment block | rush hour |
| crime rate | shopping district |
| cycle lane | skyscraper |
| housing shortage | social isolation |
| nightlife | traffic jam |
| overcrowding | transport links |

City living: phrasal verbs

| | |
|-----------------|--------------------|
| break down | hold (sb) up |
| drop (sb) off | hurry up |
| get around | leave (sth) behind |
| get away (from) | look around |
| hang around | pick (sb) up |
| head for | run into |