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## Unit 1

- **1** 1.1. blog posts 1.2. audience 1.3. facts 1.4. deadlines 1.5. give up
- **2** 2.1. B 2.2. A 2.3. C
  - 2.4. elastyczne godziny pracy / ruchome godziny pracy
  - 2.5. atrakcyjne zarobki / konkurencyjne wynagrodzenie
  - 2.6. zadzwonić
  - 2.7. końca września
  - 2.8. mniej niż ¼ / poniżej 25%
  - 2.9. zdobycie doświadczenia
  - 2.10. prywatny nauczyciel/korepetytor
  - 2.11. stażu
- **3** 3.1. E 3.2. A 3.3. D 3.4. B
- **4** 4.1. B 4.2. A 4.3. A 4.4. B 4.5. C
- **5** 5.1. B 5.2. C 5.3. A 5.4. A 5.5. A
- **6** 6.1. has been trying to find
  - 6.2. doesn't/does not look like/as if
  - 6.3. Have you congratulated Kate on
  - 6.4. haven't/have not figured out what
  - 6.5. is Sam always complaining about / does Sam always complain about
  - 6.6. is thinking of giving up
  - 6.7. Have you been trying to / Have you tried to
- 7.1. Has anyone/anybody heard
  - 7.2. is/are thinking of
  - 7.3. have been writing
  - 7.4. have no hesitation in recommending
  - 7.5. haven't/have not received any
- **8** 8.1. breaking 8.2. give 8.3. fired
  - 8.4. benefits 8.5. down

## Unit 2

- **1** 1.1. E 1.2. C 1.3. A 1.4. D
  - 1.5. koszmarnych wakacji
  - 1.6. plaży
  - 1.7. przemoczoną
  - 1.8. wymówić
  - 1.9. niejadalne
  - 1.10. barierą językową / nieznajomością języka
  - 1.11. lotnisku
  - 1.12. (zgubioną) walizkę
- **2** 2.1. B 2.2. C 2.3. A 2.4. A

- **3** 3.1. air-conditioned
  - 3.2. excursions (throughout Dubai)
  - 3.3. 10/ten
- **4** 4.1. A 4.2. B 4.3. A 4.4. C 4.5. B
- **5** 5.1. B 5.2. A 5.3. B 5.4. C 5.5. C
- **6** 6.1. B 6.2. A 6.3. C 6.4. A 6.5. D
- **7** 7.1. when 7.2. used 7.3. to 7.4. off
- **8** 8.1. used to go
  - 8.2. has got used
  - 8.3. had never been
  - 8.4. had been walking for
  - 8.5. hadn't/had not finished
  - 8.6. had been flying for
  - 8.7. is used to
  - 8.8. were having lunch when
  - 8.9. didn't/did not stop shining
  - 8.10. had already left
- 9 9.1. amusement
  - 9.2. greedily
  - 9.3. variety
  - 9.4. sunburnt
  - 9.5. endless

## Unit 3

- **1** 1.1. A 1.2. C 1.3. B 1.4. A 1.5. B 1.6. C
- **2** 2.1. B 2.2. F 2.3. A 2.4. D
  - 2.5. wybraliśmy jedną z dwóch wind / pojechaliśmy jedną z wind / woleliśmy jechać jedną z wind
  - 2.6. po angielsku / w języku angielskim
  - 2.7. Wieżę (Eiffla) oświetloną / rozświetloną (pięcioma) miliardami światełek
- **3** 3.1. C 3.2. A 3.3. B 3.4. A 3.5. B
- **4** 4.1. C 4.2. A 4.3. C 4.4. B 4.5. A
- **5** 5.1. B 5.2. B 5.3. C 5.4. A 5.5. B
- **6** 6.1. to 6.2. all 6.3. about 6.4. of
- **7** 7.1. will have started by
  - 7.2. won't/will not buy tickets until
  - 7.3. time are you/we meeting
  - 7.4. will have been working
  - 7.5. 'm/am going to study

**8** 8.1. thrilled 8.2. recognisable 8.3. spectators 8.4. cultural 8.5. regularly 8.6. affordable

## Unit 4

**1** 1.1. B 1.2. A 1.3. E 1.4. C

2.1. at the beginning of every July 2.2. dress their pet(s) up to look like a visitor from another planet

2.3. scientists could do tests on them.

**3** 3.1. D 3.2. A 3.3. E 3.4. C

4 4.1. exchanges

4.2. unpredictable

4.3. musical

4.4. Congratulations

4.5. graduation

**5** 5.1. D 5.2. A 5.3. C 5.4. B

6 6.1. did they hold it

6.2. had been decorated with

6.3. were invited by/had been invited by

7.1. We weren't/were not allowed

7.2. was opened

7.3. is said to be / is believed to be / is thought to be / is considered to be

7.4. had a costume designed by / had an outfit designed by

7.5. will be sold

**8** 81 C 82 A 83 B 84 C 85 A

9.1. B 9.2. A 9.3. B 9.4. C 9.5. A

**10** 10.1. C 10.2. B 10.3. A 10.4. B 10.5. C

**11** 11.1. is said to be

11.2. be opened by

113 is/are not allowed to

11.4. will have been decorated

11.5. were made to

## Unit 5

13 A 1.5. C **1** 1.1. B 1.2. A 1.4. B 16 A

**2** 2.1. C 2.2. D 2.3. B

2.4. increases with their speed

2.5. fresh water and food

26 do not control nature

3.1. D 3.2. G 3.3. C 3.4. A

4.1. C 4.2. A 4.3. B 4.4. C 4.5. A

5.1. A 5.2. B 5.3. A

**6** 6.1. were you, I would

6.2. unless we cut down

6.3. overslept, he would have helped

6.4. only the forest hadn't/had not

6.5. would rather we had travelled

**7** 7.1. busiest

7.2. desperately

7.3. underestimated

7.4. derailment

7.5. activity

**8** 8.1. teacup

8.2. cut

8.3 weather

8.4. spill

8.5. out

9 9.1. wouldn't/would not feel

9.2. hadn't/had not got

9.3. as though she had seen

9.4. didn't/did not / wouldn't/would not ask me

9.5. would have passed

## Unit 6

1.1. researching

1.2. high/large/significant/excessive, etc

1.3. checking

1.4. (real) health / healthiest

2.1. B 2.2. E 2.3. D 2.4. F 25 A

3.1. B 3.2. E 3.3. C 3.4. F 3

4.1. (local) residents

4.2. coffee (or a cuppa)

4.3. volunteers

5.1. A 5.2. B 5.3. A 5.4. C 5.5. B 5.6. C

**6** 6.1. bite

6.2. concern

6.3. hot

6.4. bitter 6.5. turn

**7** 7.1. much

7.2. both

7.3. types/kinds

7.4. slice

7.5. enough

7.6. too

7.7. food

7.8. bar

7.9. a

8 8.1. How much milk

8.2. turned out well

8.3. a loaf of bread

8.4. Is there enough

8.5. several different types

- **9** 9.1. are the slices of pizza
  - 9.2. on the menu had garlic
  - 9.3. like some strawberries and cream / like strawberries with cream
  - 9.4. 'm/am afraid there are no
  - 9.5. asked Amy for the
  - 9.6. is so proud of
  - 9.7. a couple of eggs for
  - 9.8. about something to eat
- **10** 10.1. without 10.2. Made 10.3. environmentally 10.4. have come
- **11** 11.1.C 11.2.A 11.3.B

## Unit 7

- **1** 1.1. D 1.2. A 1.3. C 1.4. D 1.5. B
- **2** 2.1. D 2.2. C 2.3. B
  - 2.4. burglary
  - 2.5. good locks
  - 2.6. lighting
  - 2.7. (complete) security system
  - 2.8. window locks
  - 2.9. security experts
  - 2.10. comes first
- **3** 3.1. A 3.2. B 3.3. D 3.4. C 3.5. A
- 4.1. needn't have called off / need not have cancelled
  - 4.2. You mustn't/must not exceed
  - 4.3. couldn't/could not have committed / / can't/cannot have committed
  - 44 Shall I
  - 4.5. needn't / doesn't/does not need/have to
- **5** 5.1. broke 5.2. up 5.3. charge 5.4. lift 5.5. trial
- 3.1.1110
- **6** 6.1. Are we allowed to park 6.2. was able to prove his
  - 6.3. doesn't/does not need to testify / / didn't/did not need to testify
  - 6.4. ought to be
  - 6.5. was arrested for stealing
- **7** 7.1. must have known
  - 7.2. shouldn't/should not have had
  - 7.3. might/could/may be able to
  - 7.4. needn't/need not have kept
  - 7.5. can't/cannot have sent
  - 7.6. were able to get
  - 7.7. can't/cannot/mustn't/must not drive

- 7.8. had to be locked
- 7.9. must have been
- 7.10. needn't/need not have bought
- **8** 8.1. operations 8.2. vandalism 8.3. privacy 8.4. swiftly 8.5. kidnappings

## ,

## **Unit 8**

- 1 1.1. He was his PE teacher when he attended the school.
  - 1.2. He was a fan of Star Wars films/ lightsaber battles.
  - 1.3. under-14s (fence with a size 3 foil)
  - 1.4. a) He shows him the moves.
    - b) He tells him when he's doing something wrong.
  - 1.5. (He plans) to get onto the British team that will go to the next Olympic Games.
- **2** 2.1. B 2.2. C 2.3. A 2.4. C
- **3** 3.1. Kenton Hospital / the hospital
  - 3.2. will be reduced by 30% / will be less expensive / will be cheaper
  - 3.3. fencing
- **4** 4.1. D 4.2. B 4.3. B 4.4. A
- **5** 5.1. grow 5.2. beat 5.3. match
  - 5.4. attend 5.5. lift
- **6** 6.1. the most talkative person
  - 6.2. as the least dangerous
  - 6.3. the better my English
  - 6.4. looks (exactly) like
  - 6.5. solve problems as well as
- **7** 7.1. puzzled 7.2. unable 7.3. hooked
  - 7.4. recovery 7.5. revival
- **8** 8.1. concentration 8.2. tutorial
  - 8.3. outsmart 8.4. teamwork
- **9** 9.1. as good as
  - 9.2. by far the most difficult
  - 9.3. the least popular
  - 9.4. such an exciting
  - 9.5. How annoying/irritating
- **10** 10.1. as 10.2. far 10.3. known/regarded
  - 10.4. such 10.5. too 10.6. better
  - 10.7. very
- **11** 111 A 112 C 113 A 114 A

## Unit 9

- **1** 1.1. A 1.2. C 1.3. A 1.4. B 1.5. B 1.6. C
- **2** 2.1.F 2.2.G 2.3.E 2.4.A 2.5.C
  - 2.6. He revolutionised the way we think about time and space.
  - 2.7. It wasn't a happy working relationship.
  - 2.8. It is what we use in our houses when we switch on the TV, charge our smartphones or turn on the light.
  - 2.9. It was a huge help when it came to drawing up new inventions.
  - 2.10. the international unit of magnetic flux and the electric car developed by the billionaire Elon Musk
- 3 3.1. denied deleting/ denied having deleted
  - 3.2. Where do you store
  - 3.3. a(n) (instruction/user) manual/ user guide / instruction booklet before using
  - 3.4. aren't l
  - 3.5. if/whether I remembered
- **4** 4.1. denied hacking/having hacked into my
  - 4.2. have to finish my
  - 4.3. promised to help me / (that) she would help me
  - 4.4. got away with
  - 4.5. towards fitness trackers is that
  - 4.6. to allow me to
- **5** 5.1. me how to do
  - 5.2. have you downloaded
  - 5.3. told me there would
  - 5.4. promised it wouldn't/would not
  - 5.5. warned me not to
  - 5.6. he is/was going to
- **6** 6.1. activate 6.2. influential 6.3. investigation
  - 6.4. wearable 6.5. noticeable
- **7** 7.1. store 7.2. artificial 7.3. charge 7.4. track 7.5. on
- **8** 8.1. B 8.2. A 8.3. A 8.4. C 8.5. C 8.6. B

## Unit 10

- **1** 1.1. cope with
  - 1.2. react
  - 1.3. colds, flu
  - 1.4. control
  - 1.5. relaxation
  - 1.6. later years
  - 1.7. C 1.8. B 1.9. C

- **2** 2.1. G 2.2. B 2.3. A 2.4. D
  - 2.5. scholarship
  - 2.6. loan
  - 2.7. fees
  - 2.8. residence
  - 2.9. Students'
  - 2.10. comprehensive
- **3** 3.1. in which we have
  - 3.2. Despite studying hard
  - 3.3. with a view to boosting
  - 3.4. prevents you from making
  - 3.5. due to the lack of
- **4** 4.1. about 4.2. why 4.3. not 4.4. which 4.5. other 4.6. such
  - 4.7. be 4.8. who
- 5 5.1. many of whom
  - 5.2. such a difficult
  - 5.3. in case I miss
  - 5.4. whereas/while his brother
  - 5.5. The reason why
- **6** 6.1. many courses on offer (that)
  - 6.2. with a view to
  - 6.3. In spite of the fact
  - 6.4. in order to study
  - 6.5. where I was/had been brought
- **7** 7.1. bring 7.2. pressure 7.3. terms
  - 7.4. gap 7.5. hall
- **8** 8.1. C 8.2. C 8.3. A 8.4. B 8.5. B
- **9** 9.1. B 9.2. C 9.3. B

## Unit 11

- **1** 1.1. D 1.2. B 1.3. E 1.4. A
- **2** 2.1. B 2.2. D 2.3. B 2.4. A 2.5. D 2.6. D
  - 2.7. znajduje się/ mieści się jego siedziba
  - 2.8. (cienkiego) plastiku
  - 2.9. organizowaniem/ przeprowadzaniem konkursów
  - 2.10. (edukacyjnymi) wystawami
  - 2.11. (prawdziwej) sztabki złota
- **3** 3.1. go 3.2. broke 3.3. change
  - 3.4. spare 3.5. balance
- 4 4.1. would prefer to buy
  - 4.2. isn't/is not eager/willing to
  - 4.3. denied spending/ denied having spent
  - 4.4. to concentrate on
  - 4.5. went out of use

- **5** 5.1. financially 5.2. withdraw 5.3. contactless
  - 5.4. instalments 5.5. incredibly
  - 5.6. difficulty/difficulties 5.7. exchange
- **6** 6.1. get used to saving
  - 6.2. was accused of stealing
  - 6.3. To tell you the truth
  - 6.4. taught himself how to
  - 6.5. to go (in) for
- 7.1. opening 7.2. yourself 7.3. worth 7.4. to 7.5. take/bring 7.6. filling 7.7. if 7.8. take 7.9. before
- **8** 8.1. C 8.2. A 8.3. C 8.4. B 8.5. A
- **9** 9.1. regrets not having started
  - 9.2. always remember getting
  - 9.3. enjoy yourselves
  - 9.4. was Gary himself
  - 9.5. looking forward to having/owning/getting
  - 9.6. has trouble saving
  - 9.7. had better

## **Unit 12**

- **1** 1.1. rytm snu
  - 1.2. 22.00 / 10.00 wieczorem
  - 1.3. Kwaśny deszcz
  - 1.4. filtry na kominach w fabrykach
  - 1.5. zaadoptować
  - 1.6. zmiany/ocieplenia klimatu
  - 1.7. annually/ every year/ yearly
  - 1.8. (on) Saturday morning
  - 1.9. (into) rivers and seas
  - 1.10. annual temperatures
  - 1.11. (by about) 30%
- **2** 2.1. F 2.2. A 2.3. G 2.4. D 2.5. B
- **3** 3.1. town/city centre
  - 3.2. vehicles
  - 3.3. breathing problems
  - 3.4. natural habitats
  - 3.5. supported
  - 3.6. government(s)
- **4** 4.1. Neither Ben nor Keith care(s)
  - 4.2. put up with
  - 4.3. It is recycling which/that
  - 4.4. what inhabitants do is (to)
  - 4.5. The whole community took

- 5 5.1. Neither Paweł nor Antoni / Neither Paul nor Anthony
  - 5.2. the whole/all
  - 5.3. Every one of
  - 5.4. any of/either of
  - 5.5. none of
  - 5.6. Both Harry and Kate
- **6** 6.1 needed is more volunteers for
  - 6.2. it Sarah who made
  - 6.3. me who puts things which/that
  - 6.4. was Connor who suggested (that)
  - 6.5. do/did/would you buy food in/with
  - 6.6. did we allow the environment
- **7**.1. room
  - 7.2. effect
  - 7.3. spill
  - 7.4. put
  - 7.5. waste
- **8** 8.1. B 8.2. A 8.3. D 8.4. C 8.5. C
- **9** 9.1. C 9.2. A

# Wypowiedź pisemna

#### Units 1-2 Przykładowa odpowiedź

Hi everyone,

Today I wanted to share my thoughts on summer jobs. Did you know that more and more young people are deciding to work during holidays? There are quite a few reasons why it's becoming popular.

Firstly, it's all about money. Young people want to earn some extra cash for their needs. It's also a great way to become more independent and responsible. Moreover, such work experience looks good on a CV!

I think the most popular jobs among teens are usually being a waiter, shop assistant or working at summer camps. These jobs are popular because they offer flexible hours, good pay, and a chance to meet new people.

I've had a summer job for the past two years. This summer, I worked as a lifeguard at the local pool and it was great. However, last year, I was a babysitter and it was a terrible experience for me, but I learned how to deal with difficult situations.

How about you? What do you think about working during the summer break? Have you ever had a summer job? If so, what was it like? Share your experiences in the comments below!

# Units 3–4 Przykładowa odpowiedź How I joined the driver community

I'll always remember passing my driving test. It had been snowing all night and the roads were icy the following day. I finished the test and turned to the examiner. He was writing on a form and he looked very serious. "Well", he said, "you made a few mistakes"— my heart sank — "but I'm happy to tell you that you have passed your driving test". My smile filled the car.

Later that night, we celebrated. We went out to a restaurant. I didn't drive, of course, because I still had to get my driving licence, which would officially confirm that I was able to drive in case the police stopped us. We got a table near the window, so I could sit and admire the drivers passing by in their cars. I was so proud that I was now one of them.

Arriving back home, there was another car on our drive. I got out, wondering who had left it there. I looked inside and saw keys with my name on them. I heard my Dad laughing behind me. He had bought it for me.

Passing my driving test was a crucial moment in my life. It provided me with the freedom to go wherever I wanted, whenever I wanted, without relying on others. I no longer had to rely on public transport or ask my parents to give me a lift. I feel I acquired a valuable skill that would benefit me in countless ways.

Getting my licence was a game-changer. No more asking for rides. Dad even surprised me with a car. Driving community, here I come!

## Units 5-6 Przykładowa odpowiedź

Hi Peter,

How are you? I'm writing to tell you about something I've recently decided to do. I've changed my eating habits.

It all started when I realised that I wasn't feeling good. I lacked the energy, got tired very fast, and put on some weight. So, I made the decision to make some changes in my diet.

I've started to eat more fruit, vegetables, and whole grains. I've also cut down on junk food and sweets. It hasn't been easy, especially saying no to sweets – you know how I love them.

Since making these changes, I've noticed a positive impact on both my health and appearance. I have definitely more energy and my skin looks clearer. It's amazing how what we eat can affect us in so many ways!

By the way, how about you? How's your diet going? Have you ever thought about making any changes to it? Let me know if you have any tips.

Take care,

XYZ

## Units 7–8 Przykładowa odpowiedź

Drones have become increasingly popular in recent years and have become a topic of debate regarding their social benefits and potential risks. As far as I am concerned, drones can be very advantageous provided that they are used wisely.

Firstly, drones can help catch criminals. They can direct the police to where crime is being committed and it can be stopped quickly and efficiently. For instance, they can follow a car without the need for a high-speed chase.

Secondly, they could make deliveries. Instead of someone knocking on your door when you've ordered something and it's arrived, you'll get a text message. You'll go into the garden and a friendly drone will drop off your delivery.

However, some people warn against a lack of privacy when drones take to the air. Drones could watch what people are doing on the streets or in their gardens or even through their windows. Additionally, while drones might be helpful in chasing criminals, they themselves might create danger if they fly too close to the airports. I am of the opinion that all of these issues could be solved by proper regulations.

Drones, like most technological advancements, can have some drawbacks. I believe, though, that they are a benefit to society and will help us in so many ways as they become more common.

## Units 9-10 Przykładowa odpowiedź

Dear Sir/Madam,

I am writing to express my disappointment with the smartwatch that I recently bought from your online store. I would like to outline the reasons why the product did not meet my expectations and suggest a solution to resolve this situation.

Firstly, the battery life of the smartwatch is shorter than advertised. It barely lasts a few hours, even with minimal usage. This is highly inconvenient as I was expecting the battery to last at least a full day, considering the price I paid for the product. Moreover, the pedometer is not accurate. It does not count my steps properly, which makes it difficult for me to track my daily activity level accurately.

I would therefore be grateful if you could replace the faulty smartwatch with a new working model that would have a stronger battery and a more accurate pedometer.

If a replacement is not possible, I expect a full refund. I enclose a copy of my receipt in the hope that this matter will be resolved soon.

I hope you will take the necessary steps to resolve the situation soon. I look forward to receiving your reply regarding the proposed solution. Thank you for your attention to this matter.

Yours faithfully,

XYZ

#### Units 11-12 Przykładowa odpowiedź

Heading to university is a major step in anyone's life. For many people, it is the first time they have lived away from home. So one decision that has to be made is where they are going to live. One option is on campus, but it does have its pros and cons.

There are a number of positive points to living on campus. First of all, students are near the library and any other

resources they might need. Secondly, they are with other students and they can socialise with people studying the same subject. Thirdly, living on campus is usually much cheaper than renting a room on your own.

On the other hand, there are drawbacks. Students might not have any time to themselves as they will be meeting people at all times of the day. Also, students often do not get to choose who they live with. Living with someone they do not like could severely ruin someone's university experience.

All in all, even though living on campus may be a problem for those who enjoy the peace and quiet, I strongly believe that it is beneficial. Being with likeminded friends may make your university days the best days of your life.

## Wypowiedź ustna (1-6)

#### Zadanie 1

Przykład realizacji zadania.

**Uczeń:** Hi. How are you?

**Egzaminator:** I'm fine thanks. I know you've just been on holiday. Well, I'm looking for somewhere to go next year. Can you tell me a bit about your holiday?

**Uczeń:** Sure. It was a beach holiday. I was at Jurata with my family. We had a fantastic time there. We had booked rooms in a five-star hotel there. We don't usually have such an expensive holiday, but we didn't go anywhere the year before, so we thought we'd treat ourselves this time.

**Egzaminator:** What was the hotel like?

**Uczeń:** Really great. Our room was on the third floor and it had a balcony with a view of the sea and the boats in the harbour. We used to have breakfast on the balcony and watch as the beach filled up with people. Speaking of food, the meals there were delicious, and the service was always excellent. The only problem with food I had was when I bought some chips at one of the street food outlets. I had a stomache ache afterwards, so maybe the oil used for frying them wasn't fresh enough. Other than that, everything was wonderful.

**Egzaminator:** What do you like about beach holidays?

**Uczeń:** Everything! I love sunbathing on the golden sands and then swimming in the crystal clear waters. I live in the city and we don't have a swimming pool near us, so I really look forward to the seaside. Jurata has this fantastic pier that goes all the way out. I took lots of pictures while I was walking along it.

**Egzaminator:** So what other kinds of things did you do there? **Uczeń:** Sunbathing and swimming, obviously. We also ate out a few times. The restaurants there are superb, and I got to try some dishes that we don't have at home. I really recommend them. We also went on a few excursions. There is a kitesurfing school not far and we went there one day. It was really exciting and it's something I'll never forget.

**Egzaminator:** Jurata sounds like a good place for a holiday. Have you got any plans for next year?

**Uczeń:** Not at the moment, but that could change. I'd love to

go back to Jurata now that I know all about it. I'd particularly love to go kitesurfing again as it's not something I'd ever get to do in my hometown.

#### Zadanie 2

Przykład realizacji zadania.

#### Opis ilustracji:

It's a picture of a street market. It's a lovely sunny day and the people in the picture are wearing summer clothes. There are two women walking past the stalls and some people are standing in front of the stalls. It looks like the stalls are selling food and drinks. The people in front of the stalls could be trying some of the food and drinks before they buy anything. They might be haggling to get a better price.

#### Odpowiedzi na pytania:

- **1** I think you can find fresh fruit and vegetables as well as homemade products there such as honey and jams. They could be selling handmade things like jewellery and vintage clothes too. Maybe they are trading old stuff, paintings or bric-a-brac.
- 2 That's tricky because I think they sell different things. The street market is great for fresh fruit and vegetables and I believe the prices are lower than in the supermarket. It may also sell clothes but the choice is limited. However, it may be close to your home and more convenient to get to on foot. Department stores are better for buying clothes and shoes. These are the types of products they sell there. They have a lot of choice but they are usually more expensive and you may have to drive or take public transport to get there. Overall, I prefer the street market for low prices and convenience but they often have a limited choice when it comes to clothes.
- **3** I recently went to a new mall that opened near me. It's a huge place just off the motorway, so I had to drive there. It's got lots of shops that we didn't have before. Unfortunately, they sell a lot of designer goods and I just can't afford any of them. I really went for the new cinema there. It has 12 screens and special chairs with more room in them. I saw the new *Star Wars* film there and it was fantastic.

#### Zadanie 3

Przykład realizacji zadania.

The third picture shows someone mowing the lawn and I would like to do some gardening work in the summer so picture three would be my choice. I have some experience with gardening as I have often helped my grandfather in the garden. He grows his own fruit and vegetables which we use to make some great dishes. Gardening is perfect for the summer because the weather is so good. It's a chance to get out in the fresh air and get some exercise. The first picture shows a waitress in a café. I don't think I'd like that because,

for one thing, it's indoors and, secondly, you have to be polite to all the customers no matter what they say or do. If a customer was rude to me, I don't think I would stay polite. Also, my maths is not that good, so I wouldn't like having to prepare a bill. In the second picture, there is a pizza delivery boy. I would hate to do this job. First of all, you work mostly in the evenings and at the weekends. In addition to that, you have to ride everywhere, and I would have to use my bicycle. It can't be easy to ride all the time in all that traffic. It could lead to breathing problems or worse – an accident.

## Odpowiedzi na pytania:

**1** As far as I'm concerned, part-time work is a great option for balancing work and personal life. It gives you the flexibility. You have more time to take care of your family or do activities you are passionate about. Additionally, having a part-time job can help reduce stress compared to a full-time commitment, allowing for a healthier work-life balance.

**2** Yes, I believe part-time jobs are a fantastic way for teenagers to learn crucial life skills. They help us learn how to work hard and be responsible. It's not just about the money; it's about getting used to doing a good job and managing our time well. Having a job teaches us stuff you don't really learn at school, like how to be a team player and solve problems. It's a great opportunity to gain some experience and get ready for the real world.

# Wypowiedź ustna (7–12)

#### Zadanie 1

Przykład realizacji zadania.

**Egzaminator:** I'm interested in taking up a new sport or hobby. Do you have any suggestions?

**Uczeń:** I do a lot of running. It's something I do three or four times a week. I usually go running in the park near my home. I worked out that if I go three times around it, it's five kilometres. I'd like to improve my running and join in the 10 km run that is held in my town every May.

**Egzaminator:** That's an individual sport, isn't it? It's not a team sport.

**Uczeń:** Well, it can be both. I've actually just joined a club and we train together at the weekends. I'm hoping that I can build my speed and take part in local competitions soon. On the other hand, you don't need to be a part of a club. You can just head out onto the streets on your own.

**Egzaminator:** What equipment do you need and is it expensive?

**Uczeń:** I would recommend you buy a good pair of trainers. They can be quite expensive, but you don't have to buy the most expensive. If you don't have a good pair, then you could injure yourself very quickly and you wouldn't be able to go running for a while. Ask at your local sports store and they'll

be able to give you advice about what's best for you. Apart from that, you only need a pair of shorts and a light T-shirt.

**Egzaminator:** What are the benefits of running?

**Uczeń:** There are lots of good things about running. First, and perhaps the most important, is that it's great exercise and it'll make you healthier. Most people don't do enough exercise and put on weight and are at risk of developing illnesses later in their lives. If you get into the habit of running, then you might be able to avoid a lot of sickness later on. Let's not forget that you can only go running outside, so it's the perfect way of getting off the sofa and out of the house.

#### Zadanie 2

Przykład realizacji zadania.

#### Opis ilustracji:

This is a picture of a CCTV camera watching someone as they walk on the street below. It is a nice day, but not a hot one as the man is wearing a jacket. It could be spring or autumn. Definitely not winter. The man is carrying a large bag or a suitcase maybe and I don't think he knows that he is being watched because he is concentrating on his phone. I think the camera is probably attached to a building high up where no one can see or maybe damage it.

#### Odpowiedzi na pytania:

1 In my opinion, it is here to keep the place safe. It watches and records what happens in the area. It can deter criminals because they know they might be caught on camera. It can make them think twice before doing anything wrong.

**2** The advantages are undoubtedly that they reduce crime. No criminal is going to even think about mugging someone or robbing a shop when they know that they might be seen. Another pro is the cost. CCTV cameras must be cheaper than hiring more police officers and having them patrol high-crime areas. On the other hand, though, there is the issue of privacy. The majority of people that will be recorded won't have committed any crime. It is quite reasonable for them not to want to be watched at every moment of the day.

**3** Last year, while my friend was away for a few days, someone attempted to break into his house. Fortunately, there were cameras that recorded everything. Thanks to them, the police could identify the person and arrest him. To my friend's surprise, it turned out to be his colleague who knew that he wouldn't be at home at that time.

#### Zadanie 3

Przykład realizacji zadania.

The man in the second picture is planting a tree which I think is an excellent way to help the environment, so I choose picture number two. Deforestation is destroying the Amazon and these areas provide the oxygen that we breathe. I really don't know what is going to happen when all the forests are

gone. That's why we need to plant at least one tree for every one that we cut down. The only problem with this is the fact that there are not too many places in my town where we could plant anything. The other issue is that it's not something you could do every day. It would probably be better to have a special day once a year for people to go out and plant something. The woman in the first picture is picking up a plastic sandal from the beach. This is definitely an important thing to do as the beaches are full of litter and other rubbish left behind by tourists. Having said that, it's not something I could do easily as I live in the centre of a big city and there are no beaches near me. The last picture shows someone riding a bicycle next to a long line of cars. Choosing to stop using fossil fuels is certainly a good way to help the environment, but I can't ride a bicycle so I would have to learn before I braved the traffic. Also, I think a good bicycle can cost a lot of money and I can't afford that at the moment. The other thing I notice in the picture is that the man is wearing a mask to protect himself from all the exhaust fumes that are in the air. I would hate to have to travel to college through all that polluted air every day.

## Odpowiedzi na pytania:

1 Wow, there are so many. The factories pump out chemicals into the rivers and seas and the air every day. These chemicals go into the water or air and start poisoning living things. Just like humans, fish and other sea creatures suffer from the poor quality of air. Let's not forget that these chemicals create acid rain, a rain so strong that it damages buildings over the course of time. We are also destroying so many species' natural habitats with our building houses or cutting down trees for farmland. We don't know what is going to happen when the food chain is disturbed like that. What we do know now, though, is that so many species are under threat that the world faces huge changes in the coming centuries.

**2** To my mind, there are a lot of things that ordinary people can do to help the environment. Just try to use less plastic, recycle when you can, and turn off lights when you don't need them. It could also be a great idea to plant some trees or join clean-up events. I also think that people should use public transport more or ride a bike, instead of using a car. What's more, we should encourage others to do the same.

## **Extra Practice Material (Units 1–12)**

- 1 1 will be opened by
  - 2 not to buy
  - 3 wishes she hadn't/had not argued
  - 4 are said to
  - 5 not spoken to Brad for
  - 6 will be seeing/ is seeing
  - 7 there are no/ there aren't/are not any
  - 8 was such beautiful weather/ such a beautiful day
  - 9 were able to get/break
  - 10 would rather not have
  - 11 used to go
  - 12 is growing on me
- 2 1 unless they have/ if they don't/do not have
  - 2 recommended buying/that I buy
  - 3 are encouraged to dress up
  - 4 is considering taking / is thinking of taking
  - 5 a couple of/ a few
  - 6 can't be
  - 7 where I grew up / where I was brought up
  - 8 got used to commuting
  - 9 Both Sam and Polly
  - 10 much more difficult than / a lot harder than
  - 11 are going to drive / will have been driving
  - 12 couldn't/could not resist buying
- 3 1 if I had known (that)
  - 2 would have preferred to go
  - 3 has been replying to
  - 4 a whole year since
  - 5 will run out / will have run out
  - 6 was carried off by
  - 7 advised me to check if/whether/that
  - 8 must have broken out of
  - 9 on account of her
  - 10 by far the most exciting
  - 11 had been walking for
  - 12 only a few slices of

4

1	unpredictable	7	dedication
2	endless	8	dramatically
3	privacy	9	formal
4	desperately	10	overpriced
5	severely	11	signal
6	virtually	12	puzzled

## Unit 1

#### **Exercise 1**

**Speaker:** Welcome, everyone. It's great to see so many people here at the Careers Fair. It's even better to see so many eager faces at this talk on tech jobs. It's not so surprising, as there is such a variety of roles in the field these days – jobs like web designers, app developers and digital marketers amongst many others. Today, though, I'm talking about the role of content creator.

So what does a content creator do? Well, basically, they write everything you see on the Internet. It might be blog posts or eye-catching articles. It could be any of the endless adverts that pop up or it might involve graphic design. They create everything you want to check out online.

What about the skills content creators need? Obviously, they need to be good at writing. No one will want to read their work if it's badly written or, even worse, just plain boring. Also, they need to understand their audience, and that means being able to get the message across in a variety of styles. If they're writing for teens, they need to use language teenagers would use. If they're writing for a science journal, they have to be serious, and get their facts right.

But what about the advantages and disadvantages of the job? Well, content creators do have deadlines, of course, but they decide when they do the work, whether it's in the morning, the afternoon or the evening. Also, they don't need to work in an office. They could do it from home or in a café.

I worked as a content creator for quite a few years before I started my own business, and I found it quite a rewarding job, but one which had its own challenges. One of those is finding work. Content creators usually have to get in contact with companies themselves and show them work to prove they can do the job. It can take a lot of dedication to be successful in this job.

Before I move on, I just want to give you all a piece of advice that I was given when I started to create content, and that is: don't ever give up. If you want something bad enough, work hard, and you'll soon get that tech job of your dreams. Okay, let's take a short break and afterwards, I want to tell you all about how much you can earn as ... [fades out]

#### Unit 2

#### **Exercise 1**

**Narrator:** Welcome to our series, where we explore some unforgettable, but not in a good way, holiday experiences. Today, we'll hear from four people who've had their share of nightmare holidays.

#### Speaker 1: Jane

I thought a tropical beach holiday would be pure paradise, so you can imagine my excitement. Instead, it was a nightmare.

The moment we arrived, it started pouring with rain and didn't stop for days. We were stuck indoors, and our luggage got soaked. It was a real damper on our spirits, and we even had to wade through ankle-deep water just to get to the lobby to complain.

#### Speaker 2: Mike

My nightmare holiday was in a beautiful foreign city and my expectations were really high, especially when it came to the local cuisine. However, my adventure turned into a culinary catastrophe when I ordered something from the menu that I couldn't even pronounce, and it was inedible. My wife will never forget the look on my face when I took that first bite, and she burst into laughter.

#### Speaker 3: Sara

My nightmare holiday happened in a non-English speaking country. The language barrier was a massive challenge, and I had naively expected to get by with a few simple phrases. I asked for directions to the famous museum, and I ended up at a shopping mall instead. I felt lost and frustrated the entire time, trying to communicate with locals who had a limited understanding of English and me miming my way through conversations.

## Speaker 4: Tom

My holiday nightmare began as soon as I arrived at the bustling airport. After a long flight, I eagerly waited at the baggage claim. But as the conveyor belt kept spinning around, I watched in disbelief as my luggage never appeared. Hours passed, and I found myself stuck at the airport, making countless calls to the airline. Finally, just when my holiday seemed to be over before it began, my bags miraculously reappeared. It was a stressful start to a trip, to say the least.

**Narrator:** Remember, not all holidays go as planned, but they do make for great stories. Thanks for joining us on this audio adventure of nightmare holidays.

#### Unit 3

## **Exercise 1**

**1 F:** There's a great review for that new show at the Theatre Royal. It says that the acting is excellent. Jack's already seen it, hasn't he?

**M:** Yes, he has. He said the acting wasn't bad, but he didn't like the songs particularly.

**F:** Jack hasn't got any taste in music. We should go and see it. How much are the tickets?

**M:** That's the other thing he said – that the tickets were a bit overpriced.

**2 M:** I've got two tickets for the football match on Saturday. I was going with Sam, but he's hurt his back. All my other mates are working. I don't want to go on my own, though. I'm afraid I'll have to give the tickets away.

**F:** Give them to me. My brothers love football. They won't expect tickets to the match!

**M:** Okay then, but I'm still disappointed no one could come with me. It looks like I'll be watching the match on TV at home!

**3 M:** The newspaper says that there have been more visitors to the local museum this year than any other since it opened. It sounds like a good place to visit at the weekend.

**F:** Well, Sue was there last month, and she didn't think it was very good at all. She said it was boring and it didn't have a lot of exhibits.

**M:** The article does mention that they will have more exhibits by the end of the year.

**F:** Anyway, I don't want to go to a museum after a hard week's work. Why don't we go bowling instead?

**4 F:** Hi Peter. How was the film last night? **M:** Oh it was terrible, but guess who I ran into afterwards in the restaurant over the road? **F:** Who?

**M:** Remember Sarah who used to live next door? Well, she's a waitress there and she served me my food. It's a small world, isn't it?

**5 M:** Have you got any plans for the weekend? **F:** It's hard to say.

M: Why's that?

**F:** Mum says that some relatives might be visiting. If they come, I'll have to show them around the town. If they don't, I'm going to the new museum. I haven't been yet, and I really want to go.

**6 F:** What do you want to do now?

**M:** How about going to Covent Garden? I fancy doing some shopping and the guidebook says they've got some great markets there.

**F:** You should try Oxford Street for shopping. It's got some of the most expensive shops in the world.

**M:** We could go there tomorrow, after the National Gallery, just for a look, though, but I want some souvenirs that don't cost the earth.

**F:** Okay then, let's go to the markets and get some bargains.

## Unit 4

#### **Exercise 1**

**Speaker one:** I remember my graduation ceremony very well. My family were in the middle of the audience with huge smiles on their faces. Dad was filming everything, as usual. I recall thinking that the diploma wasn't the real one – they mailed that home afterwards – and that's how it all felt: unreal. Dad plays the video all the time and I still can't believe it's me on stage.

**Speaker two:** My first driving test had been cancelled because of bad weather. On the second one, we were driving along, and the instructor told me to turn into a road on my left. I couldn't hear him well because a truck was passing by at that moment and we missed the turn. After that, I thought I'd failed so I didn't really care about the rest of the test. I just drove normally, I suppose. Strange thing is – I passed, and on the first time, too.

**Speaker three:** I didn't want to keep the groom waiting. Too many brides do that on their wedding day, but I intended to be there on time. We actually got there at the right time, but he didn't see us because there wasn't anywhere to park. We had to drive round for about five minutes before we found a parking space. You should have seen the look of relief on his face when I finally did arrive.

**Speaker four:** The owners of the house we had been renting decided to sell the property and we had to move out. Luckily, we found another house to rent just across the road. It was so close we thought we could move everything by ourselves. It sounded easy, but it wasn't. We were carrying heavy boxes and furniture across the road all week. We were exhausted every night and our arms were aching for days after.

#### Unit 5

## Exercise 1

Female: Accidents can happen at any time, and sometimes the difference between getting involved in an accident and avoiding one can be a matter of seconds. Let me give you an idea of what I mean. About two years ago, I was driving my mum into town. It was a Saturday morning and we were going shopping. I'd offered to give her a hand as Dad's car was being repaired at the garage. I'd been driving for five minutes and I was just waiting at the traffic lights when I heard the sound of a police siren. It sounded really far away, and I couldn't see where it was coming from. The lights turned to green, but something inside me told me to stay where I was. At that moment, I saw in front of me, on my side of the road, and heading directly at my car, another car and behind it a police car. The other car swerved out of the way and narrowly

# Zapis nagrań

missed us. It carried on at high speed down the street with the police following behind. I was stunned by how close the first car had come to hitting me. If I had set off when the lights had turned green, the speeding car would have crashed right into me. I turned to look at my mum and ask her how she was. She was staring straight in front of her in shock. "I knew I should have waited for your dad to get back," she managed to say before the cars behind me started beeping their horns and I set off – safely this time. Later that evening, I saw on the local news that the police had arrested two car thieves after a high-speed chase through the centre of town. I was just grateful that I hadn't helped in that particular arrest by stopping the thieves' car with mine!

## Unit 6

#### **Exercise 1**

**Presenter:** Good afternoon and welcome to the show. Today we have Dr Ruth Harrison who's here to talk to us about health food. Dr Harrison, hello.

**Dr Harrison:** Hi, but to start with, can I correct you? I'm actually here to talk about food that people claim is healthy, but in reality is quite bad for our health.

**Presenter:** Yes, I should have made that clearer. You've done some research about the claims some food items make about how healthy they are. Can you tell us what you mean exactly?

**Dr Harrison:** Sure. Take breakfast cereal for example. There's a huge variety of these available and a lot of them say they're healthy on the box. You would think that a bowl of that with some fresh milk is the perfect way to start the day. Well, it might surprise you to find out that these cereals are full of sugar and a long list of chemicals.

**Presenter:** I can't comment on that because I just have a piece of fruit in the morning.

**Dr Harrison:** That's not a bad breakfast. Okay then, it's lunch time and you want something good from the local convenience store. Luckily, they offer sandwiches and next to the chicken sandwiches and ham ones is the vegetarian option on brown bread. Sounds harmless, eh?

**Presenter:** Yeah, I often have something like that for lunch.

**Dr Harrison:** Well don't be fooled. These sandwiches often have mayonnaise or other sauces that are high in calories as well as salt and too much of that can cause high blood pressure. The same is true of the so-called fresh salads. You really ought to check the label of everything you buy.

**Presenter:** Interesting! Have you any advice for our listeners today?

**Dr Harrison:** Yes. Fast food isn't healthy and health food in packets isn't that healthy. In my opinion, the real health food is fresh food and by that I mean fruit and vegetables, as well as meat, that is locally sourced and in season.

**Presenter:** Okay, we're going to take a short break and then we'll be back with some listeners' questions.

#### Exercise 2

#### Dialogue 1

**Boy:** I think it is high time I started to eat healthier. Do you have any tips?

**Girl:** You should include more fruit and vegetables in your diet. It will make you feel better.

Boy: I could do. Can you recommend any recipes?

**Girl:** Yes, there are a few good websites with great recipes. I'll send you the links.

Boy: Thanks.

#### Dialogue 2

**Man:** I love trying new restaurants, but since I started to eat healthily, I've stopped eating out and I really miss it.

**Woman:** You shouldn't stop doing it. There are plenty of restaurants which serve healthy food.

**Man:** Really? What could I eat there?

**Woman:** You can choose salads or look for options with grilled or steamed dishes instead of fried ones.

Man: That makes sense. I'll keep that in mind next time.

#### Dialogue 3

**Girl:** I always end up nibbling junk food while studying. I just can't stop myself. Do you have any ideas on how I can break this habit?

**Boy:** Yes, I think you should keep healthy food such as nuts or fruit nearby. It can help you avoid reaching for unhealthy options.

**Girl:** I'll try, but I'm not sure if they win over crisps.

**Boy:** Start with throwing out crisps or give them to me.

## Dialogue 4

**Girl:** Why are you eating so fast?

**Boy:** I don't know. I always eat fast and then I regret it because I often suffer from stomach ache.

**Girl:** Maybe you should try eating more slowly. It might help with your digestion.

**Boy:** I've tried before, but it's hard to break the habit.

**Girl:** Just take smaller bites and chew each bite thoroughly. It might take some practice, but it's worth a try.

**Boy:** I'll give it a try. Maybe it'll make a difference.

#### Dialogue 5

**Girl:** I've noticed that when I eat a lot of sweet things then I have mood swings. Have you experienced something similar?

**Boy:** Absolutely! I feel more energetic and stable when I stick to a balanced diet with plenty of fruit and vegetables.

**Girl:** It's incredible how much our food choices can impact how we feel. I should really pay more attention to what I eat.

**Boy:** Definitely. Small changes in your diet can make a big difference in how you feel overall.

## Unit 7

#### **Exercise 1**

Newsreader: Moving on to crime news, it was reported today that figures for burglaries have fallen for the second year in a row. This was seen as good news by the police but a spokesperson for the charity Citizens Against Crime said that even though the figures were less than last year, they did not take into account the number of crimes that went unreported. In her opinion, more minor burglaries were being committed but victims did not think they would be solved and so did not bother reporting them to the police. Responding to this accusation, the Chief of Police pointed out that members of the police force tried their best to investigate every crime, but the public needed to help more. He added that the public should report every crime that happens. He also mentioned that the police force were investing more in equipment that would hopefully prevent certain crimes. Over a hundred drones have been ordered and will soon take to the skies. Unfortunately, this has not been seen as a positive measure as other citizens' groups have warned about the lack of privacy from such drones. In similar news, Paul Watson was sentenced to 10 years in prison today after he was convicted of last summer's bank robbery at Gold Security Bank in Waterford. Watson thought he had got away with over £30,000 but was seen by several witnesses spending lots of money in the days immediately after the robbery. When the police questioned Watson, he gave an alibi which later proved to be false. His house was searched, and the money found as well as the mask he was wearing when he committed the robbery. The police were pleased with the verdict and said that the response from the public had been excellent. They had taken statements from the workers in the bank after the robbery, but the real work had been done by members of the public who saw Watson spending the money he had stolen. Detective Inspector Waverley, who conducted the investigation, said that he wanted to say a big thank you to all the members of the public who gave evidence at the trial. He added that he was only able to arrest Watson because of citizens who were prepared to help. Watson is going to appeal the conviction, but he is unlikely to be released any time soon. We're going to go to a short break now and afterwards, Lacey Kennedy reports from last night's premiere of ... [fades out]

#### Unit 8

#### **Exercise 1**

**Speaker [male]:** Hi, before I start, I'd like to thank your Mr Renshaw for inviting me here today to talk to you about fencing. It's really strange being back here because I used to be a pupil here and Mr Renshaw taught me PE back then. Okay, later on I'm going to be showing you some moves, and you'll all have the chance to try out some fencing for yourself afterwards, but first I'd like to talk about how I got started. I

think my first experience of fencing comes from watching movies. I don't recall if I had seen anyone fencing as a sport when I was younger, but I do remember being hooked on the Star Wars films. I couldn't get enough of the lightsaber battles. I got one (not a real one, I might add!) for Christmas and I spent hours practising in the garden. Everything started there really. Afterwards, my uncle introduced me to the coach at the local fencing club and that's when I started to take it so seriously. That's where I got to meet other people who were as enthusiastic about the sport as I was. The club meets twice a week and it's for fencers of all ages. There are different size foils for different age groups – a foil is the name for the special sword we use. I was given a size 3 for under-14s and I haven't looked back since. Because I'm taking part in competitions, I train at the club almost every night during the week now. My coach tells me that I have a natural talent, but I owe a lot of my success to his training. He's able to show me the moves and tell me when I'm doing something wrong. I play in tournaments now and I came first in the North-East Championships last month. My aim now is to play well enough to get onto the British team that will go to the next Olympic Games. To be honest, I'm not sure I'm good enough, but I intend to improve and carry on playing in tournaments whenever and wherever I can. Okay, fencing might not be on the UK curriculum, but after seeing how exciting it is, then it might grow on you and you could be the next regional champion. Don't worry because these foils are not as sharp as the real thing. Let's separate into twos, shall we? Can you two ... [fade]

## Unit 9

#### Exercise 1

1 F: I think my bank account has been hacked.

M: Have you put in the correct security details?

**F:** Of course. I can't get into it online at all. I can't even change the username and password if I can't access the account.

**M:** Okay, start with the bank. Phone them and then they can stop any money coming out of the account. After that you can change all the security information.

F: You're right. I'll do that right away.

**2 F:** Have you read this? It's a review of that new fitness tracker you're thinking of buying.

M: Oh yeah. What does it say?

**F:** Well, generally it's a good review, but there's a big negative. The battery life is great and the price is low for a fitness tracker, but it says it's not very accurate. Apparently, it overestimates your steps. It counted 10,000 steps when the reviewer only did 6,000.

**M:** Mmm, in that case, maybe I should look for something not as cheap.

**3 M:** Don't forget to log off before you close the window.

**F:** I never log off. Is that a problem?

**M:** Well, to be honest, I'm not sure, but can't hackers get your details if you don't log off properly?

**F:** Possibly, but I'm not worried about that. It's only the water account. Any hacker is more than welcome to pay my water bill if they want to!

**4 M:** Look at that up there. Is that a drone?

**F:** If it is, it's flying very close to the airport. That's dangerous, isn't it?

**M:** Very! It can cause crashes. The police said that they are investigating, but they haven't caught anyone yet. That's why all flights were cancelled over the weekend.

**F:** Shall we call the police?

**M:** No need to. I can see it properly now. It's a seagull and I don't think they'd arrest a bird!

**5 M:** This news article says that scientists are very close to developing Al – you know, machines that think for themselves. That's pretty exciting, isn't it?

**F:** Really? I've been reading articles like that for years now and it's all getting quite boring. I'm more worried about how technology is taking over real people's jobs.

**M:** But real people are working on Al. That provides jobs.

**F:** True, but as soon as they have a thinking machine, it'll take their jobs too. That'll teach them.

6 M: Excuse me. What's the wi-fi code here?

**F:** It's joseys underscore café underscore password. It's been that for years now. No one else around here used to offer free wi-fi. Now everyone has it, but we were the first and it really helped with getting new customers.

**M:** It also helps that you serve good coffee.

**F:** Thank you very much, sir. You can have a free top-up for that.

#### Unit 10

#### **Exercise 1**

**Presenter:** Tonight on the show we're talking about exam stress. We have with us in the studio Dr Pressman, a researcher in education, who is going to be offering some suggestions as to how we can avoid exam stress.

**Dr Pressman:** Good evening. Let me start by saying that stress is actually a natural reaction to what we experience in our daily lives, and normally our bodies cope with it quite well. Having said that, there are occasions when it all gets too much and this can lead to mental and physical health problems.

**Presenter:** What problems does it cause?

**Dr Pressman:** I tell people that the brain is like a muscle. Too much exercise and it will react. If you're studying for important exams, it's like you're running a mental marathon. Your brain gets exhausted and tries to get you to slow down and take it easy. In this case with stress and anxiety. Now, obviously those are mental problems, but the brain controls the body and that means physical symptoms too.

Presenter: Such as?

**Dr Pressman:** Well, symptoms can range from trouble sleeping, having no energy and feeling depressed to more serious ailments like rapid heartbeats, chest pains and stomach upsets. Students may also find that they suffer from more colds and the flu than they are used to.

**Presenter:** So what can students do to reduce all the worry?

**Dr Pressman:** The first thing to realise is that students cannot just stop themselves feeling stressed; however, they can begin to control their body's reactions. Physically, they need to take care of themselves. Get plenty of sleep, make sure they exercise regularly and eat good food.

**Presenter:** And what about mentally?

**Dr Pressman:** Well, mentally, have a go at relaxation techniques, get away from social media and screens and take a walk in the fresh air. To be honest, the best thing that students can do is talk about how they feel to other people. They can tell friends, family, faculty members or make an appointment to see their doctor.

**Presenter:** That seems like good advice for everyone.

**Dr Pressman:** It is. Stress is not just something teenagers at college and university face. It is something we all have to face many times in our lives. Learning how to deal with these problems at an early age will prove valuable in later years.

**Presenter:** Okay, after the break, we're going to take calls from some students suffering from exam stress, but first, here are a few messages from our sponsors.

## Unit 11

#### **Exercise 1**

**Speaker 1:** [Male] I was flat broke until I got the job in advertising. I remember not having a penny to my name and realising I'd have to buy some smart clothes for the interview. I didn't know who to turn to. Luckily, my brother lent me some money and I got a very nice suit. I don't think it was the reason I got the job, but I do know that if I had turned up in my jeans, there's no way they would have offered me the position.

**Speaker 2:** [Female] I can't remember the last time I paid cash for anything. I always use contactless payments or my debit and credit cards. They're so convenient, I don't have to root around in my purse or pocket. The only problem is that I never have any spare change to give to homeless people when I pass them on the street. I do feel embarrassed about that and I must remember to carry some in future.

**Speaker 3:** [Male] I haven't been in my bank for a few years now as I can do everything online. E-banking means I can check my balance, make payments and even get loans in a matter of seconds. I don't have the app, though, as I'd worry too much about losing my phone and all my bank details getting into some thief's hands. No, I just do everything from my laptop at home – it's a lot safer that way.

**Speaker 4: [Female]** I've been saving money ever since I left school. I got a job in a florist's and started putting away cash every time I got paid and, eventually, I had enough to actually buy the shop. It's doing very well, and I have a little flat above it which I live in. I'm very sensible with my money. I've never had a loan, a mortgage or an overdraft. I prefer it that way as I really wouldn't like to be in debt.

#### Unit 12

#### **Exercise 1**

**Announcement 1:** On Sunday night, why not join in our annual Silent Night protest against noise pollution? Our world is messing up animals' sleep patterns so severely that they sometimes don't know whether it's night or day. They shouldn't have to put up with it anymore. All you need to do is hold a one-hour silence at 9:00 pm. Find out what peace and quiet is really like and give the natural world the rest it deserves.

**Announcement 2:** Rain or Shine is an organisation dedicated to clean air and water. Come with us on Saturday morning for a public demonstration that will show the authorities we mean business. Acid rain damages buildings, so imagine what it does to plant and animal life. We can't put it off any longer. We must have stricter laws such as stronger factory filters and bigger fines for companies that release industrial chemicals into rivers and seas illegally.

**Announcement 3:** Cool It! wants your help. We are a charity dedicated to helping polar bears. Annual temperatures are rising, causing the polar ice caps to melt and threatening to destroy animals' natural habitats. It is estimated that by 2050 the number of polar bears will have dropped by about 30%. Please send donations and adopt a polar bear. Don't worry, we won't send one to your house, but all money raised will go to researching ways to stop climate change.