

# 2 Hopes and fears

Remove Watermark Now

## 2.1 Why I live in mortal dread of public speaking

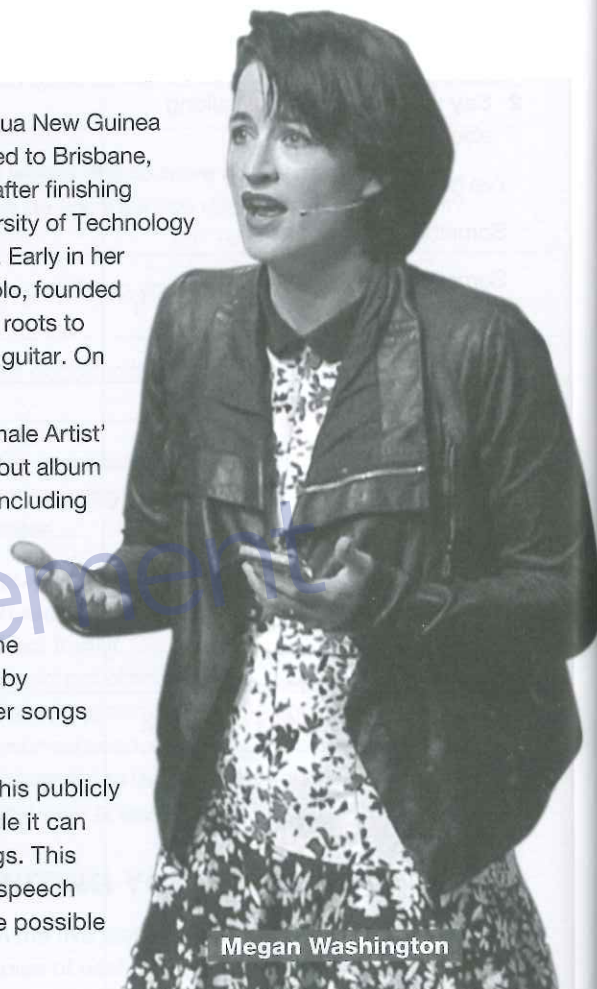
### TED TALKS

Australian singer/songwriter, **MEGAN WASHINGTON**, was born in Papua New Guinea in 1986 and lived there until she was ten years old, when the family moved to Brisbane, Australia. During her teenage years she developed a love of music and, after finishing school, studied for a Bachelor of Music degree at the Queensland University of Technology and then studied jazz voice at the Queensland Conservatorium of Music. Early in her career, she played jazz piano with a number of acts and, before going solo, founded a band called *Washington*. Her style has evolved from jazz via blues and roots to indie pop and alternative rock, and today she sings and plays piano and guitar. On her Facebook page, she describes herself as a chanteuse.

Washington has won a number of awards, including Australia's 'Best Female Artist' and 'Breakthrough Artist', following the release of her platinum-selling debut album in 2010. She has since released a number of other best-selling albums, including *Insomnia* and *There There*. Washington tends to sing about issues such as heartbreak, insecurity and rage, and the lyrics to her songs have been described as having a beautiful and confessional tone.

Since her breakthrough solo album, which reached number three in the Australian charts, she has attracted the attention of a wider audience by appearing on a number of Australian TV music shows. A number of her songs have also appeared on other kinds of high-profile TV shows.

Washington developed a stutter early in her life, but avoided sharing this publicly until her talk at the TEDxSydney event in 2014. She explained that while it can hamper her during conversations, it tends to disappear when she sings. This has helped her to develop a number of strategies for coping with her speech impediment, which include avoiding certain letter combinations where possible and by 'singing' the things she has to say rather than speaking them.



Megan Washington

### CAREER PATHWAYS

1 Read the text. Are these statements true (T) or false (F)?

- 1 The first group she played with was called *Washington*. ☐
- 2 Washington's voice has been described as beautiful. ☐
- 3 She first came to fame when she appeared on TV. ☐
- 4 The public didn't know about her stutter until her 2014 TED Talk. ☐
- 5 Singing has helped Washington to cope with her stutter. ☐

### TED PLAYLIST

2 Other TED speakers are interested in topics similar to Megan Washington's TED Talk. Read the descriptions of four TED Talks at the top of page 15. In your opinion, which is the best title for this playlist, a, b or c?

- a Music is a medicine
- b There's a song inside all of us
- c The power of music

3 Read the TED playlist again. Find a speaker who ...

- 1 re-found their voice.
- 2 told their story through music.
- 3 overcame a physical setback.
- 4 uses music to help others.



▶ **Robert Gupta: Between music and medicine**

When Robert Gupta was caught between a career as a doctor and as a violinist, he realized his place was in the middle. He tells a moving story of society's marginalized and the power of music therapy, which can succeed where conventional medicine fails.

▶ **The Lady Lifers: A moving song from women in prison for life**

The ten women prisoners in this chorus share a moving song about their experiences: their hopes, regrets and fears. 'I'm not an angel,' sings one, 'but I'm not the devil.' Filmed inside Muncy State Prison, it's a rare and poignant look inside the world of people imprisoned with no hope of parole.

▶ **Sting: How I started writing songs again**

Sting's early life was dominated by a shipyard – and he dreamed of escaping its industrial drudgery. But after a nasty bout of writer's block that stretched on for years, Sting found inspiration in the stories of the shipyard workers from his youth. In a lyrical, confessional talk, Sting treats us to songs from his musical based on this theme.

▶ **Charity Tillemann-Dick: Singing after a double lung transplant**

You'll never sing again, said her doctor. But in a story from the very edge of medical possibility, operatic soprano Charity Tillemann-Dick tells a double story of survival – of her body, from a double lung transplant, and of her spirit, fuelled by an unwavering will to sing.

- 4 Find words in the TED playlist that mean the same as the words and phrases a–d.

a traditional                      c unpleasant  
b emotional                      d strong and determined

- 5 Which talk would you most like to see? Why? Watch the talk at TED.com.

## AUTHENTIC LISTENING SKILLS

### Listening to songs

- 6 1 09 You are going to hear a podcast in which a member of the *Keynote* team talks about Robert Gupta's TED Talk, *Between music and medicine*. Look at the lyrics in the song extract that the podcaster plays at the end. Complete the lines. Then listen and check your answers.

I see the sun in your smile  
Watching it rise in your \_\_\_\_\_  
See the dusty road ahead  
Stretching out for miles and miles  
Sick and tired of skipping the \_\_\_\_\_  
Dodging the holes in the road  
I need a helping hand  
To help me shoulder this \_\_\_\_\_  
Do, do you, well, wouldn't you  
Do the same in my \_\_\_\_\_ ?  
I wouldn't do, just couldn't \_\_\_\_\_  
Another mile without you  
Another mile without you

## LISTENING

- 7 1 10 Listen to the full podcast. Answer the questions.

- Who does Robert Gupta aim his music therapy at?
- In what way does Mike Harrison think that Gupta's presentation is different to a lecture?

- 8 1 10 Listen again. Complete the facts using one word in each space.

- Robert Gupta's profession is \_\_\_\_\_; his hobby is playing the \_\_\_\_\_.
- Gupta uses music to give \_\_\_\_\_ to people in distress.
- Mike Harrison has tried using music in his \_\_\_\_\_.
- Mike Harrison is not really a \_\_\_\_\_, but he believes in the \_\_\_\_\_ of music.

## VOCABULARY IN CONTEXT

- 9 Read the extracts from the podcast. Choose the correct meaning of the words in bold.

- I was interested to watch this TED Talk exploring how medicine **intersects with** another creative pursuit.  
a connects with ☐ b changes ☐  
c enhances ☐
- ... about music is about its potential to help people in really **dire** circumstances.  
a frightening ☐ b unusual ☐ c desperate ☐
- Gupta shows us how music can give society's most **marginalized** some sort of hope.  
Treated as: a unteachable ☐ b disregarded ☐  
c unintelligent ☐
- I think it's sad that most of the time we **take** music and other sounds **for granted**.  
a neglect ☐ b undervalue ☐ c ignore ☐
- ... particularly when it can be so effective at **articulating** our emotions.  
a stimulating ☐ b expressing ☐ c mirroring ☐



## 2.2 Optimist or pessimist?

Remove Watermark Now

### GRAMMAR Future forms

- 1 Read the sentences below. Do the phrases in bold refer to present (P), general (G) or future (F) time?

- 1 Give him a call. His meeting **will have finished**. ☐
- 2 **I'll watch** a couple of hours TV before bed most evenings. ☐
- 3 I'm a bit busy now. **I'll call** you back. ☐
- 4 **We're about to leave**. Are you ready? ☐
- 5 They've been driving all day. They **will be** exhausted. ☐
- 6 Get a move on! The taxi **will be waiting**. ☐
- 7 The exhibition **starts** on Friday. ☐
- 8 He **will insist** on singing that awful song. ☐

- 2 Choose the best words or phrases to complete the news article.

#### New population growth forecast

A recent analysis shows that the Earth's population <sup>1</sup>*will continue / will be continuing* to rise from around 7bn today and <sup>2</sup>*will be reaching / will have reached* 11bn by 2100. This means that by the end of the century, the world population <sup>3</sup>*is likely to be / is likely to have been* between 50% and 75% larger than today and <sup>4</sup>*is still going to grow / will still be growing*.

The study overturns the long-standing theory that the global population <sup>5</sup>*is peaking / is going to peak* in around 2050 at about 9bn people and then possibly even decline. Experts now believe that population growth should return to the top of the international agenda. James Oliver, of the international think tank Population Awareness who <sup>6</sup>*hold / are holding* a conference in London next month, said 'This new projected population growth, unless it <sup>7</sup>*is slowed / will be slowed*, <sup>8</sup>*is going to cause / is going to have caused* all kinds of challenges.' He went on to say that if we <sup>9</sup>*don't take / won't take* action very soon, in 50 or so years, we <sup>10</sup>*are very likely facing / will very likely be facing* a number of issues which are all linked to rapid population growth, such as insufficient healthcare, increasing poverty and rising social unrest and crime.

- 3 Complete the news items using the correct future form of the verbs in italics.

not / be able    may / double    likely / have

- 1 By the end of the decade, demographers say China \_\_\_\_\_ a surplus of around 25 million men who, because of China's gender imbalance, \_\_\_\_\_ to find a wife. It is thought that by the middle of the century, this figure \_\_\_\_\_.

live    continue

- 2 If the current rate of increasing longevity \_\_\_\_\_, it is likely that some people born today \_\_\_\_\_ to be 130.

focus    meet

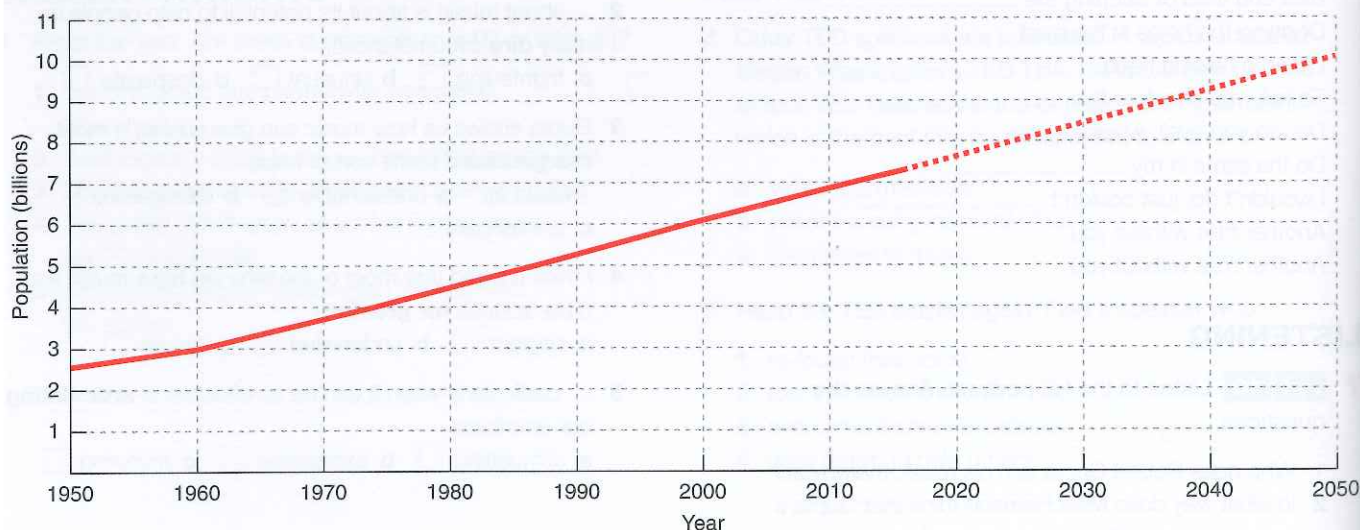
- 3 The United Nations Expert Group on Population Change \_\_\_\_\_ in New York next month to discuss 'changing population trends and development'. The meeting \_\_\_\_\_ particularly on fertility issues.

prove    only / be    soon / be able  
may / eventually / follow

- 4 Medical scientists predict that we \_\_\_\_\_ to regrow damaged body parts. At first it \_\_\_\_\_ possible to regrow fingers and toes, but if this \_\_\_\_\_ successful, the regeneration of whole limbs and even internal organs \_\_\_\_\_.

travel    start

- 5 It is predicted that by the end of the century, humans \_\_\_\_\_ to colonize Mars and it is possible that we \_\_\_\_\_ between the two planets on a regular basis.



- 4 **11** Complete the dialogues with the correct future form of the verbs in the box. Then listen and check your answers.

be	call back	do	finish	have
have	make	say	start	tell

- A: Have you booked the meeting room yet?  
B: I'm just about \_\_\_\_\_ it.
- A: I can't speak. I'm in a meeting right now.  
B: OK, I \_\_\_\_\_ later this afternoon.
- A: Did you get an invite to Jenny's do next week?  
B: Oh, she \_\_\_\_\_ a party, is she?
- A: See you at six, then.  
B: Well, as long as the traffic \_\_\_\_\_ OK.
- A: Term \_\_\_\_\_ on the 15th, right?  
B: The 22nd, I think.
- A: Where are they? The gate's about to close.  
B: Yep, doesn't look like they \_\_\_\_\_ it, does it?
- A: I'll pop round at 7.30ish.  
B: We \_\_\_\_\_ dinner then. Can you make it nearer nine? We \_\_\_\_\_ eating by then.
- A: \_\_\_\_\_ you \_\_\_\_\_ anything to him?  
B: Yep, I \_\_\_\_\_ him exactly what I think!

### LANGUAGE FOCUS Expressions of certainty

- 5 Put the words in the correct order to make sentences.

- all / will reach / likelihood, / the population / in / by the year 2100 / eleven million  
\_\_\_\_\_
- to / a cure / we / sooner or later / bound / find / 're / for cancer  
\_\_\_\_\_
- well / may / one day / very / a third world war / happen  
\_\_\_\_\_
- colonize / foregone / a / that / it's / we'll / conclusion / one day / Mars  
\_\_\_\_\_
- likely / is / remain / the / for a long time / to / the US / world's / economy / biggest  
\_\_\_\_\_
- certain that / it's / means / by / on another planet / no / there / is / life  
\_\_\_\_\_

- 6 Rewrite the sentences using the word or words given so the meaning is the same.

- I'm sure she'll know what to do. *bound*  
\_\_\_\_\_
- It's very possible that they won't agree. *no means*  
\_\_\_\_\_
- It's possible it was my fault. *may well*  
\_\_\_\_\_
- I'm pretty sure it won't be here. *highly unlikely*  
\_\_\_\_\_
- I suspect we'll never hear from them again. *likelihood*  
\_\_\_\_\_

- 7 Complete the responses.

- A: Do you think we'll get there in time?  
B: Unless the traffic improves, it's \_\_\_\_\_ unlikely.
- A: How many people do you think will turn up?  
B: No idea. \_\_\_\_\_ anyone's \_\_\_\_\_.
- A: Do you think we've done the right thing?  
B: I think it \_\_\_\_\_ well turn \_\_\_\_\_ to be a bad move, actually.
- A: How come you're so sure about it?  
B: Oh, it's a \_\_\_\_\_ conclusion.
- A: Are they going to be there?  
B: I think so, but it's \_\_\_\_\_ no means \_\_\_\_\_.

### DICTATION

- 8 **12** Listen to part of a lecture about population growth in China. Complete the sentences.

China has one of the lowest birth rates in the world. At about 1.26 children per female, it is currently less than half of the world's average and below the fertility replacement rate of 2.2, which a country needs to maintain its current population. This means that if <sup>1</sup> \_\_\_\_\_, China's population <sup>2</sup> \_\_\_\_\_. It has been suggested that by the end of the century, China's population <sup>3</sup> \_\_\_\_\_ 30 per cent. And if this prediction <sup>4</sup> \_\_\_\_\_, then China <sup>5</sup> \_\_\_\_\_ demographic crises in the world. The sharply declining birth rate means that by 2050, between a quarter and a third of China's population <sup>6</sup> \_\_\_\_\_ age. They, of course, <sup>7</sup> \_\_\_\_\_ to the economy while at the same time government expenditure on the elderly <sup>8</sup> \_\_\_\_\_.



## READING

- 1 Look at the five opening sentences of the blog and say which one(s) you think give:

- a advice ☐ ☐ ☐  
 b a word of caution ☐  
 c a definition ☐

- 2 Read the whole text. Find examples of types of adversity that people face in paragraphs 1–5.

1 poverty, lack of education and discrimination, illness, personal loss

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_



### Five things you should know about adversity

- Adversity is not just an occasional setback. It usually refers to a chronic situation or condition that seriously hampers your ability to achieve your ambitions or to find security and happiness. Adversity may come from your social situation – poverty or lack of education or discrimination – or it may come in the form of a personal tragedy, like illness or loss of a loved one. In fact, most of us face adversity at some point in our lives and will, quite understandably, feel depressed and hopeless as a result. The first thing to do is not to allow a series of seemingly minor setbacks (not getting a promotion at work, a big repair bill on your car, etc.) to snowball into a feeling that you're facing overwhelming adversity.
- What doesn't kill you, makes you stronger. Scientific studies have shown that those who have experienced adversity in their lives are better equipped to deal with fresh difficulties or challenges when they arise. That is not to say that negative events don't have negative effects; simply that if we're able to work our way through traumas and setbacks, we come out the other

- 3 Read the text again. Choose the best option to complete the sentences.

- It's *illogical / natural* to feel depressed in the face of adversity.
- Not getting a promotion at work *is / isn't* an example of facing adversity.
- Negative events *generally have / don't necessarily have* a negative effect.
- Dealing with adversity *makes us better able / doesn't actually help us* to deal with it when it arises again.
- We can *specifically relate to / generally learn from* the stories of others who have triumphed over adversity.
- Talking about your problems always helps to *find solutions / relieve the tension*.
- Facing adversity has a positive outcome for a *majority / minority* of people.
- Many people *are overwhelmed / simply give up* in the face of adversity.

side more resilient. One study showed that among people who suffered serious back pain, those who had experience of some other adversity in life were more mobile and better able to cope than those who had no such experience.

- Stories can inspire. The pages of magazines – business magazines in particular – are full of stories of people who have triumphed over adversity. Richard Branson, CEO of Virgin Group, has struggled with dyslexia all his life. Jim Carrey, the comic actor, was the son of an unemployed musician and dropped out of school at 15 to support the rest of his family. The film *The Theory of Everything* celebrates the life of the famous physicist Stephen Hawking who has survived motor neurone disease against all the odds. All these stories serve as a useful metaphor for our own struggles against adversity, whatever they might be.
- A problem shared is a problem halved. As I said, we all face adversity at some point in our lives so you can almost always find a sympathetic ear in a friend or colleague. Talking about your financial problems, for example, will automatically make you feel less burdened; you might even feel able to share a joke about it. Additionally, as you talk through what's happened and what you're feeling, solutions that had half-formed in your mind, but not yet been articulated, may begin to appear.
- Adversity can be crushing too. For every one person that has achieved success in the face of adversity there are nine people who feel crushed by it. Recognize that there are situations – notably chronic poverty and social discrimination – that many people cannot escape from, however valiantly they try. So it's incumbent on all of us either to give a helping hand directly to such groups in society or to encourage our governments to do so.



#### 4 Choose the correct word to complete the definitions.

- hampers** your ability to = makes it more *difficult* / *impossible* for you to ...
- allow [something] to **snowball** = to allow something to become *bigger* / *smaller*.
- we become more **resilient** = we become more able to *ignore* / *resist* shocks or stresses
- survived against **all the odds** = survived in spite of a *high* / *low* probability of not surviving
- talking will make you feel less **burdened** = talking will lift a *weight* / *pain* from your shoulders
- not yet been **articulated** = not yet been *explained* / *expressed* clearly
- chronic** poverty = being poor for a *short* / *long* period of time
- it's **incumbent** on all of us to = it is our *choice* / *duty* to ...

#### 5 1 13 Listen to someone talking about adversity in their life. Which of the points about adversity in the article do they talk about?

#### 6 1 13 Listen again and answer the questions.

- What was the main adversity the speaker faced in their life?
- What was the main adversity J.K. Rowling faced?
- Where did J.K. Rowling usually do her writing?
- What was the lesson the speaker took from J.K. Rowling's life?

### VOCABULARY Idioms: hopes and fears

#### 7 Complete the idioms in the extracts with the correct words.

- Some people feel they are facing adversity when their expectations are not met. They <sup>1</sup>p\_\_\_\_\_ their hopes on getting something – like a new job or a flat they have been looking for – and then their hopes are <sup>2</sup>d\_\_\_\_\_ when they don't get it. But that isn't really adversity. It's just an ordinary setback. Real adversity is about facing conditions which are extremely tough and not <sup>3</sup>g\_\_\_\_\_ up hope.
- Did you see the story of the girl who stood up to other girls who were bullying her at school? I was really moved by it. She had been getting bullied for three years and had thought several times about going to the head of the school, but she got <sup>4</sup>c\_\_\_\_\_ feet. Then one day she <sup>5</sup>p\_\_\_\_\_ up the courage to speak about it in a school assembly – in front of all the teachers and pupils. At first she was a bundle of <sup>6</sup>n\_\_\_\_\_, but once she got started she spoke very articulately and with real passion. At the end everyone got to their feet and applauded her.

- Her parents were very poor and she was sent away at sixteen to earn money in a laundry in the city. I think that's what made her the person she is. She set up her own laundry company at 23 – it was a complete <sup>7</sup>i\_\_\_\_\_ in the dark – and made a success of it. Now the sky's the <sup>8</sup>i\_\_\_\_\_ for her.

### WORD FOCUS Courage, guts and bravery

#### 8 Choose the correct word to complete these expressions about bravery and courage.

- It needs / takes guts** to stand up and disagree with a course of action you think is wrong when everyone else is in favour of it.
- She took a risk investing all her savings in her new venture, but it turned out to be a huge success.  
**Fortune assists / favours the brave.**
- He was very disappointed not to be chosen for the team, but he **put a brave / courageous face on** it.
- The ruling party lost the election by 45% to 55%. They **put on / up a brave fight**, but people wanted a change.
- The best advice my father ever gave me was 'Lead your own life, in spite of what others may say or think and **have the courage of your convictions / beliefs**'.
- You'll get soaked if you cycle to work now. I admire the fact that you're prepared to **brave / gut the elements**, but why don't you just take the car instead?
- She **took her courage in both arms / hands** and jumped into the cold water.
- Only Dan would **have / feel the guts** to speak to the boss like that.


#### 9 Complete these sentences with the correct form of the expressions in Exercise 8.

- The open-air concert turned out to be on one of the wettest weekends on record, but still, over 10,000 people \_\_\_\_\_ to come and see their heroes play.
- Our manager says that he is going to support us and argue against the new working contract. I just hope he \_\_\_\_\_.
- You shouldn't be disheartened. You \_\_\_\_\_, but you just came up against someone who was exceptionally talented.
- \_\_\_\_\_ to admit that you've been wrong all along.
- It's no good carrying on and \_\_\_\_\_. If you're feeling that stressed, you've got to do something about it or you'll end up having a breakdown.
- I admit it: I'm a coward. I don't \_\_\_\_\_ to confront her about it.


## 2.4 Worst-case scenario

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### GIVING AND JUSTIFYING ADVICE

- 1**  **14** Listen to a university tutor talking about plagiarism. According to the tutor, are these statements true (T) or false (F)?

- 1 The university routinely checks submitted work for evidence of plagiarism. ☐
- 2 It is OK to use open-source websites such as Wikipedia. ☐
- 3 Plagiarism may result in a student being thrown out of the university. ☐
- 4 Using synonyms and changing the word order is the best way to avoid plagiarism. ☐
- 5 Your tutors will help you to understand what is and isn't plagiarism. ☐

- 2**  **14** Complete the extracts from Exercise 1. Then listen again and check your answers.

- 1 You need to be \_\_\_\_\_ that the university routinely checks submitted work for evidence of plagiarism.
- 2 And on that subject, we strongly \_\_\_\_\_ using open-source websites such as Wikipedia that have unverifiable content.
- 3 In the \_\_\_\_\_ plagiarism, you will be given a formal warning and have to rewrite your essay.
- 4 To avoid plagiarism, the \_\_\_\_\_ is to become familiar with the principles of good academic practice as soon as you start your university studies.
- 5 That \_\_\_\_\_, you \_\_\_\_\_ more quickly develop an awareness of the requirements ...
- 6 ... although it is \_\_\_\_\_ thoroughly check them through before you submit your work.

- 7 \_\_\_\_\_ simply using a few synonyms and changing the word order. The \_\_\_\_\_ are that you will be caught out.
- 8 Following his or her advice will \_\_\_\_\_ that your work is plagiarism-free.


- 3** Complete the responses using the words in brackets.

- 1 A: I just don't know what to do about it.  
B: I'd \_\_\_\_\_ (time / think) it through if I were you. \_\_\_\_\_ (talk / someone / also / good idea).
- 2 A: Work's really starting to get me down.  
B: Maybe it's time \_\_\_\_\_ (consider / look) something else?
- 3 A: This hotel is in a better location, but this one has better facilities.  
B: I'd \_\_\_\_\_ (opt / location / facilities) every time.
- 4 A: I just can't help wondering if he's OK.  
B: \_\_\_\_\_, (own / peace / mind) why don't you give him a call?
- 5 A: Do you think I should ask for a meeting with them?  
B: I think for now \_\_\_\_\_ (best thing / say) nothing. \_\_\_\_\_ (way / not) pre-empt anything. I think things will probably sort themselves out.
- 6 A: What should I do about my new boss?  
B: Well, I \_\_\_\_\_ (advise / against / do) anything too rash and \_\_\_\_\_ (avoid / be) too confrontational. \_\_\_\_\_ (the chances) he's also a little uneasy about things.





## PRONUNCIATION Consonant clusters

- 4**  **15** The following words contain combinations (or clusters) of consonants that can be difficult to pronounce. Underline the consonant clusters and practise saying the words. Listen and check and then practise again.

- |             |              |
|-------------|--------------|
| 1 sixth     | 11 hundredth |
| 2 through   | 12 filmed    |
| 3 spring    | 13 health    |
| 4 asked     | 14 crisps    |
| 5 clothes   | 15 helpful   |
| 6 length    | 16 splendid  |
| 7 months    | 17 explained |
| 8 depth     | 18 instincts |
| 9 twelfth   | 19 facts     |
| 10 breathes | 20 rejects   |

## WRITING SKILL Future in the past

- 5** Complete the sentences with *was/were going to* and the words in the box.

originally/get	originally/hold	not/say
just/stay	tell	

- We \_\_\_\_\_ for a few hours, but we ended up spending the whole weekend there.
  - I \_\_\_\_\_ anything to him, but I just felt it wasn't fair to keep him in the dark any longer.
  - I think they \_\_\_\_\_ married in June. I'm not sure why they changed it.
  - I'm really sorry you heard it from someone else. I \_\_\_\_\_ you myself, honestly.
  - They \_\_\_\_\_ the conference in Liverpool, but they went for Birmingham instead.
- 6** Put the words in order to complete the sentences.

- \_\_\_\_\_ she / as though / looked / was / she / going / something, / say / to but she turned and walked out of the room.
- \_\_\_\_\_ to / tomorrow, / going / were / the two leaders / meet but the meeting has been postponed.
- \_\_\_\_\_ Jones / yesterday, / originally / going / discharged / was / be / to but doctors decided to keep him in for further observations.
- \_\_\_\_\_ wasn't / rain, / to / it / supposed but the heavens opened and we got absolutely soaked.
- \_\_\_\_\_ resume / play / due / to / three, / was / at but at quarter to it started raining again.
- \_\_\_\_\_ to / it / a working lunch, / was / meant / be but we didn't get much work done at all.
- \_\_\_\_\_ would / I / was / us, / he / waiting / sure / for / be but he must've got the times confused.
- \_\_\_\_\_ were / nine o'clock, / we / at / to / supposed / meet but he didn't turn up.

- 7** Rewrite the sentences using the word given so the meaning is similar.

- We had planned to leave at about six, but we were still there at seven. *going*  
We \_\_\_\_\_
- They didn't arrive on Tuesday as was scheduled. *supposed*  
They \_\_\_\_\_
- I expected them to leave early, but they stayed until the early hours. *would*  
I \_\_\_\_\_
- We hadn't planned to take a taxi, but it was raining. *going*  
We \_\_\_\_\_
- They said the flight would take off at 5.30, but it was delayed again until seven o'clock. *due*  
The flight \_\_\_\_\_
- We hadn't anticipated it taking so long. *would*  
We \_\_\_\_\_

- 8** Complete the review from a travel forum using the words in the box.

due/move	going/have to/make	going/improve
originally/going/stay	supposed/meet	would/take
would/not/recognize		

Where do I begin? First, someone from the hotel  
1 \_\_\_\_\_ us at the airport, but after waiting over an hour, it became clear we 2 \_\_\_\_\_ our own way there. As the airport was pretty well deserted, it took us another 30 minutes to find a taxi that 3 \_\_\_\_\_ us to the hotel. When we finally got to the hotel, it was terrible, nothing like its website and nothing at all like some of the reviews we'd read. The whole place was dark and tired and in general need of repair. The owner kept telling us how he 4 \_\_\_\_\_ things and that we 5 \_\_\_\_\_ the place if we came back in a few months. He insisted that no-one else had ever complained – yeah, right. Our room looked like it hadn't had a proper clean for weeks. We 6 \_\_\_\_\_ for three nights, but, after the first night, we couldn't stand it anymore. We 7 \_\_\_\_\_ up the coast a few miles and change hotels anyway, so we rang them and they had a room available that night.



## IDEAS

You will read an article written to answer the question below.

A business magazine is running a series of articles on attitudes to work and leisure time. The magazine has invited readers to send in articles briefly describing their work-life balance. The article should explain the importance of maintaining an appropriate work-life balance and consider what companies can do to help their employees achieve this.

Write your article in **280–320 words** in an appropriate style.

- 1** In the question, underline the three topics which need to be covered in the article.  
What points could be included in each topic?

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## MODEL

- 2** Read the article. Which topic is dealt with in each paragraph? Are any of your ideas included?

### A new lease of life

<sup>1</sup> Exhausted, depressed and coming down with a cold, I opened the door to my office and sat down at my desk. It was 8 a.m. and I'd already been up for three hours. Looking at the list of things that I needed to get through in the next twelve hours, I realized that if I didn't change something soon, I ran the risk of burning out and having to give up a career that I had dreamed of for years.

<sup>2</sup> My own experience illustrates why our current obsession with working as much as possible is unsustainable. It has been proved time and time again that employees who maintain a healthy work-life balance contribute much more to their companies than those who only live to work. Their stress levels are lower, they take fewer sick days and they are able to complete tasks more efficiently.

<sup>3</sup> Taking this into account, the way companies encourage employees to use their time at work is an important way to change their mindsets. This can be done by following the example of businesses that provide recreation areas in their offices. Not only does this allow their staff to switch off from the stresses of work, but it also gives them the chance to build stronger relationships. Another idea is to encourage staff to leave the office at break times or earlier in the evening to spend time enjoying the natural world.

<sup>4</sup> The decision I made that day was one of the hardest of my life: moving from the prestigious city law firm I'd been lucky to get a job at to a local one, closer to home and demanding much shorter working hours. Only by doing this did my quality of life drastically improve. I'm happier, healthier and have more of a social life than ever before. It's a choice I would make again in a heartbeat.

- 3** Read the article. Say which section (1–4) each of the following statements (a–d) matches.

- a Businesses have a responsibility to encourage staff to use their time wisely.
- b The author felt overwhelmed by all of the work they had to do, despite being in the career they wanted.
- c By changing jobs, the author has seen huge positive changes in their life.
- d It's healthier to have a good work-life balance than to work too much.

## USEFUL LANGUAGE

- 4** Match the phrases (1–3) with three alternative ways of saying the same thing (a–i).

- 1 The author **realized** they needed a different job. ☐ ☐ ☐
- 2 Having a good work-life balance **is important to** stay healthy. ☐ ☐ ☐
- 3 Helping employees to reduce stress levels **can be done by** providing recreation areas at work. ☐ ☐ ☐
- a The author **came to realize** a new job was necessary.
- b **It suddenly occurred to** the author **that** they should change their job.
- c **The essence of** being healthy **lies in** having an appropriate work-life balance.
- d **A possible route to** reducing employees' stress levels **would be to** give them places to relax at work.
- e **One way to approach** the reduction of employees' stress levels **is to** provide places to relax at work.
- f **It dawned on** the author **that** it was time for a new job.
- g **A key ingredient of** staying healthy **is** balancing work and relaxation.
- h **A possible course of action for** helping employees to reduce stress levels **is to** give them somewhere to relax at work.
- i Balancing your work and home lives **is vital to** remain healthy.



- 5** These sentences are taken from the article in Exercise 2. Rewrite the sentences using a-i. Each sentence can be rewritten in three different ways. Try to do it without looking at Exercise 4.

1 I realized that if I didn't change something soon, I ran the risk of burning out.

*I came to realize that if I didn't change something soon, I ran the risk of burning out.*

2 The way companies encourage employees to use their time at work is an important way to change their mindsets.

3 This can be done by following the example of businesses that provide recreation areas in their offices.

- 6** A stylistic device often used in articles is the 'rule of three'. This involves repeating a similar grammatical structure three times in the same section of the article. Sometimes a sound is also repeated to add to the effect. Find three examples of the rule of three in the model in Exercise 2.

Note: If one of the three points is longer than the others, it is usually the last of the three, e.g.

*My job was too challenging, too stressful and taking up far too much of my time.*

- 7** Match one phrase from each column to create five more 'threes' which could be used in an article about work-life balance.

over-worked, under-paid and under-valued

over-worked	encouraging job shares	or simply lunch at a local restaurant
by organizing a night out	more creative	and under-valued
by allowing flexi-time	under-paid	and breathing their jobs
having been awake since six	sleeping	and not likely to get home until seven
they are more productive	a weekend away	and their imaginations are given free rein
living	at my desk since eight	or letting staff leave early on Fridays

## PLANNING

You will answer the following question.

A technology magazine is inviting readers to contribute to a series of articles about our changing relationship with technology. You decide to submit an article about how one piece of technology has affected your life. You should briefly describe why the technology is important to you, explain what people would have done before this technology existed and assess whether these changes are positive or negative.

Write your article in **280–320 words** in an appropriate style.

- 8** Plan your article. Write notes to answer these questions. Don't write full sentences yet.

- Which piece of technology will you write about?
- Why is it important to you?
- What did people do/use before this technology existed?
- Has this technology had a positive or a negative effect on society?

## WRITING

- 9** Write an article to reply to the question in Exercise 8. In your article you should:

- include a title and introduction which will attract the reader's attention and encourage them to read on
- describe how one piece of technology has affected your life
- explain what people did/used before this technology existed
- evaluate whether any changes in society have been positive or negative

Write **280–320 words**.

## ANALYSIS

- 10** Check your article. Answer the questions.

**Content:** Does the article describe your personal experience? Is this contrasted to life before this technology existed? Are the effects of this technology on society clearly evaluated? Is it 280 to 320 words long?

**Communicative achievement:** Does the title attract the reader's attention? Is the article interesting to read?

**Organization:** Is the article logically organized? Are the links between paragraphs and ideas clear?

**Language:** Does it use correct grammar and vocabulary? Is there a good range of structures and stylistic devices, such as the 'rule of three'?