

5.1 As if it were yesterday ...

Vocabulary talking about childhood memories

- 1 Complete the sentences with memory words. The first letter is given.
- I remember my wedding as if it were *yesterday*.
 - I v_____ recall seeing this film before, but I don't remember much about it.
 - He swears we've met before, but I have no r_____ of meeting him.
 - Apparently, I was sleepwalking last night; but I have no memory of it w_____.
 - I can just a_____ remember my first day at school.
 - The police officer wanted p_____ details of what the thief was wearing, but I couldn't remember.

PRONUNCIATION sentence stress (1)

- 2a 5.1))) Listen and underline the stressed syllables in the sentences.
- I can recall it clearly.
 - I can vaguely remember it.
 - I have no memory of it whatsoever.
 - I remember it as if it were yesterday.
 - I have a vivid memory of it.
 - I can just about remember it.
- b 5.1))) Listen again and check. Then repeat the sentences.
- 3 Complete the online article about memory with words from the box.

access analyse fade identify recall store vivid

SIX SURPRISING FACTS ABOUT MEMORY

1
Childhood amnesia is the inability to access memories from our earliest years.

2
Studies show that for many people their first kiss is one of their most _____ memories and that most of us are able to remember 90% of the details of this experience.

3
The human brain has enough memory to _____ three million hours of television.

4
A third of us regularly _____ the meaning our dreams. The best time to _____ dreams is in the ninety seconds after you wake up.

5
Recent research suggests that unpleasant memories _____ faster than pleasant ones.

6
Dolphins have the longest memories of all non-human species. Even after twenty years of separation, they can _____ the whistles of former companions.



Grammar using verbs with *-ing* and infinitive

4 Find and correct the mistakes in five of the sentences.

- 1 I can't speak now as I'm about have dinner.
- 2 He was surprised to hear from me.
- 3 The shop wasn't easy finding.
- 4 I don't like the thought to get old.
- 5 We made a decision not to move house this year.
- 6 It's rare finding a job that doesn't get boring sometimes.
- 7 I'm looking for somewhere to park.
- 8 We've made plan for meeting up in Prague.

5 Complete the article with the correct form of the verbs in brackets and add prepositions where necessary.

Five ways to beat boredom at work

Do you ever have days at work when you feel incapable ¹ of concentrating (concentrate), when you have an uncontrollable need ² _____ (take) a nap at your desk, or are just desperate ³ _____ (get) home? We all do. Here are five ways to make your days a little more interesting.

1 BE TASK-FOCUSED, NOT TIME-FOCUSED

Avoid the temptation to watch the clock. If you tell yourself you can go home at 5.00, the time is likely ⁴ _____ (crawl) slowly by. A better way of motivating yourself is to focus instead on completing the task that you are doing.

2 ACHIEVE MORE AND EARN BONUS POINTS WITH YOUR BOSS

If your work is dull, consider the idea ⁵ _____ (take) some extra notes during meetings, or taking on a new project. Not only will this serve the purpose ⁶ _____ (keep) you engaged, it will show your boss you are keen ⁷ _____ (get) ahead and may even get you a promotion.

3 FIGHT EXHAUSTION AND GET BACK TO WORK

Maybe the problem isn't your work. Maybe you're just exhausted and don't have the energy to work. Performing a few quick exercises is helpful for ⁸ _____ (get) your blood moving and can wake you up, too.

4 LEARN A NEW SKILL DURING WORK

If there really is little or nothing ⁹ _____ (do), use the time productively by learning new skills. Online training makes it easy ¹⁰ _____ (do) this from your desk. While ¹¹ _____ (improve) your abilities, you're also increasing your chances ¹² _____ (find) a better job in the future. Just be sure to check your company's policies about ¹³ _____ (pursue) personal projects during work time.

5 GET SOME NEW RESPONSIBILITIES

You could try talking to your employer to see if they would be willing ¹⁴ _____ (change) your job description. That way you can work on things you are more interested ¹⁵ _____



I can ...

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talk about childhood memories.

use verbs with *-ing* and infinitive.

5.2 Bored!

Vocabulary emotions and behaviour

1 Complete the table with the missing words.

Noun	Verb	Positive adjective	Negative adjective
capability		1 <i>capable</i>	incapable
despair	despair	2 _____	
3 _____	desire	4 _____	5 _____
6 _____	bore	7 _____	
		/boring	
repetition	repeat	8 _____	
9 _____	interest	10 _____	11 _____
fascination	fascinate	12 _____	

2 Choose the correct options to complete the sentences.

- I've had enough *of / with* this music. Can we listen to something else?
- I'm tired *with / of* all your excuses.
- I'm getting fed *up / out* with waiting in this queue.
- I read that our brain can only take in information for about forty-five minutes, then we start to *lose / stop* concentration.
- The programme wasn't very interesting. My *brain / mind* started to wander after a while.
- He's capable *to get / of getting* good grades as long as he studies hard.
- She was absolutely desperate *to win / for winning* the match.
- Professor Wilson gives such boring lectures. I find myself *zooming / zoning* out after about ten minutes.

3 Complete each conversation with the correct form of a word from the box.

desire dull occupied repetitive steer still trapped yawn

- A How was the flight?
 B Fine, but the kids found it hard to sit *still* for two hours.
- A Why do you feel fed up with your job?
 B It's so _____ . I don't like doing the same thing day in, day out.
- A What's your brother's new girlfriend like?
 B She's a bit _____ , to be honest. She doesn't have much personality.
- A Sorry, I can't stop _____ .
 B You're obviously exhausted. Why don't you go to bed?
- A What's your earliest childhood memory?
 B Getting _____ in a hotel lift - I had to be rescued by firemen.
- A Why did Lazlo fall off his bike?
 B He had to suddenly _____ away from a pedestrian and the bike slipped.
- A One of my greatest dreams is to travel the world.
 B Really? I've never had a strong _____ to go travelling.
- A Do you like doing Sudoku?
 B Yes, it's perfect for keeping your mind _____ on a long journey.

PRONUNCIATION same sounds in words (2)

4a Match words 1-6 to a-f which have the same vowel sound in bold.

- | | |
|-----------|-------------|
| 1 death | a emotion |
| 2 yawn | b dull |
| 3 wander | c desperate |
| 4 zone | d capable |
| 5 enough | e occupied |
| 6 purpose | f bored |

b 5.2))) Listen and check. Pause the listening and repeat the words.



Grammar other uses of *-ing* and infinitive with *to*

Complete the text with the *-ing* or the infinitive form of the verbs in brackets. More than one form may be possible.



DOES TAKING PHOTOGRAPHS RUIN YOUR MEMORY?

Do you want ¹ *to hold* (hold) on to your memories for longer? Then stop ² _____ (take) so many photos.

Recent research suggests that our obsession with documenting every moment of our lives is making us ³ _____ (forget) events more quickly. Snapping photographs prevents memories from ⁴ _____ (form) properly, according to the new study by Linda Henkel of Fairfield University in the USA, who claims that when people rely on technology to remember for them, it can have a negative impact on how well they remember their experiences.

To conduct her research, Henkel took twenty-eight students to a museum. She got them ⁵ _____ (pause) in front of thirty objects. She let them ⁶ _____ (photograph) fifteen of them, but they were asked ⁷ _____ (not photograph) the other fifteen objects. They had to just look at them instead.

The next day, the students' memory was tested and the results showed that they did not remember ⁸ _____ (see) the objects they had photographed as clearly as they remembered the ones they had only looked at.

But surely having a database of digital photos helps you ⁹ _____ (remember) things? According to Henkel, this is not the case, as the volume of digital photos that we keep and the lack of organization discourages people from ¹⁰ _____ (access) them. If we want to remember things, we need to access and interact with the photos rather than just collect them.

6 Complete the sentences with the verbs in the box in the *-ing* form or the infinitive with *to*.

drive get inform lock not take renew tell travel

- 1 I wish you'd stop telling me what to do. I can make up my own mind.
- 2 We drove for two hours, then stopped _____ petrol.
- 3 I mustn't forget _____ my passport. It expires in a few months.
- 4 I'll never forget _____ by balloon over the Valley of the Kings in Egypt.
- 5 I really regret _____ the opportunity to travel more when I was younger.
- 6 We regret _____ you that you have not been selected for interview.
- 7 Did you remember _____ the door?
- 8 I'll always remember _____ a car on my own for the first time after passing my test.

7 Rewrite each sentence using the verb in bold.

- 1 I managed not to get flu. **avoid**
I avoided getting flu.
- 2 My manager said I couldn't take a holiday in June. **let**

- 3 She doesn't go to the gym any more. **stop**

- 4 I shouldn't have left school at the age of sixteen. **regret**

- 5 I tried to open the link, but I couldn't. **get**

- 6 He said he couldn't understand me, but he could. **pretend**

- 7 She feels anxious when she flies. **make**

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talk about emotions and behaviour.

use other uses of *-ing* and infinitive with *to*.

5.3 Vocabulary development

Vocabulary development phrasal verbs with *out* and *up*

- Choose the correct option to complete each sentence.
 - We need to ___ up with an interesting name for the new business.
a think c **come**
b decide d imagine
 - More than 70,000 people are expected to ___ up at the festival.
a come c arrive
b turn d go
 - I didn't think I'd enjoy the lecture, but it ___ out to be very interesting.
a ended c became
b came d turned
 - He didn't want to go to the meeting, so he ___ up an excuse about having to go to the dentist.
a invented c designed
b created d made
 - Something urgent ___ up, so I wasn't able to call you.
a came c happened
b turned d arrived
 - The printer has ___ out of ink.
a gone c run
b used d finished
 - I'm having problems with my visa application. I hope it's ___ out before I go away.
a dealt c solved
b sorted d done
 - The doctors will ___ out some tests to determine the cause of his allergy.
a bring c do
b carry d pass
 - I missed the beginning of the film, so I'm trying to ___ out what's going on.
a know c work
b mind d understand
 - Don't you hate those annoying adverts that ___ up on the computer screen?
a pop c bring
b arrive d hang

Vocabulary extension

- Match the phrasal verbs in bold in sentences 1-6 to meanings a-f.
 - My trainers were **worn out** at the soles, so I threw them away.
 - I need to **brush up** my German before I go to Hamburg.
 - I wonder why that police car's just **pulled up** outside the house.
 - She thinks our course would be better if it was **spread out** over twelve weeks, not eight.
 - It was very dark in the corridor and I could only just **make out** the numbers on the doors.
 - A suspicious package was **blown up** in a controlled explosion by police.
 - (about a vehicle) stop, especially for a short time
 - covering a wide area or long time; extended
 - manage to see or read something
 - damaged because of being used a lot
 - improve knowledge of something learnt but partly forgotten
 - destroy by detonation
- Complete the sentences with the correct form of phrasal verbs from exercise 2.
 - Payment was _____ over six months.
 - Taxis can't _____ here. We'll have to a bit further along the street.
 - The bridge had been _____ during the war and rebuilt.
 - The sign had faded and I couldn't _____ what it said.
 - The carpet in the hotel room was dirty and _____.
 - This cake tastes horrible. I need to _____ my baking skills!

➔ **STUDY TIP** Some phrasal verbs are often used in the passive form, e.g. *worn out*, *spread out*, *blown up*. Look out for examples and write them in your vocabulary notebook.

5.4 Speaking and writing

Speaking language to give solutions

1a Complete the conversation with words from the box.

account convinced effective forward harm if option suppose worth



- A Er! The boy next door is playing his drums again. It's so loud and it's beginning to drive me nuts!
- B I know, me too! We really need to do something about it.
- A Well, one ¹ option would be to have a word with his parents.
- B Yes, I think we should, but we need to take into ² _____ that it is his hobby and he does have a right to play.
- A Yes, but we have a right to some peace and quiet. What ³ _____ we ask him to move his drum kit to a different room? One which is not on the other side of our bedroom wall?
- B We could do, but it might not be possible. I think a better way ⁴ _____ would be to suggest he only plays at certain times, say between 6 and 7 p.m.?
- A Yes, but is that fair on him? It's quite limiting. Would it be ⁵ _____ suggesting instead that they get some of those rubber discs to put on the drums that reduce the sound?
- B I'm not ⁶ _____ that he'll want to do that, but I ⁷ _____ there's no ⁸ _____ in suggesting it.
- A I think it would be an ⁹ _____ solution.
- B OK. You go and speak to them, then. Good luck!

b 5.3))) Listen to the conversation in exercise 1a and check your answers.

Writing an article giving advice

2 Choose the correct options to complete the online advice article.

How to remove wax from clothing

STEP 1 Let the wax cool, as this will allow it to harden. Try ¹ *to not / (not to) pick* at the wax while it is still warm or ² *else / otherwise* the stain may spread further. If the wax is still soft when it is at room temperature, it is advisable ³ *to place / placing* the clothing in the freezer.

STEP 2 When the wax is fully hardened, use a knife to scrape off excess wax. ⁴ *Make / Be* sure the knife is not too sharp, in case ⁵ *it cuts / that it cuts* the fabric.

STEP 3 Use an iron to remove the remaining wax stain: place the stained fabric between two paper towels and gently move the iron over the waxy area until the wax melts and transfers from the fabric to the paper towel. Remember ⁶ *to keep / keeping* the iron moving in circular motions to ⁷ *avoid / prevent* burning the fabric. ⁸ *Whatever / Whichever* you do, make sure the iron is not on the steam setting, ⁹ *else / otherwise* the oil will not transfer to the paper towel.

STEP 4 Repeat until no wax remains.



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