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2ND EDITION

WORKBOOK

B2

First for
Schools

Unit	Reading	Grammar	Vocabulary
1 Wake up your senses! page 4	topic: search for happiness task: gapped text	present tenses (p6) comparative forms: adjectives and adverbs (p9, p10)	Phrasal verbs (p7) suffixes (p10) introduction to collocations (p10)
2 On the bucket list page 14	topic: summer holidays task: multiple matching	past tenses (p16) articles (p19)	idiomatic phrases and expressions (p17) collocations (p17, p20) linkers (p22)
3 All in a day's work page 24	topic: virtual school task: multiple choice	future forms (p26) determiners with countable/ uncountable nouns (p29)	phrasal verbs (p27) verbs + prepositions (p30)
4 The heart of the city page 36	topic: street stories task: multiple matching	conditionals (p38) alternative conditional forms (p41)	compound nouns (p39) <i>as or like</i> (p42) prepositional phrases (p42)
5 A good sport page 46	topic: team talk task: multiple choice	infinitive+ verb + <i>ing</i> (p48) verb patterns (p51)	phrasal verbs (p49) noun suffixes (p52) prefixes (p52)
6 Viewpoints page 56	topic: dyslexia task: gapped text	the passive (p58) <i>have/get something done</i> (p61)	prepositions of place (p59) time phrases (p59) suffixes (p62)
7 The full story page 68	topic: fanfiction task: multiple matching	reported speech (p70) reporting verbs (p73)	phrasal verbs (p71) prepositional phrases (p74) adjectives+ prepositions (p74)
8 In it together page 78	topic: social media sharing task: multiple choice	modal verbs (p80) linking phrases (p83) <i>such a/so</i> (p86)	adjectives/nouns expressing personality (p81) phrases with <i>have/keep</i> (p81) phrasal verbs (p84) collocations (p84)
9 A matter of taste page 88	topic: flipping a coin task: gapped text	relative clauses (p90) cleft sentences (p93)	collocations (p94) nouns to adjectives (p94)
10 Practice Test page 100	Reading and Use of English (p100)		Writing (p108)

Listening	Use of English	Speaking	Writing	Review
topic: supertasters task: sentence completion	key word transformations (p9) word formation (p10)	topic: comparing activities task: long turn	topic: local events task: review	unit check 1
topic: reading lists task: multiple choice	open cloze (p19) multiple-choice cloze (p20)	topic: holiday preferences task: interview	topic: a memorable journey task: article	unit check 2
topic: visiting a parents workplace task: multiple matching	key word transformations (p29) multiple-choice cloze (p30)	topic: benefits of volunteering task: collaborative task	topic: effective learning task: essay	unit check 3 Use of English units 1–3 (p34)
topic: out and about task: multiple choice	open cloze (p41) multiple choice cloze (p42)	topic: city vs. country life task: discussion	topic: local changes task: email	unit check 4
topic: floorball task: multiple choice: longer text	key word transformations (p51) Word formation (p52)	topic: team sport task: long turn	topic: coping with stress task: article	unit check 5
topic: mapping with sound task: sentence completion	key word transformations (p61) word formation (p62)	topic: local wildlife task: collaborative task	topic: accuracy of information task: essay	unit check 6 Use of English units 1–6 (p66)
topic: entertainment task: multiple choice: short texts	open cloze (p73) multiple choice cloze (p74)	topic: how we use entertainment task: discussion	topic: short stories task: story	unit check 7
topic: group activities task: multiple matching	key word transformations (p83) multiple choice cloze (p84)	topic: things that affect relationships task: collaborative task	topic: sharing in the community task: email	unit check 8
topic: giving up social media task: multiple choice	open cloze (p93) word formation (p94)	topic: shopping styles task: long turn	topic: making choices task: essay	unit check 9 Use of English units 1–9 (p98)
Listening (p110)		Speaking (p113)		

READING

1 Complete the text with these words.

cosy dismiss dull overwhelming pigeonhole
pretty reluctant willing worthwhile

Small change, big difference

Is life feeling ¹..... and boring right now? Are you ²..... to get out and try something new? Then change. But this doesn't mean taking on huge challenges that become ³..... . The key to shaking up your routine is to start small. Look for ways of changing the stuff you do every day: take a different route to school or college, download a song by a band you've never heard before, talk to a student you don't normally mix with. These things might sound ⁴..... basic but don't ⁵..... them. For one thing, they help to make day-to-day life a bit more fun. And they really can be ⁶..... because they make you start to think differently. It's easy to ⁷..... yourself with fixed roles and routines. Making a change every day helps you escape in a risk-free way. And if you're ⁸..... to step out of your ⁹..... routine in small ways, you're much more likely to take on bigger challenges.

2 Read the article on the right quickly. Choose the quotation (1–3) that best fits the main message of the text.

- 1 Whoever said money can't buy happiness simply didn't know where to shop
- 2 Have stories to tell, not stuff to show
- 3 Good advice comes from bad experiences

3 e Read the article again. Choose which sentence (A–G) best fits each gap (1–6). You do not need one of the sentences.

- A A description of a difficult situation can over time turn into a funny story that becomes part of the speaker's identity.
- B While the happiness we get from objects fades over time, experiences define who you are.
- C Firstly, the memory of an experience stays with us for a long time, much longer than the excitement you get from buying an object.
- D So don't give up buying objects completely but invest in some great experiences, too.
- E There's nothing wrong with objects: some are necessary, others are beautiful.
- F He has been studying the link between money and happiness for over twenty years.
- G They seem to regret missing an experience more than losing out on an object.

Extend

4 Complete the questions with the correct prepositions. Check your answers in the article.

- 1 What three objects are most important you?
- 2 Have you ever been left feelings of disappointment after buying something? What?
- 3 How many people are you connected on social media?
- 4 What's happened this week to make you feel positive life?

5 Complete the comments (1–6) with the correct form of these pairs of words.

regret / miss last / keep possession / stuff

Objects OR experiences?

Sarah Add message | Report

I guess objects. I often ask 'Why do I have all these ¹.....?'
But then I'm not very good at getting rid of all my old ².....!

Hayley Add message | Report

Both. The only thing I ³..... is not getting tickets to see my team but I really ⁴..... seeing it live.

Liz Add message | Report

I think both. Experiences give you memories that ⁵....., but ⁶..... objects also brings back happy times.

The search for *happiness:* to have or to do?

I imagine you could have either the object of your dreams or the experience of your dreams. Which would make you happier for longer? Most people would choose the object. It's logical. You can keep the object for years but the experience may be over in days, hours or even minutes. Well, according to recent research, if you want to be happier for longer, choose the experience.

Thomas Gilovich is Professor of Psychology at Cornell University in the United States.

¹..... His research suggests that people who spend money on experiences are generally happier than those who buy physical objects. So why are experiences more important to our wellbeing than possessions?

²..... Although the majority of people think it's better to spend money on something physical, Professor Gilovich has found that the opposite is true. People tend to believe an experience will come and go. They feel they will be left with very little when compared to owning an item.

But in reality we remember experiences long afterwards, while we soon get used to our possessions or even bored with them.

The research also looked at other differences, including how people felt before a purchase or experience. Professor Gilovich says that people look forward to enjoying an experience more than owning an object. So before getting a new smartphone, for example, it's exciting to think about owning the object itself. But more pleasure comes from thinking about what you can do with the object and how you can share experiences with others. Another area of the

research was how people felt after choosing not to do or buy something. ³..... So you may feel worse about not going to see a band with friends than not buying a new pair of jeans.

Perhaps one of the most important results from the research was the effect on identity. ⁴..... Professor Gilovich believes that who we are isn't a direct result of the things that we own. He says that our experiences are a bigger part of ourselves and that even though you can really like your material things, they are separate from who you are. In other words, they aren't a part of your identity. He adds however, that we are connected to our experiences.

If experiences make a person, they also make a community. They are very often shared with family and friends, face-to-face and on social media. Even if they last only a very short time, they become part of the stories that we tell each other. They can be remembered across different communities and generations. Even if an experience has made someone unhappy, describing what happened can make that person feel more positive about things.

⁵.....

So we connect more with other people when sharing experiences than when comparing objects. The next time you're bombarded by adverts on TV, online and on the streets, maybe take a moment to decide how you want to spend your money.

⁶..... But you won't enjoy them forever. And your friends probably want to hear more about where you went in your new trainers than about the trainers themselves. ■



present tenses

1 Choose the correct meaning (A or B) for each sentence.

- 1 My dad works nights so we don't see much of him in the week.
A This is true just this week.
B This is true every week.
- 2 Why are you wearing your coat in the house?
A I'm asking about this moment.
B I'm asking about a changing situation around now.
- 3 Why are things going up in price?
A I'm asking about this moment.
B I'm asking about a changing situation around now.
- 4 You're always taking my bike without asking!
A You've got my bike now and I want it back.
B You do this a lot and it annoys me.
- 5 So, she shows me her phone and she's laughing. I read the text and I feel like crying. Then she just walks off!
A This happened in the past but I want to make my story more real.
B This is happening now, so it's a real story.
- 6 You've cut your hair. It looks great.
A I can see the result of a past change.
B I know when you changed your appearance.
- 7 You've been chatting on that phone for hours.
A You've talked to your friends already today.
B You're still talking.

2 Find and correct four mistakes in the sentences. If the sentence is correct, write 'correct'.

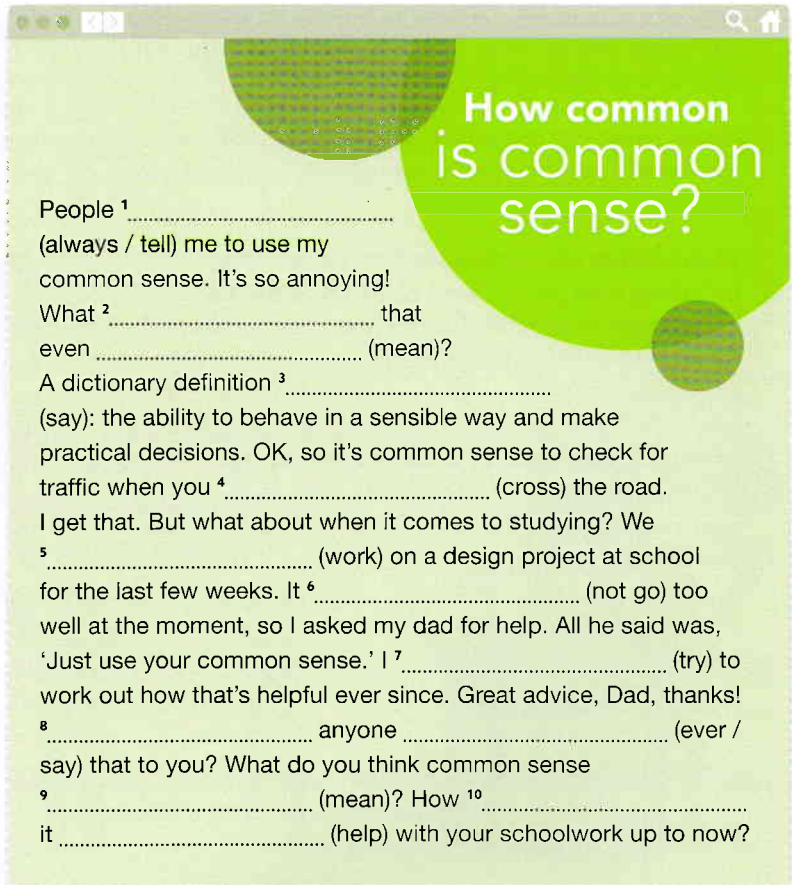
- 1 We don't know each other for long, but we get on very well.
- 2 How long have you been learning to play the bongo drums?
- 3 You're always criticising me! It's just not fair!
- 4 I'm hot because I run round the park.
- 5 I broke my phone two days ago so I don't message my friends for ages.
- 6 Have you checked out that new video yet?
- 7 All my friends are spending every Saturday afternoon at the football.
- 8 To be honest, I'm a creature of habit. I don't often try new things.

3 Choose the correct words to complete the conversation.

- A:** Oh, this ¹looks / is looking fun!
B: What ²are you looking / do you look at?
A: One of those personality quizzes: 'How adventurous are you?' Shall we do it together?
B: Hmm, ³I'm not really enjoying / I don't really enjoy quizzes like that.
A: Oh, come on! We ⁴haven't done / don't do anything like this for ages. It'll be a laugh. The first question is about food: How many new types of food ⁵have you tried / have you been trying so far this year? One to five, six to ten or eleven to fifteen?
B: Maybe one to five. ⁶I've never been / I never am very adventurous with food.
A: OK. The next one is about meeting new people: You ⁷stand / are standing alone at a party. How do you make contact? Walk over to a group and say hi, find one friendly person, or...?
B: I'm sorry but I ⁸get / I'm getting a bit bored with this quiz already.
A: Oh, don't be like that! It's only a bit of fun.
B: Yes, but ⁹I've had / I've been having enough now. I think I'll go home.
A: Oh, ¹⁰you've always been walking / you're always walking off like that.
B: That's not true! I just don't always like what you like.

4  1.1 Listen and check your answers to Ex 3.

5 Complete the blog with the correct form of the verbs in brackets. Use short forms where possible.



How common is common sense?

People ¹..... (always / tell) me to use my common sense. It's so annoying! What ²..... that even (mean)? A dictionary definition ³..... (say): the ability to behave in a sensible way and make practical decisions. OK, so it's common sense to check for traffic when you ⁴..... (cross) the road. I get that. But what about when it comes to studying? We ⁵..... (work) on a design project at school for the last few weeks. It ⁶..... (not go) too well at the moment, so I asked my dad for help. All he said was, 'Just use your common sense.' I ⁷..... (try) to work out how that's helpful ever since. Great advice, Dad, thanks! ⁸..... anyone (ever / say) that to you? What do you think common sense ⁹..... (mean)? How ¹⁰..... it (help) with your schoolwork up to now?

describing experiences and feelings

1 **1.2** Listen to eight speakers. How does each person feel? Number the adjectives (A–H) in order (1–8).

- | | | | |
|--------------------|-------|----------------------|-------|
| A thrilled | | E determined | |
| B petrified | | F sympathetic | |
| C tense | | G offended | |
| D relieved | | H moved | |

2 Replace the highlighted words in the conversations with these adjectives.

anxious insulted strong-willed terrified understanding

- 1 A:** We used to be best friends but she never listens to anyone else's problems.
B: You're right. She's never been very **sympathetic**.
- 2 A:** What was the matter with Gemma yesterday?
B: I think she was feeling a bit **tense** before the match.
- 3 A:** Can you believe Joe said I always get what I want?
B: Well, you are pretty **determined** when you want to be.
- 4 A:** Have you signed up for the school trip yet?
B: Rock climbing? Are you joking? I'm **petrified** of heights!
- 5 A:** Why isn't Lisa speaking to Dan?
B: She felt **offended** when he laughed at her new glasses.

3 Complete the adjectives. Then answer each question for you.

On a scale of one to ten ...

1	How i _____ d would you be if someone called your local football team rubbish?	<input type="checkbox"/>
2	How u _____ g would you be if your best friend forgot your birthday?	<input type="checkbox"/>
3	How t _____ d would you be if a tarantula touched your hand?	<input type="checkbox"/>
4	How a _____ s would you feel if you had to take a long flight by yourself?	<input type="checkbox"/>
5	How s _____ c would you feel if your brother/sister was unfollowed on Instagram?	<input type="checkbox"/>
6	How d _____ d would you be to win a new tennis racquet?	<input type="checkbox"/>

4 Complete the article with the correct form of these verbs.

add to get across miss out put off take off try out

Smells like you've got a text

We experience so much of today's world through smartphones and computers, but only in an audio-visual way. You can see and hear, but not much else. What about our other senses – do they need to ¹.....? A computer scientist, Adrian David Cheok, is asking the same question. He hasn't been ²..... by the limitations of the online world. He's been ³..... new ways of sending sense messages over the internet. A new device called Scentee has been developed that allows you to send a smell message! The device connects to an app on your smartphone and the smell is activated when opening a text. Professor Cheok is also developing ways of ⁴..... touch and taste messages..... using digital transmission. Who knows how quickly these ideas will ⁵..... but just think how your sense of smell, touch and taste could ⁶..... your whole online experience.

Extend

5 Change the adverb or preposition in bold to give the meaning in brackets.

- 1 give up** → give (surrender; stop fighting)
- 2 take off** → take (be similar to in character or looks)
→ take (return, e.g. to a shop)
- 3 try out** → try (see if clothes fit/suit you)
- 4 get across** → get (recover from, e.g. an illness)
→ get (have a good relationship)
- 5 put off** → put (tidy; put something in its correct place)
→ put (stop something burning, e.g. a fire)
- 6 add to** → add (calculate the total of several numbers)