

OPEN WORLD

ANSWER AND AUDIOSCRIPTS

C1

ADVANCED

**WORKBOOK
WITH ANSWERS**

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ANSWER KEY

STARTER UNIT GRAMMAR

Exercise 1

- 1 Johan
- 2 Saeed
- 3 Jules
- 4 Johan
- 5 Jules
- 6 Saeed

Exercise 2

Saeed

I first **had arrived** here with my parents when I was eight. I was really worried about living in a new country, especially as I **wasn't knowing didn't know** the language at all. Not a word!! I soon discovered that it **had been was** impossible to make friends without being able to chat to them in any way, so I **had been forcing forced** myself to do it, even though I couldn't get my ideas across at all. But I made some amazing friends. Looking back, the best thing about it was how much they helped me – I **had never have never** regretted pushing myself out of my comfort zone.

Jules

By the time I left school, I **was had been** studying English for about six years, on and off, but not with any real interest. To tell you the truth, I **looked was looking** forward to never saying another word in English. That summer, I went on holiday with my parents, and we **had stayed stayed/were staying** in the same hotel as this Scottish family. The son, Nigel, was about my age. I **had never met** anyone like him before, he was so open to adventure and had such a free spirit. I spent so much time talking to him about life, and what we both **had hoped hoped/were hoping** to get from it, I decided there and then to move to Scotland.

Johan

My parents ~~were really wanting~~ **really wanted** me to get better at English so I could become involved in their business. I registered for an online course and immediately ~~was getting~~ **got** to work on my new language skills. Soon, my parents took me to a meeting with an Australian businessman who ~~has been~~ **had been** working with our company for several years. I couldn't understand a word, but knew immediately that I ~~have been finding~~ **was finding** it so difficult to get what he was saying because I had never written anything down during my course, not a single word of vocabulary. I ~~had have~~ **improved** since then, obviously!

Exercise 3

- 1 will become increasingly busier
- 2 am hopefully heading over
- 3 the film starts at eight thirty
- 4 we will make sure you stay on
- 5 suspect it is going to get far worse
- 6 will you be inviting everyone

Exercise 4

- 1 **A** I'd love to come to your party, but I'm not sure if I can. I'm ~~letting~~ **I'll let** you know tomorrow.
- 2 **D** Markus says that he'll be here at five, unless the traffic ~~is going to be~~ **is** dreadful.
- 3 **E** Have you heard about that amazing new restaurant in town? ~~We go~~ **We're going** at the weekend.
- 4 **C** Suki will have ~~has/~~ **has got** her driving test at 11.00 tomorrow. That explains why she's so nervous.
- 5 **B** I'm sure ~~I'll~~ **I'll** make friends when I start college, but I still don't want to go.

VOCABULARY

- 1 ✓
- 2 Ben was sitting **between** his parents when his university acceptance letter arrived.
- 3 I'd love to get some work experience at the gym, but I'm not sure **who's** the best person to contact.
- 4 I get nervous talking to the **principal**, but she always listens to what you're saying.
- 5 ✓
- 6 ✓
- 7 My teacher told me I was one of the most opinionated students she had ever had. I took it as a **compliment**.
- 8 Now that the rain has finally stopped, I'm feeling **altogether** more optimistic than I was yesterday.
- 9 ✓
- 10 That was a wonderful meal – the chef is fantastic! I'd love to get the **recipe** for my main course.
- 11 ✓
- 12 ✓

SPEAKING

Exercise 1/2

- 1 Like what?
- 2 I know what you mean.
- 3 Me neither.
- 4 What a nightmare!
- 5 That must have been frustrating
- 6 You're so lucky!
- 7 Exactly!

Exercise 3

EXPRESSING AN EMOTIONAL RESPONSE	EXPRESSING AGREEMENT/COMPREHENSION	ASKING FOR MORE DETAIL
No way! What a nightmare! You're having me on! You're so lucky!	That's true. I know what you mean. Me neither. That sounds amazing. That must have been frustrating. Exactly. Me too!	Why's that? Like what? Really?

READING

Exercise 1

- 1 C
- 2 A
- 3 B
- 4 D

Exercise 2

- 1 D
- 2 A
- 3 C
- 4 B
- 5 C

Exercise 3

- 1 disregarded
- 2 conceivable
- 3 fundamentally
- 4 involved
- 5 relatively
- 6 convey
- 7 instantaneous
- 8 indisputably/no doubt

LISTENING

Exercise 1

- 1 A
- 2 C
- 3 B
- 4 B
- 5 A
- 6 C

Exercise 2

- 1 tall order
- 2 immerse yourself
- 3 more often than not
- 4 really took off
- 5 out loud
- 6 word-perfect

WRITING

Exercise 1

Formal	Informal
ultimately	after all
a great number of	loads and loads of
by way of example	I mean
entirely confused	totally baffled
far more demanding	much harder
far superior	so much better
huge influence	massive effect
it is little wonder	it's no great shock

Exercise 2

Text A

- 1 totally baffled
- 2 I mean
- 3 loads and loads of
- 4 it's no great shock
- 5 After all
- 6 much harder
- 7 so much better
- 8 massive effect

Text B

- 1 ultimately
- 2 far superior
- 3 far more demanding
- 4 it is little wonder
- 5 By way of example
- 6 a great number of
- 7 entirely confused
- 8 huge influence

UNIT 1 GRAMMAR

Exercise 1

- 1 Would
- 2 aren't they?
- 3 if you
- 4 Wouldn't it have been
- 5 which
- 6 wouldn't it?

Exercise 2

- 1 finishing our last year at school together. (E)
- 2 to leave the team. (A)
- 3 go to the concert on Saturday on my own. (F)
- 4 sending that angry text to his brother. (D)
- 5 enjoying life with real people again. (B)
- 6 helping him out with his shopping. (H)
- 7 taking them to the cinema for a few years yet. (G)
- 8 to hear about what he had done since they last met. (C)

VOCABULARY

Exercise 1

- 1 narrow-minded, narrow-mindedness
- 2 humble, humility
- 3 selfish, selfishness
- 4 conscientious, conscientiousness
- 5 restless, restlessness

Exercise 2

UN-
approachable biased likeable prejudiced
IN-
competent flexible sincere tolerant
DIS-
loyal obedient passionate
IM-
patient polite
IR-
rational responsible

Exercise 3

- 1 incompetent
- 2 irrational
- 3 disobedient
- 4 unbiased
- 5 irresponsible
- 6 unapproachable

PUSH YOURSELF TO C2 SPEAKING PART 1

- 1 to **add** insult **to** injury
- 2 poles **apart**
- 3 got **a chip** on his shoulder
- 4 got on with them like a **house** on fire
- 5 in my parents' **bad** books
- 6 reduced **to tears**

READING AND USE OF ENGLISH PART 5

- 1 D (development)
- 2 B (Into the supposed void have stepped a small-but-growing band of entrepreneurs ...)
- 3 D (Rentapal provides members with a tried-and-tested array of filter options, such as personality type, age, and so on, in their quest to find non-romantic companionship.)
- 4 C (... as Maude coldly explains, is that many of the people who engage her services immediately come to see her as a genuine friend after the first meeting. At which point, "since they don't want to pay me for any more of my time, I stop seeing them, however much I might enjoy their company.")
- 5 D (... he overlooks the obvious irony that engaging the services of his website requires the very screen time he so stridently criticises. Yet, despite his somewhat ill-conceived argument ...)
- 6 D (Their views may never be reconciled because, at the root of the matter, it is all so difficult to pin down.)

Exercise 1

Speaking Part 1 questions focus on the candidate, their interests and experiences, plans for the future, and so on. Questions B and F are more likely to appear in Part 4 which focuses on more abstract questions about the world in general.

Question D is unlikely because it is too basic and not relevant to finding out about the candidate.

Exercise 2

- 1 A
- 2 E
- 3 C

Exercise 3

DO THE CANDIDATES ...	CANDIDATE 1	CANDIDATE 2	CANDIDATE 3
correctly respond to the question being asked?	✓	✓	X
use higher level vocabulary/grammar?	X	✓	✓
produce an answer of an appropriate length for Part 1?	X (too short)	✓	X (too long)

Exercise 4

- 1 It would depend entirely on the context
- 2 I'm not exactly a social butterfly
- 3 a buzzing venue packed out with good pals
- 4 I'm as guilty as everyone else of overuse
- 5 It definitely has its critics
- 6 I wouldn't necessarily go along with that

UNIT 2 GRAMMAR

Exercise 1

- 1 Sadly
- 2 On the whole
- 3 Frequently/Typically
- 4 Fortunately
- 5 Besides
- 6 Surely/Unquestionably

Exercise 2

- 1 little
- 2 plenty
- 3 another
- 4 The whole
- 5 neither
- 6 both

VOCABULARY

Exercise 1

- 1 track
- 2 reversed
- 3 wreck
- 4 diversion
- 5 board

Exercise 2

- 1 B
- 2 B
- 3 D
- 4 C
- 5 A
- 6 C
- 7 B

PUSH YOURSELF TO C2

- 1 by way of apology for
- 2 in the vicinity of
- 3 at the best of times
- 4 out of season
- 5 In retrospect
- 6 on impulse

LISTENING PART 3

- 1 C (But we were desperate to prolong our freedom before tying ourselves down to a career and travelling seemed like the ideal way to do that)

- 2 B
- 3 A
- 4 D
- 5 C
- 6 A

WRITING PART 1: ESSAY

Exercise 1

- A 7
- B 1
- C 8
- D 14
- E 10
- F 3
- G 12
- H 11
- I 13
- J 4
- K 5

Exercise 2

- A their
- B have been using
- C the
- D of
- E unfamiliar cultural contexts
- F skills
- G entirely/completely/fully/totally open
- H impressionable
- I has become
- J to spend
- K parents, young

Exercise 3

Paragraph A. Paragraph B talks about a third way so it is not answering the question which asks you to discuss two ways.

UNIT 3 GRAMMAR

Exercise 1

- 1 myself (**me**).
- 2 the other **each other/one another**
- 3 ...I've been applying myself for ...
- 4 ... they offered **him** retirement him ...
- 5 ✓
- 6 ✓
- 7 ... switch me off and relax.
- 8 ... in competition with **each/one another** ...

Exercise 2

- 1 as soon as
- 2 Supposing
- 3 unless
- 4 In case
- 5 provided
- 6 otherwise

Exercise 3

- 1 be, hadn't been invented
- 2 turn, work
- 3 go back, offered
- 4 hadn't/had not neglected, would/might/could have/'ve noticed
- 5 aren't/weren't, are/would be
- 6 won't see, lets

VOCABULARY

Exercise 1

- 1 break even
- 2 expenditure
- 3 overdraft
- 4 rip-off
- 5 affluent
- 6 squander
- 7 lucrative
- 8 bankruptcy
- 9 assets
- 10 prosperity

Exercise 2

- 1 wasted/took no time in making
- 2 make/earn a living
- 3 have been paid (off)
- 4 said/rumoured/believed/thought/alleged to make donations
- 5 paying my friend back / paying back my friend
- 6 pay for the course in instalments

PUSH YOURSELF TO C2

- 1 living **hand** to mouth
- 2 splash out **on**
- 3 make **ends** meet
- 4 break **the bank**
- 5 tighten our **belts**
- 6 **in** the red
- 7 cost the **earth**
- 8 live **within** their means

READING AND USE OF ENGLISH PART 3

- 1 wholly
- 2 countless
- 3 outcome
- 4 depressingly
- 5 overworked
- 6 sleeplessness
- 7 abandonment/abandoning
- 8 testing

SPEAKING PART 3

Exercise 1

- 1 friends
- 2 location
- 3 advertising

Exercise 2

- 1 **B**: In what way?
- 2 **A**: what I'm getting; **B**: understood you correctly
- 3 **A**: Exactly; **B**: take issue with you
- 4 **B**: I'm not sure, I follow
- 5 **B**: correct me, I'm wrong
- 6 **A**: Quite; **B**: I see your
- 7 **A**: Precisely; **B**: I'm not sure, go along with

Exercise 3

CHECKING UNDERSTANDING	QUESTIONING A VIEWPOINT	CONFIRMING UNDERSTANDING	INTRODUCING A CONTRASTING OPINION
Correct me if I'm wrong If you know what I'm getting at If I've understood you correctly	In what way? I'm not sure if I follow...	Exactly. Quite. Precisely.	I might take issue with you on that... I see your point, but... I'm not sure I'd go along with that...

UNIT 4 GRAMMAR

Exercise 1

- 1 have been destroyed
- 2 to announce
- 3 be continuing
- 4 have realised
- 5 have relocated/be relocating
- 6 have been living
- 7 is to be

Exercise 2

- 1 put aside
- 2 call on
- 3 clear up
- 4 backed up
- 5 killed off
- 6 call on
- 7 put aside
- 8 killed off
- 9 backed up
- 10 clear up

Exercise 3

- 1 put their differences aside
- 3 clear any remaining questions up
- 4 backed her claims up
- 7 put some money aside
- 8 killed my desire to visit off

VOCABULARY

Exercise 1

Across

- 3 asteroid
- 4 satellite
- 6 planet
- 7 confined spaces
- 9 space travel
- 10 space bar

Down

- 1 breathing space
- 2 orbit
- 5 waste of space
- 8 alien

Exercise 2

- 1 ✓
- 2 **compulsive** viewing
- 3 bird of **prey**
- 4 ✓
- 5 ✓
- 6 mountain **range**
- 7 ✓
- 8 ✓
- 9 **marine** mammals
- 10 **diversity** of species
- 11 **world** famous
- 12 ✓
- 13 **compelling** case
- 14 fossil **fuels**

PUSH YOURSELF TO C2

- 1 feel/have felt/will be feeling relieved
- 2 feel/be feeling anxious
- 3 have been feeling optimistic

LISTENING PART 4

- 1 B
- 2 H
- 3 D
- 4 F
- 5 A
- 6 H
- 7 F
- 8 D
- 9 E
- 10 A

WRITING PART 2: REPORT

Exercise 1

Order: C, B, A, D

Exercise 2

- 1 took
- 2 confusion
- 3 allocated
- 4 complaint
- 5 negotiate
- 6 delighted

Exercise 3

- 1 Unless requested by a client, a visit to Alabaster Flats should be avoided.
- 2 Bintanbrook holds great appeal, providing visits occur during stormy weather.
- 3 Future partnerships should be made with the Bintan Hotel.

UNIT 5 GRAMMAR

Exercise 1

Sentences 2, 3, 5, 6 and 7

Exercise 2

Sentences 2, 3 and 7

Exercise 3

- 1 by which
- 2 neither of which
- 3 whose
- 4 many of whom
- 5 about which
- 6 where/in which/at which

VOCABULARY

Exercise 1

- 1 outnumber
- 2 weakened
- 3 boost
- 4 hinder
- 5 facilitated
- 6 deteriorate

Exercise 2

- 1 log on
- 2 typing in
- 3 locked out
- 4 strengthen
- 5 hack into
- 6 back up
- 7 printing out

PUSH YOURSELF TO C2

- 1 C
- 2 E
- 3 A
- 4 B
- 5 D

READING AND USE OF ENGLISH PART 8

- 1 **D** (Since the principal format is either of a conversation between two or three people chatting together, or of a main narrator talking directly to an audience of one, there is a familiarity created that speaks to our fundamental, innate desire for close interpersonal contact.)
- 2 **C** (Devoted listeners search the internet in the hope of uncovering the latest hidden gem, much in the same way as fans of vinyl used to flick through the shelves of record shops.)
- 3 **A** (Only with the benefit of hindsight, can we see that success was inevitable from the word go.)
- 4 **D** (Indeed, some enthusiasts have announced that they are already turning away from the format, complaining bitterly about the increasing amount of advertising that has begun to corrupt this once-innocent medium.)
- 5 **B** (The podcast's rise to fame only became possible after the mobile phone began its transformation from a clunky, unsophisticated brick with limited functionality to the virtual mini-computer smartphones of today.)
- 6 **B** (... and I use these words advisedly, counting myself among that number)

- 7 C** (An emphasis on advertising, the analysis of the latest data, clever predictions about which age or social group to target next, often with unashamedly financial intent, has left them out of touch with listeners.)
- 8 A** (... and it is easy to see the reason why. What was the point of going to all that trouble of putting it out there when your listeners couldn't even stream or download it?)
- 9 C** (The great appeal for many is the fact that podcasters are usually people who are entirely unconnected with any sort of broadcasting or media company.)
- 10 D** (And yet, as with all media phenomena, the inevitable fall will come; perhaps we have already, unknowingly, hit peak podcast.)

WRITING PART 2: EMAIL

Exercise 1

Sentences A, C, D and F

Exercise 2

- 1 C
- 2 A
- 3 F
- 4 D

Exercise 3

- 1 get into
- 2 kick off
- 3 pick up
- 4 turn down
- 5 put our heads together
- 6 tied down
- 7 get together
- 8 jet off
- 9 wrapped up

UNIT 6 GRAMMAR

Exercise 1

- 1 needed fixing/to be fixed
- 2 had to be filled in
- 3 were expected/being expected to achieve
- 4 would be approved
- 5 getting it made over

Exercise 2

- 1 used to
- 2 would
- 3 allowed to
- 4 couldn't have
- 5 would have been
- 6 was able to
- 7 used to
- 8 might have
- 9 might not have
- 10 wouldn't have

Exercise 3

- 1 should never/never should have been
- 2 is understood to come/to have come
- 3 is alleged to have
- 4 ought to have got
- 5 was supposed to be/have been invited

VOCABULARY

Exercise 1

- 1 bungalows
- 2 demolish
- 3 makeover
- 4 loft/attic
- 5 tools
- 6 DIY
- 7 semi-detached house
- 8 hallway

Exercise 2

- 1 skyscraper
- 2 terraced house
- 3 mansion
- 4 cellar
- 5 multi-story car park

Exercise 3

- 1 made, C
- 2 to get, B
- 3 would have done, F
- 4 had, E
- 5 had, D
- 6 make, A
- 7 done, G
- 8 get/will get/ are to get, H

PUSH YOURSELF TO C2

trajisobridgestuenttearth
quakedipuhandrawing
yuoangleientofirednen
erkjkjboardhuiquboomahi
uncoopeyeootupsuspension
splacatchingfyoukriguiotjh
hazardionproofituep
buildinguiopwun

- 1 suspension bridge
- 2 eye catching
- 3 fire hazard
- 4 drawing board
- 5 earthquake-proof
- 6 building boom

LISTENING PART 2

- 1 practicalities
- 2 (university) undergraduates/students
- 3 zoned
- 4 togetherness
- 5 Federal District
- 6 finer points
- 7 haunting
- 8 prominent

SPEAKING PART 2

Exercise 1

Statement 5: You should only describe two of the pictures.

Exercise 2

- 1 picture 1
- 2 picture 3
- 3 picture 3
- 4 pictures 1, 2
- 5 picture 1
- 6 picture 1
- 7 picture 2
- 8 picture 2
- 9 picture 3
- 10 picture 2

Exercise 3

Words and phrases 1, 2, 3, 4, 5, 6 and 9

Exercise 4

- 1 presumably
- 2 I think it's fair to say
- 3 I get the impression
- 4 I have a feeling
- 5 I'd imagine it to be
- 6 it could well be
- 6 I suspect that

Exercise 5

- 1 They may just have arrived / They may have just arrived
- 2 They might only have moved
- 3 They might have got bored with their living room
- 4 They may well have been getting excited

UNIT 7 GRAMMAR

Exercise 1

While universities were not founded in **(1) the** West until **(2) the** Middle Ages, they did in fact exist in some parts of Asia in ancient times. More specifically, if you were alive in Taxila – located in **(3) the** northwest of India – around **(4) the** year 700 BC, you may well have been present for **(5) the** creation of the world's first university. Students were taught **(6) the a** number of subjects that still form a part of **(7) the** modern-day education, such as philosophy, music and science **(8) the** university was particularly renowned for **(9) a the** latter), and they began their education at **(10) the** age of 16. By **(11) a** modern standards, the teaching apparatus was basic, to say **(12) the** least, but it would have been **(13) the a** very cosmopolitan environment in which to study, as **(14) the** people came from all over Asia, the Middle East and Greece to study there.

Exercise 2

COUNTABLE	UNCOUNTABLE	BOTH
lesson	research	degree
course	evidence	science
lecture	fame	quality
graduate	importance	study
project	advice	travel
assignment	progress	youth
deadline		imagination
		data

Exercise 3

- 1 qualities, C
- 2 youth, U
- 3 degree, U
- 4 studies, C
- 5 imaginations, C
- 6 travels, C

VOCABULARY

Exercise 1

- 1 psychology
- 2 geological
- 3 scientifically
- 4 therapeutic
- 5 capitalise
- 6 environmental

Exercise 2

- 1 heavily
- 2 widely
- 3 strictly
- 4 utterly
- 5 badly
- 6 vitally
- 7 deeply

PUSH YOURSELF TO C2

- 1 brings a lot to the table
- 2 has brought out the best in her
- 3 bring the matter to a close
- 4 I couldn't help but take it the wrong way
- 5 That should take him down a peg or two
- 6 he was very taken aback

READING AND USE OF ENGLISH PART 4

- 1 have no OPTION | but to
- 2 reassured BY | people's enthusiasm for / people being enthusiastic about
- 3 SUPPOSED to | have been / be
- 4 no way / in no sense | was I UNHAPPY
- 5 has never taken (any) / has always taken no | NOTICE of
- 6 doesn't work | NEARLY as hard (now)

SPEAKING PART 1

Exercise 1/2

Question 1:

- 1 H
- 2 G
- 3 F

Question 2:

- 1 I
- 2 E
- 3 C

Exercise 3/4

Question 3:

- 1 B
- 2 D
- 3 A

WRITING PART 2: PROPOSAL

Exercise 1

- A Review of Existing Materials
- B Layout/Available Space
- C Updating Technology

Exercise 2

Suggested answers:

- 1 If all the books were disposed of, this/it would not necessarily be a good idea.
- 2 randomly selected
- 3 most frequently borrowed (ones)
- 4 These have not been supplied for some time now.
- 5 If they were restored to the library, students would/may/might be happier.
- 6 (they) should (certainly) be replaced
- 7 Not only will this ensure that people can study more effectively, (but) it will also mean an increased likelihood of attracting a greater number of our students
- 8 some of whom

UNIT 8 GRAMMAR

Exercise 1

- 1 wondered/asked, had managed
- 2 wondered/queried/asked, (had) meant
- 3 confirmed, she had been / was talking, advised
- 4 revealed, had really liked, thanked
- 5 urged/advised, to start watching
- 6 promised, he (definitely) would
- 7 assured, he would find, added/revealed, had been
- 8 asked/wondered/queried, was/had been
- 9 regretted watching / having watched / that she had watched

Exercise 2

- 1 If you would have had **been** kind enough to show me to my seat, I would have been able to get comfortable before the film started.
- 2 ✓
- 3 Paco was just trying to be funny when he posted that meme, but after the awful reaction he got, I bet he wishes he didn't **hadn't** now.
- 4 Can you please remind Simona that I'm still waiting for her Media Studies homework, **could should/if** you happen to see her.
- 5 ✓
- 6 ✓
- 7 What would your choice **have been be**, if you were asked what your favourite streaming service is now?
- 8 ✓

VOCABULARY

Exercise 1

- 1 analysis
- 2 presenter(s)
- 3 correspondent
- 4 coverage

Exercise 2

- 1 highlights
- 2 casting
- 3 commentary
- 4 subtitles
- 5 script
- 6 contestants

Exercise 3

- 1 refused
- 2 clarify
- 3 promoting
- 4 put forward
- 5 reassure
- 6 misled

PUSH YOURSELF TO C2

- 1 butting in
- 2 be cheered on
- 3 going on
- 4 is alleged
- 5 (had) owned up
- 6 it was/being deemed

LISTENING PART 1

- 1 A
- 2 A
- 3 C
- 4 B
- 5 B
- 6 A

WRITING PART 2: REVIEW

Exercise 1

Title A – While B is also possible, A encourages the reader to want to read the review by phrasing the title as a question.

Exercise 2

- A 4
- B 6
- C 1
- D 2
- E 5
- F 3

Exercise 3

- 1 do your head in
- 2 someone would have to pay you to watch
- 3 knows you inside out
- 4 reap the rewards
- 5 happened upon
- 6 vast array

UNIT 9 GRAMMAR

Exercise 1

- at least as open to alternative lifestyles as
- easily one of the most recognisable pop stars / one of the most easily recognisable pop stars
- by far the fullest I have ever been
- as fascinating as it was for my classmates
- more I discover about my, the keener I become
- it was not the best of times to go
- a great deal friendlier than

Exercise 2

- thus
- So as to
- because of
- As a consequence of
- Since
- so that
- due to
- therefore

VOCABULARY

Exercise 1

- at a loss
- out of the ordinary
- by no means
- in aid of
- at short notice
- under the impression
- in keeping with
- out of the question

Exercise 2

- legendary
- archaeological
- monumental
- mythology
- sacrifice
- ritually/ritualistically
- secularisation/secularization
- commemorative

PUSH YOURSELF TO C2

- not be any more different
- so deep-rooted that
- no more valid than
- as if to suggest
- such a successful opening weekend as
- any sweeter a sound than

READING AND USE OF ENGLISH PART 2

- BY
- IN
- OF
- HAVING
- ANY
- FROM
- PLACE/LIEU
- LIKE

LISTENING PART 4

- B
- G
- E
- D
- F
- F
- H
- C
- E
- G

WRITING PART 2: REPORT

Exercise 1

- 2
- 7
- 5
- 8

Exercise 2

- B
- A
- A
- B
- A
- B
- A
- B

UNIT 10 GRAMMAR

Exercise 1

- ✓
- While most of his opponents towered over him, **however** Bogues still managed to be a professional in the NBA.
- Bogues had a relatively successful career in the NBA, **despite his height** OR **in spite of his height**.
- However short he may have been**, Bogues still managed to make a name for himself in the NBA.

- Bogues spent many successful years playing in the NBA, **although/though/even though** he was far shorter than everyone else on the court.
- Bogues was only 1.6m tall. **This did not, however, stop him** OR **This, however, did not stop him** OR **However, this did not stop him** from enjoying a 14-year career in the NBA.

Exercise 2

- there is a huge degree of hand-to-eye coordination involved in playing darts **such**
- if you want to (do it) anywhere, you (certainly) can do it anywhere
- made it
- Introducing it the next time around **Doing so**
- some (matches) take days to complete **do**
- a sport with worldwide appeal **one**
- which amazing sport **(one)**
- an event **one/do so** OR have an event

VOCABULARY

Exercise 1

- rivals
- witnessing/watching
- spectators/viewers
- defeated
- leader
- eliminate/defeat

Exercise 2

-IFY	-EN
clarify	broaden
classify	brighten
diversify	deafen
exemplify	deepen
falsify	lessen
justify	liken
quantify	weaken
unify	worsen

Exercise 3

- brighten
- unify
- quantify
- were (being) deafened
- exemplifies
- had falsified
- clarify/justify
- is/has been likened

PUSH YOURSELF TO C2

- on the home stretch
- jump the gun
- touch base
- the ball is in his court
- under par
- below the belt

READING AND USE OF ENGLISH PART 6

- B
- D
- C
- B

WRITING PART 1: ESSAY

Exercise 1

- powerful
- positive
- participating
- supporting
- encouraging

Exercise 2

The correct order is B, E, A, D, C

Exercise 3

Sentence B. The other two options refer to specific groups (children and the rich and poor), but the question asks about the role of sport in society in general)

UNIT 11

GRAMMAR

Exercise 1

- C
- B
- A
- D
- C
- D
- B
- A

Exercise 2

- 1 When Hiro arrived at work that morning, little he realised **did he realise** that he was going to be made redundant.
- 2 Hardly has **had** the meeting **began** begun when Simon realised he had left his notes on the train.
- 3 In no way **are young people** are to blame for the lack of job opportunities these days.
- 4 Almost immediately they knew (that) **he/she/they/I/we** had hired the right person.
- 5 ✓

Exercise 3

- 1 Only when the company accountants have approved it/the takeover will the takeover/it be completed.
- 2 Not once did Gareth remember to ask his own questions in any interview he had ever had.
- 3 Had I not taken a chance and given you the job, you wouldn't be here now.
- 4 No sooner had Yves resigned than he started to feel less stressed.
- 5 Rarely do people stay in the same job for life these days.
- 6 Not until we find the perfect candidate for the role will we stop advertising the job.

VOCABULARY

Exercise 1

- 1 back/down
- 2 burning/burnt
- 3 up
- 4 help
- 5 taking
- 6 back
- 7 up
- 8 through
- 9 letting
- 10 take
- 11 on
- 12 work

Exercise 2

- 1 (h)ire
- 2 (d)ismiss
- 3 (l)eave
- 4 (s)taff
- 5 (p)romoted
- 6 (r)ise
- 7 (s)alary
- 8 (c)areer

PUSH YOURSELF TO C2

- 1 on the front
- 2 out of
- 3 read between the
- 4 bottom
- 5 take, tough, on
- 6 follow, of reasoning
- 7 along the, of
- 8 draw/drew the

LISTENING PART 3

- 1 C
- 2 D
- 3 B
- 4 D
- 5 B
- 6 A

SPEAKING PART 2

Exercise 1

- 1 as such
- 2 it's open to question
- 3 ✓
- 4 with respect to
- 5 specially
- 6 as opposed to

Exercise 2

- 1 In a way
- 2 it's fair to say; specifically
- 3 Then again
- 4 As for; it goes without saying
- 5 I suspect that
- 6 With regard to; I'd imagine that

WRITING PART 2: PROPOSAL

Exercise 1

- 1 address the situation most effectively.
- 2 main areas of concern
- 3 can have a negative effect on people's moods
- 4 More expensive it might work out, certainly,
- 5 promote and ensure collaboration and supportiveness.
- 6 If these adaptations were made, I firmly believe

Exercise 2

- 1 Dear Mr Coxen,
- 2 Please don't take this the wrong way, I don't want our friendship to suffer, you know that, don't you?
- 3 Last year, I was lucky enough to take part in a course called 'Work Wonders', and, without going overboard, I have to say that it took my breath away.

Exercise 3

- 1 formal letter
- 2 informal email
- 3 review

UNIT 12 GRAMMAR

Exercise 1

- 1 ~~Having never experienced~~ **Never having experienced/Having never experienced** a flotation tank before, I was astonished at how relaxed it made me feel.
- 2 When Dr Stanton released the results of her experiments into memory and intelligence, her peers, **were expecting** a different outcome, were astonished.
- 3 **Giving Given** encouragement rather than criticism, people tend to perform more confidently and obtain better results.
- 4 I think the course I'm going to apply for is the one **offers offering** your money back if you don't pass.
- 5 There are so many compelling theories about human behaviour, but research into these ideas will never take place if considered it unethical.
- 6 A search has begun for the person **who** believed to have hacked the government's IT system.
- 7 Reaching the top of the mountain, I sat down, **gazed gazing** out at the awe-inspiring view.

Exercise 2

- 1 in recognition of
- 2 transformation in
- 3 growth in
- 4 explanation for; deterioration in

VOCABULARY

Exercise 1

- 1 overwhelmed
- 2 devastated
- 3 ✓
- 4 appreciative
- 5 humiliated
- 6 discouraged
- 7 ✓
- 8 ✓
- 9 astonished
- 10 ✓

Exercise 2

- 1 reluctant
- 2 humiliated
- 3 concerned
- 4 overwhelmed
- 5 appreciative
- 6 devastated
- 7 thrilled

Exercise 3

- 1 unwinding
- 2 dreading
- 3 reflecting
- 4 gather
- 5 contemplate
- 6 daydream
- 7 embrace
- 8 grasped

PUSH YOURSELF TO C2

- 1 come to think of it
- 2 think on your feet
- 3 think much of it
- 4 highly thought of
- 5 think twice
- 6 thinking back to
- 7 my train of thought

READING AND USE OF ENGLISH PART 1

- 1 B
- 2 A
- 3 B
- 4 B
- 5 B
- 6 D
- 7 A
- 8 C

LISTENING PART 1

- 1 A
- 2 A
- 3 A
- 4 A
- 5 C
- 6 B

SPEAKING PART 4

Exercise 1

- 1 B
- 2 G
- 3 B
- 4 G
- 5 B
- 6 B

Exercise 2

- 1 F
- 2 C
- 3 A
- 4 B
- 5 E
- 6 D

Exercise 3

- A** I beg to differ; D
B I'd go along with that; A
C I couldn't agree more; A
D I'm not sure I agree with that; D
E That is not the case; D
F That's not how I see it; D

Exercise 4

- 1 G
- 2 B
- 3 G
- 4 B
- 5 B

UNIT 13 GRAMMAR

Exercise 1

- 1 (just) a short walk to
- 2 appreciate it if you left
- 3 it's no good (just) dreaming
- 4 was no (way of) knowing whether
- 5 no question of you not taking
- 6 you owe it to your parents

Exercise 2

- 1 Whenever **Wherever**;
whatever **however**
- 2 her **hers**
- 3 ~~themselves~~ **themselves**;
however **whatever**
- 4 one **ones**
- 5 mines **mine**
- 6 ~~whatever~~ **whichever**
- 7 them **theirs**
- 8 ~~Who~~ **Whoever**.
- 9 the
- 10 ones **one**

VOCABULARY

Exercise 1/2

- 1 hot
- 2 plunge
- 3 precaution
- 4 double
- 5 chance
- 6 jeopardy
- 7 threatened
- 8 stake
- 9 reckless
- 10 call

Exercise 3

- 1 glory
- 2 caution/respect
- 3 odds
- 4 ambition/desire
- 5 hope
- 6 sense

PUSH YOURSELF TO C2

Exercise 1

- 1 catch him at a bad time
- 2 ahead of her time
- 3 ✓
- 4 had time on my hands
- 5 ✓
- 6 ✓
- 7 had the time of my life
- 8 race against time
- 9 ✓
- 10 time will tell

Exercise 2

- 1 race against time
- 2 had the time of my life
- 3 ahead of her time
- 4 had time on my hands
- 5 time will tell
- 6 catch him at a bad time

LISTENING PART 2

- 1 perfect shot
- 2 phenomenon
- 3 (sheer) vision
- 4 file-sharing
- 5 faithfulness
- 6 irresponsibility
- 7 positive impact
- 8 statistics

WRITING PART 2: LETTER/EMAIL

Exercise 1

Phrase pairs 3 and 5 are correct.

In phrase pair 1 the ending is not formal enough.

In phrase pair 2 both phrases are not formal enough.

In phrase pair 4 the beginning is not formal enough.

In phrase pair 6 the ending is not formal enough.

Exercise 2

- 1 asserts
- 2 opt
- 3 impacts
- 4 self-interestedly
- 5 engaging
- 6 internship
- 7 detrimental
- 8 perspective

Exercise 3

- 1 invariably
- 2 negatively
- 3 incredibly
- 4 various
- 5 frankly
- 6 wide
- 7 traditional
- 8 enormous
- 9 real
- 10 serious/real

UNIT 14 GRAMMAR

Exercise 1

- 1 instructions require me to
- 2 was supposed to have had
- 3 to be a thorough revision of
- 4 be so kind as/kind enough to
- 5 intention is to reduce
- 6 when/if you exercise more will OR by doing more exercise
- 7 (me/my) never/not having visited one
- 8 wasn't/hadn't been for his intense

Exercise 2

- 1 so/willing/content
- 2 as
- 3 little
- 4 themselves
- 5 which
- 6 at
- 7 ought/has/needs

Exercise 3

- 1 I did applied **apply** to join that exclusive fitness club, but I never heard **back** from them back.
- 2 As unreliable **that as** he is, he has promised ~~to me~~ **to take me** to the game.
- 3 The tennis club **that/which** was opened by local hero Tim Mensch is arguably **the** best-equipped in the city. OR The tennis club was opened by Tim Mensch is arguably **the** best-equipped in the city.
- 4 ~~Hadn't my dad~~ **Had my dad not / If my Dad hadn't** spent most of his life eating rubbish, he wouldn't have been **be** so overweight now.
- 5 I was delighted to **have** been invited to speak at the weight-loss conference – opportunities **such** as / **as like** as this don't come up very often.

- 6 It's time for a few changes in attitude. Hopefully, the whole world will soon choose **going to go** vegetarian.
- 7 The canteen here is awful. **Bringing** your own lunch to work is the only way to **be** guaranteed of a nutritious meal. OR ... the only way to guarantee of a nutritious meal.

VOCABULARY

Exercise 1

- 1 I've not seen Daniel out for ages now. How long has it been since he first started feeling ~~poor~~ **poorly**?
- 2 It's such a shame that my favourite food has so little ~~nutritious~~ **nutritional** value – but you just can't beat hot dogs, can you?
- 3 A woman is suing her local hospital after her recent ~~surgeon~~ **surgery** was administered without proper anaesthetic.
- 4 The ackee fruit is delicious when eaten ripe, but ~~poisoned~~ **poisonous** if it is consumed while still yellow.
- 5 In a recent survey of chefs regarding the ~~allergies~~ **allergens** that they hesitate to cook with, peanuts topped the list.
- 6 A man was taken to hospital today in a ~~life-threatening~~ **life-threatening** condition after being hit by an ambulance.

Exercise 2

- 1 evidence, B
2 dismissal/sacking, F
3 history, A
4 shortness, D
5 loss, C
6 side, E

Exercise 3

- 1 runny nose
2 sore throat
3 blood pressure
4 balanced diet
5 body clock

PUSH YOURSELF TO C2

- 1 under, weather
2 take, turn, worse
3 death's door
4 alive, kicking
5 bitter pill, swallow
6 mend
7 taste, medicine

READING AND USE OF ENGLISH PART 7

- 1 E
2 G
3 A
4 F
5 B
6 C

WRITING PART 2: REVIEW

Exercise 1

Title C. It uses a very clever play on words to combine the ideas *eating out* and *out of my comfort zone*. It summarises the writer's theme of trying something they had never tried before and their concerns about the meal. Title B is OK, but a bit unimaginative for a website and Title A is inaccurate because it's a restaurant review, not an essay on veganism.

Exercise 2

- 1 of vegetables and vegetables alone
2 an absolute winner
3 its mind-blowing dishes
4 nothing short of gorgeous
5 A special mention must go to
6 utterly unforgettable
7 bland they most certainly were not
8 Astonished and delighted
9 Rarely have I

Exercise 3

Conclusion B is the best option. Conclusion A is OK but rather boring. It is also strange to say that you remember everything about it very clearly. It is not clear what this means or why it is mentioned.

Conclusion C starts well but then brings in new information (about it being quite expensive) that should be in the main body of the review. Adding it in here feels like it is something that the writer only remembered at the end. In general, conclusions should summarise the main arguments of the text and not be used to add in extra information.

STARTER

Track 002, page 5

A: I'm really enjoying our English lessons at the moment. The new teacher is really pushing us to improve with some of the activities we do, isn't she?

B: Like what?

A: Well, getting us to use more idiomatic language in our speaking, for one thing. I feel like my conversations are starting to sound much more natural.

B: I know what you mean. I never realised how important that sort of thing is, if you're aiming to get to a really advanced level.

A: Me neither. I mean, when I started learning English, the teacher I had just made us do grammar exercises in every class. We never studied vocabulary and we certainly never practised our speaking.

B: What a nightmare!

A: It was, but I just tried to keep reading as much as I could in English and kept a really good vocabulary notebook, even though the teacher never checked it.

B: That must have been frustrating, especially because you were a student who really wanted to improve. My first teacher was nothing like that. In fact, every one of our classes was just focused on speaking.

A: You're so lucky!

B: Well, I'm not sure I'd say that. I don't think we learnt much vocabulary in his class, either. He certainly never got us to take notes. Anyway, at least we're both with a great teacher now.

A: Exactly!

Track 003

Speaker A

I've always had a bit of a talent for languages. Apart from English, I'd say I'm fluent in three others: Spanish, Italian and Portuguese. My extended family speak these languages and we're in really close contact, so I've spoken all three pretty much from birth. More recently, I've developed what I'd call a 'working knowledge' of both Polish and Norwegian. To be honest, making any sort of progress in either was a tall order. For a start, everyone says that learning a language gets harder the older you get, and I wouldn't disagree with that. Plus, the only chance I have to practise is when I have to travel to Poland or Norway for work, which I do, but nowhere near enough for my liking. For me, the more you understand of a language, the more you can relax and immerse yourself in the local culture, and you can really start to grow your friendship network. That's something I'm determined to do over the next year.

Speaker B

One day, I was in my room, doing my homework and had the radio on as usual. I know they say you should never listen to music while you're studying, but I find it really helps me to focus. Well, more often than not! Anyway, on this particular occasion, I suddenly realised that I'd been completely taken away by what I was hearing and hadn't actually done any sort of studying for about ten minutes. I checked my phone and saw that I'd mistakenly switched channels and was listening to this radio station that only played Arabic music. I couldn't believe how beautiful it was. The song sounded like poetry set to music. I knew there and then that I had to find a way to start learning Arabic, so I began an evening course. My language skills really took off from the first class. The greatest reward was that, before long, I was able to have basic conversations with Jasmine, my Egyptian friend. I get the feeling that it's brought us even closer together.

Speaker C

I studied French at school and felt like I reached a pretty reasonable standard with the language, however, I was never confident at speaking in class. That all changed when I went to Paris once with my family. We were at a restaurant and had been waiting ages for our meals to come. Everyone was getting pretty fed up, but neither of my parents felt comfortable about using their basic or incorrect French. Anyway, I was just sitting there going over in my head what I could actually say to make myself understood. Like millions of us trying to speak other languages, I was really anxious, and thought I'd just freeze if I said it out loud. But I called the waiter over and it all just came flooding out. Not word-perfect, but enough to get the point across. Our food came out about two minutes later, and I eventually went back to school with a new-found confidence.

UNIT 1

Track 004

Speaker 1

The problem I have with my grandfather is that he isn't open to new ideas. Whatever you say to him, he refuses to discuss things, even if the reasoning behind them is good. Perhaps this is something that happens to some people as they get older – they become inflexible and unwilling to see things from a different perspective

Speaker 2

When I was at university, I had a tutor who was unbelievably intelligent. She was always so thoughtful when giving me feedback on my work, and willing to make the time to explain things clearly. At the same time, she was someone who didn't take herself too seriously, even though she has had many books published and has even won awards for her achievements. Her attitude was in stark contrast to many other professors, who tended to regard their academic achievements with pride and even arrogance.

Speaker 3

That's the last time I try to meet up with Jamie. He didn't turn up again! I'm completely fed up with him]. Everyone says it's because he's so anxious about being in public spaces, but he and I know it's just that he puts his needs above everyone else's which frequently means he lets people down.

Speaker 4

I'm not the best student in the world, so I always make sure I sit next to Roy in Chemistry class. He's one of those students who makes sure he attends all the lectures and makes excellent notes. Every essay he writes is carefully researched and gets high marks. I, on the other hand, struggle. I don't have the self-discipline he has when it comes to my studies and am frequently falling behind. Luckily, Roy is happy to help me out in class when I need it.

Speaker 5

My best pal Rico is one of these people who can't sit still for more than five minutes without needing some sort of new inspiration. He always has a new plan or project on the go, often many of them at the same time. I don't know where he finds the energy. I get exhausted just watching him. I guess he's just one of those people who always needs to be occupied with something or other.

Track 005

Candidate 1

Very important. Not as important as spending time with my family, but definitely very important.

Candidate 2

It would depend entirely on the context, I'd say. For the most part, I'm not exactly a social butterfly, and I really value the fact that I've got a limited number of close friends. That said, when birthday parties come around, I feel totally at home in a buzzing venue packed out with good pals.

Candidate 3

I'm as guilty as everyone else of overuse...you'll generally find me, if I'm alone, tapping away at my phone, to be honest. I think social media has become an obligatory aspect of modern life. But it definitely has its critics, and many people believe that it has killed the art of conversation. I wouldn't necessarily go along with that – in my eyes, it has really opened up the options we all have for communication. We talk to each other more than ever, just in a wider range of formats.

Track 006

Candidate 2

It would depend entirely on the context, I'd say. For the most part, I'm not exactly a social butterfly, and I really value the fact that I've got a limited number of close friends. That said, when birthday parties come around, I feel totally at home in a buzzing venue packed out with good pals.

Candidate 3

I'm as guilty as everyone else of overuse...you'll generally find me, if I'm alone, tapping away at my phone, to be honest. I think social media has become an obligatory aspect of modern life. But it definitely has its critics, and many people believe that it has killed the art of conversation. I wouldn't necessarily go along with that – in my eyes, it has really opened up the options we all have for communication. We talk to each other more than ever, just in a wider range of formats.

UNIT 2

Track 007

Interviewer: In today's programme, we have Susie Ward and Tom Smith, just returned from travelling around the world in a highly unusual way. They took absolutely no spending money with them on their trip! Firstly Susie, what motivated you to do this?

Susie: At the end of our final year at university we were burnt out, both intellectually and financially. But we were desperate to prolong our freedom before tying ourselves down to a career and travelling seemed like the ideal way to do that. We'd initially dismissed the idea as it all looked so prohibitively expensive. Then, we discovered all these blogs about travelling around the world without a penny to your name, and that was it, really. We looked at each other and knew exactly what we had to do.

Interviewer: So, did you leave straight away, or did you seek other advice before you left?

Susie: Initially we approached our friends for any words of wisdom. Some suggested setting up a crowdfunding page, asking for online donations. A great idea on paper, but not really true to the spirit of what we intended. Instead, we emailed some of the bloggers whose work we'd liked, telling them how inspirational their posts had been and that we were off on a similar, cash-free adventure, and left it at that. I do sense that, because what we wrote was pretty restrained, rather than us contacting them and expecting help, we got back some great, tailored advice. Astonishingly, one of them even offered us a place to stay when we got to her city.

Interviewer: Tom, what were those first few weeks of travelling like?

Tom: Well, we set off with high expectations and this childish sense of excitement, you know, the world was our oyster. We couldn't have been more deluded if we'd tried. One night during our very first week, we found ourselves desperately cold and wet, trying to get to sleep at the side of a road in France, because there was nowhere to stay. I know it sounds irrational, but we both felt alone in the world and sort of abandoned. It was a steep learning curve. That miserable night we swore to make sure it never happened again.

Interviewer: So, when did you start enjoying life on the road?

Tom: For weeks after that, we'd obsess about how to get to the next town, or where to stay. But then we got to a village on the German border, just as the sun set over the hills. It was so beautiful that we sat down to enjoy it. Susie took a few pictures and uploaded them to her feed. Shortly afterwards, a stranger joined us. It turns out he'd seen the photos that Susie had just put online, lived nearby, and thought he'd come up to see us. After chatting for a while, he invited us back to his place, where we stayed for a week, free of charge. Sometimes, when you've been at a low ebb, fortune will smile upon you. That was a turning point.

Interviewer: Susie, what would you say to anyone considering following in your footsteps?

Susie: Well, I'd definitely draw up a detailed plan before setting off. And do regular reviews of your gear. Go through your rucksack and, if you don't need it, ditch it, or else it'll just weigh you down. There's no room for sentimentality on a trip like this. And if you have any expectations about what's likely to happen to you, leave them at home – your experience will improve tenfold as a result.

Interviewer: What do you think has given you the most personal satisfaction from your adventures?

Susie: Well, it's been fun watching Tom become more socially confident. When he turns on the charm, it's surprising how persuasive he can be. I've always tended to give up after the first 'no', so it's a real badge of honour that I would always keep going even when people flat-out refused to help. Aside from that, we spent a lot of time helping locals in some pretty neglected areas in exchange for bed and board, something I found particularly rewarding, especially since the work often required a fair bit of practical improvisation.

Tom: I was already accustomed to volunteer work from uni, so that was nothing new for me. Helping people is its own reward, regardless of their circumstances. What gave me the biggest thrill was our ability take the knockbacks and keep going regardless. I guess we have more inner strength than I previously thought.

UNIT 3

Track 008

Extract 1

A: It's always going to form a big part of what people want and what they might aspire to, isn't it?

B: In what way?

A: Well, your surroundings are often the key to your decisions; what you see around you is of the utmost importance, and for many people it's difficult to resist the urge to be part of a crowd, if you know what I'm getting at.

B: Possibly. If I've understood you correctly here, you're suggesting that it's not just the things you see that are important, but the people too, especially the ones that you look up to or just enjoy spending time with.

A: Exactly.

B: Okay. I might take issue with you on that, though ...

Extract 2

A: The fact is, there is a real inconsistency. While you might pay, I don't know, one price for your shopping here, you'll be struggling to find the same thing for the same price elsewhere.

B: I'm not sure if I follow you ...

A: Well, how much is a cup of coffee on campus? I don't know exactly, but it's not going to break the bank, is it? Go into town, on the other hand ...

B: Ah, so correct me if I'm wrong, but what you're saying is that people decide what to buy according to where they are at that point in time.

A: Quite.

B: Okay, I see your point, but ...

Extract 3

A: We all like to see ourselves as individuals who aren't taken in by this or that ... I mean, many of us float through life believing that our decisions are completely our own, but is that really the case?

B: Possibly. What's the main point that you're driving at?

A: It's just that so much money is spent on making us want to own certain things, or to feel certain ways about certain products, and we all fall for it all the time. We can't help it.

B: So, if I'm not mistaken, what you're saying is that we have no choice but to give in to suggestion?

A: Precisely.

B: To be honest, I'm not sure I'd go along with that ...

UNIT 4

 Track 009

Speaker 1

After saying I was going to do it for goodness knows how many years, I've taken the plunge and have stopped shopping in supermarkets. They create so much waste and pollution that I just couldn't bear to give them any more of my money. Now I'll only go to environmentally-responsible food shops and, despite the fact that the nearest one is about half an hour further away, not to mention the higher prices of the food, I feel much more at ease with myself, morally-speaking. On the downside, though, the way I have to run my life - my finances, what my kids need and being eco-conscious - is becoming a real challenge to deal with and gets really tiring sometimes.

Speaker 2

When we moved home, we decided it was about time we did something to become a little bit greener. We used to live in a flat, and we'd always grown herbs on the window ledge, but now we've got this beautiful big garden, and have really bought into the 'grow-your-own' lifestyle. I have to say, it is utterly back-breaking work, all that shifting soil around. Then there's the planting and re-planting, planning and prioritising which seeds you're going to put into which patch, and at what time of the year, but the rewards are certainly there. You can really taste the difference. We've vastly reduced our food waste and we just feel healthier all round.

Speaker 3

I first became vegetarian about ten years ago. A good friend at the time was really into animal rights, and she convinced me that it was the only morally sound option. I suppose I did it for her, really. Anyway, we slowly fell out of touch, and before I knew it, I was back to my old diet, and happily stayed that way for years. Recently, however, I stopped eating meat again. Frankly, I'd be lying if I said I'm finding it easy to keep up, especially when I go out to a restaurant, but after seeing a programme about how we should all do our bit a few months back, and how not having red meat in particular can massively reduce our carbon footprint, I just realised - there's no other choice.

Speaker 4

Sometimes, you can walk down the street and all you see is discarded plastic. Water bottles of water, empty carrier bags, plastic cutlery ... that used to be me. But I've now decided to make a stand, my own little protest against this irresponsible throwaway culture everyone seems to love so much. So, since last month, I've been trying to completely eliminate plastic from my home. Shopping for food tends to take a little longer these days, as even fresh fruit usually comes in some sort of packaging, and it's a real bind trying to source plastic-free toys for my kids that they'll actually want to play with. At the end of the day, though, I'm so pleased that we're doing it.

Speaker 5

When I bumped into three of my neighbours at the supermarket, I realised I needed to make a change. The four of us were walking out of the door at the same time and we all got into our separate cars to drive home. The thing is, we only live about seven or eight hundred metres away from the shop. What a waste of fuel, and it gave me the push I needed to ditch the car and take the bike instead. Granted, it's been more of a trial as autumn has turned into winter, but I'm in better shape than ever. Saving the world is great, obviously, but, if I'm being honest, saving myself is probably my overriding motive.

UNIT 6

 Track 010

Speaker 1

... right, so Bob and his team are on the 42nd floor this week, finishing off the electrics. We should be able to work our way up to the penthouses by the end of this month, then we can make a start on the rooftop swimming pool.

Speaker 2

... so we were delayed a bit with the house renovation, but we can get started today. It's always a problem with these houses - you might get the OK from one neighbour, but nine times out of ten the neighbour on the other side isn't happy.

Speaker 3

... I just wanted to say to all of you that I'm glad you're on board for this prestigious project. It's a really important contract for the company and it's imperative that everything is finished to the highest standard. The client has requested top quality products for his luxurious big home, so no cutting corners with this kitchen installation.

Speaker 4

I'm so glad I'm not claustrophobic, boss. Otherwise I'd find it difficult to work in such a dark underground space. I imagine that in the past, this is where they kept things like wine!

Speaker 5

Right, we've got the architect's plans for the site now. It looks like the structure will be really stable. There are four levels, with 100 spaces on each level. Shoppers can get into the shopping centre through the doors on the west side.

 Track 011

Jess

Hi, everyone. My name's Jess Erminite. I'm a second-year architecture student and I've just come back from a trip to Brasilia, where, it has to be said, the buildings are absolutely stunning. I was privileged enough to go after winning the Design Today competition. Apparently, the organisers were particularly taken by the way I emphasised the practicalities over the innovations of contemporary design.

Before I go into detail about the trip, a quick word about the competition. Originally, on the face of it, it was open to everyone. Even amateurs with little more than a passing interest in the field could submit something. But then a friend told me that entries were confined to university undergraduates, which gave me the push I needed to get something down on paper and send it in. Thank goodness I did.

Now, most urban planners creating new towns and cities tend to design a real mixture of districts, creating that feeling of organic growth. Not Brasilia. It has zoned areas that are laid out according to their function - financial quarter here, residential district there, and so on. It doesn't take long for any visitor to find their way around - the logic behind the planning is clear.

I have to say at this point, it was clear from the word go that

everyone I met took great pride in their city. Yes, the entire place has been designed from scratch, but the locals were keen from day one to establish a distinct atmosphere of togetherness. They have certainly created this in Brasilia.

And, again, what great architecture. The TV Tower is the perfect example of striking simplicity. The best place to stand and stare at its impressive size is from the huge arch bridge that connects the airport to the city centre. From the top of this tower, you can wander around, marvelling at the whole Federal District stretching across the horizon.

Thanks to the competition organisers, I was lucky enough to be accompanied by a local guide for the initial part of my visit. She didn't necessarily tell me anything I didn't already know about architecture, and was a little sketchy in her grasp of its finer points, but she certainly knew the restaurants of the city well. We ate out every night, anyway!

It may seem strange, but for me the city becomes even more impressive after the sun has gone down. The way the lights radiate all around as you wander the streets is magical, and you're overcome by a real haunting feeling as you gaze up at the architecture in its silhouetted forms.

One thing in particular has stuck with me. In practically every building that you come across they really have made concrete a fundamental aspect. It's not the most attractive material, and, yes, it does have its critics, but so many of these buildings are surrounded by water, so that their mirror images are seen everywhere you walk. I was struck by how prominent this is in Brasilia, creating this astonishing sense of the world reflecting back on itself.

Track 012

Celine

Okay, the first picture shows two people, presumably a couple, who are going through some colour charts. With the step ladder in shot, I think it's fair to say that they're giving the room a makeover. I get the impression that they are in their new house. Maybe they only moved into the place a short while before. Then again, maybe they got bored with their living room and decided to redecorate. From the way they are sitting, I have a feeling that this could be their first house together, and they have probably been getting excited about it all for some time. Similarly, in the third picture, there are also two people discussing something in front of them, in this case I'd imagine it to be some blueprints of a building, given the fact that they're wearing hard hats. While this picture also shows a man and a woman, it could well be that they're colleagues rather than a couple. Perhaps they've just arrived on site, and are checking up on progress. Judging from the structures in the background to the photo, this is clearly not a residential property ... I suspect that they're civil engineers. Don't quote me on that, though.

UNIT 7

Track 013

Question 1

Examiner: Do you enjoy studying?

Candidate: I'm not sure I'd necessarily describe it as enjoyment. It's more of an obligation at the moment. I have little choice really, since I'm still at college and need to get my first qualifications. Nonetheless, obligation aside, there are definitely times when I can really lose myself in what I'm studying.

Question 2

Examiner: What makes studying easier for you?

Candidate: I can't say that I'm the most focused student in the world, so I find listening to music really helps. That's why I find things more difficult in the classroom, as I can't do it without annoying other people. Having said that, I recognise that I should probably learn to find other ways to cope with distraction.

Track 014

Question 3

Examiner: Is there anything that you are planning to study in the future?

Candidate: I wouldn't say that there is anything specific for now, but I'm still at college so have plenty of time. In a more general sense, I have started to look into options for doing something enjoyable and stimulating. It's given me a few ideas about what path I might eventually like to follow, but nothing concrete for now.

UNIT 8

Track 015

Narrator: Extract one. You will hear two friends discussing the topic of internet influencers.

Woman: What are you reading, Simon?

Simon: That article you sent me about 'influencers'. The writer's argument that they are 'modern day vampires', preying on teenagers through social media ... Coming from someone who admits they barely know how to use a computer, I'm not sure he's being entirely fair.

Woman: Well, let's be honest here, journalists are paid to give their opinion, even when it is completely biased and unfounded.

Simon: If you say so. I'd say most influencers go into it for the right reasons, and their advice tends to be helpful. And younger people are certainly not just staring at screens, mindlessly waiting to be taken advantage of. Teenagers are a pretty responsible lot, by and large.

Woman: No, I don't think you could ever question that, which is more than you could say about the influencers they follow. They're all just about generating sales for huge corporations who think nothing of spending outrageous amounts of cash on advertising their products. And these influencers get financially rewarded to recommend stuff that they probably don't even use. While on its own this isn't necessarily dishonest behaviour, it does become so if they never mention being paid for it. Their adoring followers end up buying something on a false promise.

Narrator: Extract two. You will hear part of a discussion between two friends about current affairs.

Woman: Have you heard about the government's latest announcement on the economy?

Man: No. I've completely stopped paying attention to the news.

Woman: Really? Why?

Man: There's just so much fake news these days. It's everywhere. In fact, I've been reading some of the latest research about it. I mean, some of it I'd take with a pinch of salt, like the idea that everyone reads fake news to treat themselves to a bit of escapism. What it does get right is that people frequently fail to query what they read, especially if it confirms their own perceptions of what is happening in the world. And it's difficult to argue with the notion that while some media outlets have their own agenda and manipulate the news to suit themselves, the public know very little about this.

Woman: I wouldn't dispute that. However, I'm not quite ready to give up on the news just yet. In fact, I've just got this brilliant new app on my phone that filters out any material flagged up as potentially unreliable or biased. Why not give that a go? It's either that or search the internet for more independent and reputable media sources, something I personally find far too time-consuming.

Narrator: Extract three. You will hear two students discussing the benefits to their studies of watching online talks.

Man: So, how's your project going, Susana?

Susana: Great! I was pretty stuck until a friend happened to mention a couple of online talks that he had found interesting, so I hunted those down. While they weren't exactly what I needed, they did set me off in the right direction. Before long I had the structure of the whole project mapped out. I was hoping I could get it completed sooner rather than later, but the thing is, each talk I watched seemed to lead to another, then another... Before long, I had all the notes I would ever need! Amazing, isn't it? All this new knowledge, immediately accessible online, and all completely free.

Man: There certainly are some brilliant talks out there. I've lost count of the number of times I've seen something and it's encouraged me to be a little less stuck in my ways about how I get the research and planning done. It's particularly impressive because, as you know, I tend to rely more on library books than computers, but it's really helped me to get to grips with the material I'm studying. I know that one or two of the guys on my course work in exactly the same way as well.

UNIT 9

Track 016

Speaker 1

As kids, we'd always kick up a huge fuss about eating our vegetables. Virtually every mealtime ended in an angry stand-off, with us refusing to eat them and our parents insisting we did. Mum and Dad were tearing their hair out about it until, one day, my dad came up with this game where my brother and I had to keep eye contact with each other, without blinking or looking away, until we'd eaten everything on our plates. There were peas and everything all over the floor, and tears running down our faces with laughter, but it certainly did the trick. Whenever my brother and I go out for dinner with other people these days, we can't wait to slip in a quick game, just to keep ourselves from getting bored while everyone else is chatting to each other.

Speaker 2

My parents got married and moved away from their hometown when they were really young. During the lead-up to their first anniversary, lonely and desperate to see their family, they came up with the idea of making life-sized cardboard replicas of everyone, which were surprisingly accurate. On the day itself, they threw a pretend party, as if the whole family was there. Afterwards, they couldn't bring themselves to part with the models they'd made and decided to keep them. Every anniversary after that, out came these big cut-outs of my uncles and aunts. All the cut-outs are still with me, thankfully, so whenever I feel like I need a lift, I can get them out and remember those good times.

Speaker 3

As a child, at the first sign of any illness, my mother would reach for the 'Big Red Book'. It must have been about a century old and was a collection of weird cures for common ailments. Fish head soup for colds, boiling water for bruised ankles, that sort of thing. Apparently, my great-great-grandmother had started putting the book together over a period of years from all these ancient remedies, but never actually got round to trying them out. No one ever did until my unconventional mother came along and gave new life to it all. She'd be outraged to know it currently serves to prop open the kitchen door, but I can't think of a better use for it.

Speaker 4

Our family name is Sharp, as in knife. A few years ago, when my brother was introducing his girlfriend to us all, she said to my dad, 'Nice to meet you, Mr Shark.' Just a slip of the tongue, but we all fell about laughing. All apart from her – she was red-faced and overly apologetic. To ease her embarrassment, we immediately started calling him 'Mr Shark.' The nickname stuck, and he's been known as that ever since. On his birthday, we all compete to buy him the best shark-themed gift. Shark teeth,

inflatable sharks, you name it. I'm no longer sure what the point of it is, but for whatever reason we can't bring ourselves to stop doing it.

Speaker 5

Whenever we were going out, my dad would make us check that all the windows and doors were locked. Nothing particularly strange there, but we had to say 'goodbye' to each one as we checked it, calling them by their names and telling them how long we'd be out for. He started doing it after a pretty distressing break-in, when the original windows and doors were broken. He gave the new ones powerful names to put everyone's mind at rest about any reoccurrence – 'Thor the Door', that sort of thing. I still do it, much to my friends' mocking amusement, but they don't bother me. I actually get a buzz out of it being so unconventional.

UNIT 11

Track 017

Interviewer: With me in the studio are Eva Bradley and Eric Gates, ex-producers of a successful TV series who have just set up a business consultancy. Eva, that was quite a show you worked on.

Eva: It was massively popular, yes. I'm sure everyone knows the format: entrepreneurs pitch their business ideas to wealthy investors. Eric and I were on the team from day one. We were a little surprised to be chosen, particularly since, despite already having a fair amount of expertise in TV production, we were relative novices in the world of business. Frankly, there wasn't much more know-how elsewhere in the team, but we were up for the challenge. After taking a few wrong turns early on, we eventually figured out what we were doing, and started putting together a compelling show.

Interviewer: What happened when you got down to filming?

Eva: Well, on TV shows you often do 12-hour days, seven days a week. I'd get into the studio and go into autopilot mode, flying around everywhere and somehow managing to get by on adrenaline and coffee. I have to say, on our panel we had some pretty impressive business leaders, all open to me picking their brains about how to become a success. And I always felt this warm glow if and when an applicant walked off with a huge investment. We all did, in fact. It's funny, when you watch it on TV, that studio comes across as an intimidating environment, but that's all for the cameras, really.

Interviewer: And why did it take off so successfully?

Eva: To be honest, the success of any show is pretty arbitrary. You just have to put it out there and hope that somehow you capture the viewing public's imagination at that moment. We knew from the start how much people love a good 'rags to riches' storyline, so we grew the format to give them exactly that. In theory, anyone could come in with an idea and leave with a huge investment into their business. Before all that happens, though, everything needs to be initiated by a great deal of research, well before anyone even sets foot in the studio.

Interviewer: Eric, did you and Eva always have similar ideas on the show?

Eric: Not always. For example, while Eva was developing relationships with the investors, she knew that I was pretty cynical about their motives for appearing, and so we never brought it up. Then, one time, I overheard her discussing a news article criticising these tycoons for striking deals on the show, but failing to come up with the money afterwards, like all they wanted was the publicity. Listening in, I was stunned to learn that it was generally the candidates backing out of the deal. They'd used the opportunity simply to raise awareness of their businesses.

Interviewer: When did you decide to move on to the consultancy?

Eric: The lightbulb moment came during pre-production of a later series, when we were going through the never-ending pile of new applications, which we had both always found extraordinarily time-consuming. The more we thought about it, the more we recognised that, within a minute or two of reading any business plan, we'd be able to pull it apart and just know how much potential it had. That's all well and good for boosting your self-esteem, but when it came to the shoot, we were so encouraged to see the investors reach the same conclusions. That's when we knew we were onto something – why weren't we the ones giving out the advice?

Interviewer: And how do you feel now that you've decided to go it alone with your new enterprise?

Eva: I've every confidence that the knowledge we've banked while on the show will see us through in the end. Admittedly, after so long working with the same team, and getting a regular pay check at the end of each month, I am wary about stepping into the unknown. I suppose we're ultimately just starting out and can't expect it to be an overnight success. There's a long road ahead of us.

Interviewer: What about you, Eric?

Eric: Well, being freelancers, were never directly employed by the TV company, so there's no fundamental difference in the dependability of the work. If we've learnt anything, it's that all start-up businesses require huge amounts of effort and patience to become established. It takes a great deal of time for an entrepreneur to really understand their new market or industry. But, given how much we've already put into it, I'm sure we'll do okay.

Track 018

Examiner: In this part of the test, I'm going to give each of you three pictures. Look at the pictures. They show people working in different situations.

I'd like you to compare two of the pictures and say why the people might have chosen to work in these environments, and what difficulties they might experience in the places they work.

Candidate: The two pictures I'm going to talk about are the one which shows the people working with penguins, and the second where you can see traders on a stock market floor. In a way, you could argue that the two couldn't be more different. In the first photo, the people are completely in the open, surrounded by snow, while in the second they're working indoors, surrounded by noise and flashing lights on the screens.

I think it's fair to say that in the first image, these people are motivated by a desire to connect with nature and, more specifically, wildlife, so it could be the case that they have chosen to work in the Antarctic. Then again, it might just be the latest project that they're assigned to. As for the problems they might face somewhere like this, it goes without saying that the extreme weather would cause ongoing issues, not simply in the fact that they wouldn't necessarily be used to it, but also because they may have limited time each day to achieve their goals.

In the second image, I suspect that these people are motivated by making money. Presumably they enjoy the intense competition they face every day, the adrenaline. With regard to difficulties, I'd imagine that it could feel pretty claustrophobic sometimes, and it certainly wouldn't be the sort of place to work if you can't handle stress.

UNIT 12

Track 019

Narrator: Extract one. You will hear two friends discussing the subject of intelligence tests.

Woman: Have you started your new job yet?

Man: No. I'm sure it won't come as a shock to learn that I've got yet another form to complete before I do, this time one of these intelligence tests. I mean, I had to go for three interviews to get this job, so I suppose it's just another thing I need to finish and tick off my to-do list. To be honest, it totally escapes me why companies put so much faith in these things. Do they actually add anything concrete to the way someone performs at work on a day-to-day basis? I might think I've got a certain type of mind, but the test says something different. So what?

Woman: It's the same with anything scientific, there's inevitably going to be this element of tension between concept and practice, isn't there? However well the basis of a theory initially stands up to scrutiny, once it comes into the real world, it's a totally different story. Intelligence tests are generally seen as some sort of silly trend bound to disappear sooner rather than later, which is pretty inexplicable, really. Especially since, from where I'm standing, they won't be going anywhere anytime soon.

Narrator: Extract two. You will hear part of a discussion between two history students about inventions.

Man: In class yesterday, we were debating the most important inventions in history. All the typical examples were coming up: the internet, the car, the aeroplane. I explained how, in my view, the wheel has had the greatest impact of all. It's not the most complex concept ever, but everything we take for granted in life can be traced back to it. They started moaning about what a predictable choice it was, so I responded that their suggestions were hardly shining examples of imagination. Sometimes you get the impression that people believe technology has only existed for the past century or so.

Woman: Well, things would certainly be different without wheels, I'll give you that. And the inventions your classmates chose all have minus points that make you wonder why anyone would suggest them. All that pollution from cars and planes, all those dangers online. Maybe if they'd been able to see past the boundaries of their current existence, they might have understood the merits of your choice over theirs. Then again, I suppose they realised that their suggestions had the edge over the wheel in terms of technological appeal ... and they're also integral parts of the world today and serve a thousand purposes.

Narrator: Extract three. You will hear two friends talking about a positive-thinking course they have recently attended.

Woman: It was pretty clear from the outset that the course leader wanted to stress the importance of clearing space in your mind before you even try to address the problems you might have. That's great advice, of course, it makes no sense to try and confront your issues until you feel ready to. Whatever the intention was, in the end she spent a disproportionate amount of time fixated on that concept and, when she suddenly realised how much the clock was ticking, we ended up racing through the section that I'd most anticipated us getting something from.

Man: Well, beforehand, I'd always struggled with self esteem. I was convinced that relaxation and meditation exercises could be of benefit to me, but had never previously had the opportunity, or courage, to try them out for myself. So actually, I found the course's extended focus on that to be just what I was looking for. I've certainly come away feeling more confident and decisive at work, anyway. Maybe I'll become one of those pushy types who get the promotions. Everyone's always seen me as this nice, approachable guy who listens to, or helps out with everyone's problems, even when I don't necessarily want to, and I'm sure that's held me back.

Track 020

A

I beg to differ. You don't lose marks because you have never considered a certain question before and you won't be penalised for admitting this. It's better to take your time and think of an adequate response to the question rather than just start talking immediately without a clear idea of what you want to say.

B

I'd go along with that. The questions in this part are more abstract than in Part 1, which tends to be personally focused. This means that there are a number of ways to answer any question. If you don't have an opinion, it's OK to talk about how people in general might answer the question and even offer two ways of looking at the question.

C

I couldn't agree more. The ability to produce longer responses that are logically constructed is a key aspect of this part of the exam. So make sure you practise doing this before the exam and learn a selection of functional linking words and phrases to connect your ideas, such as how to give examples, how to contrast two ideas, and so on. The more you practise, the easier it gets, just like anything in life.

D

I'm not sure I agree with that. You are not being marked on your opinions, but how clearly you construct your answers in English. That said, it's probably a good idea to avoid saying things that could be very controversial or even offensive to the examiner or the other candidate.

E

That is not the case. This is a discussion so everybody is entitled to have their own opinions and candidates may have very different perspectives on life. It's perfectly OK to express differences in opinion as long as it is done in a polite way.

F

That's not how I see it. Sure, you should be looking to show off your speaking ability and saying very little won't do that, but Part 4 is meant to be an interactive discussion. Turn-taking is a key part of this, and you should really be looking for opportunities to involve your partner, such as asking their opinion of what you have said. I'd try to avoid interrupting as well. Part of having an interactive discussion is politely listening to the complete point that the other candidate is making, even if you strongly disagree with it.

Track 021

Examiner: Many people believe that the only way to improve ourselves is to make mistakes. Would you agree?

Boy: Well, I would say ...

Girl: Sorry, can I speak here please? Er... to be honest, I have no idea ... er ... Sorry.

Boy: Well, I'm not sure it's the only way. But I would say that it helps, in the sense that you'll know what not to do next time. Having said that, if we only improved by making mistakes, it would take so long to achieve anything in life that people would just stop trying. That's my theory, anyway. Does that make sense?

Girl: Yes, it does. I would agree that learning from your mistakes is really important. Mistakes can teach you some valuable lessons in life, but so can many other things. For example, learning from other people and their experiences can also help you to improve yourself. I learned to play guitar thanks to my brother who taught me useful ideas for practising effectively. He also recommended good songs for beginners to learn to help build my confidence. The first song I learned was a Lana del Rey song. It had three chords so it was a good recommendation for a beginner like me and he taught me how to play the rhythm correctly, which took me a long time, but it would have been longer if my brother

hadn't helped me. I can now play even more songs ...

Examiner: OK, Good. Do you think that people are better or worse at communicating with each other than they were in the past?

Boy: Hmm. I don't know really. I mean, there are lots of ways that we can communicate these days, such as on social media, and it could be argued we are talking to each other more. But on the other hand, social media is sometimes used to criticise people instead of listening to their opinions, so whilst we are talking more, maybe we are not communicating and in particular, listening to each other. Wouldn't you agree?

Girl: No. I think most people use social media responsibly and in a friendly way. However, returning to the question, I do think we spend less time speaking in person, so in that respect, I would say that we are worse at communicating.

Examiner: How important is it to have positive role models in society?

Girl: It is pretty important. It's human nature to want to imitate people we admire and if an actor or a politician is behaving badly or saying offensive things, then there are people in society who will think that this is normal and behave in a similar way. I think this is especially true for younger people.

Boy: That's a really good point. Although not necessarily true for all young people of course. I agree that role models are important in teaching us values and respect for one another. And yes, it might be a mistake to look to celebrities or politicians for model behaviour. Maybe we should look to ourselves instead and how we behave towards others and try to set a good example to follow.

Examiner: Thank you.

UNIT 13

Track 022

A: Have you heard about Marco? He's in hot water again.

B: Why? What is it this time?

A: Well, you know he's been seeing that Chinese girl he met on his language degree? Well, after a whirlwind relationship, they decided to take the plunge and get married.

B: You're joking!

A: I'm not. They decided to do it back in her home country, but when her parents met him, they decided he wasn't suitable for their daughter. It was all called off – the wedding, the relationship, everything.

B: Are you serious?

A: Sadly, yes. The thing is, he hadn't taken the precaution of double-checking his study visa, which apparently expired last month. Now they won't let him back into the country, so he's stuck over there. Even for Marco, it's unbelievable that he'd just leave something like that to chance. So, now his place at university here is in jeopardy and his parents are so angry they've threatened to disown him.

B: But it's our final year, there's so much at stake! How could he be so reckless?

A: Who knows? Hopefully this will be the wake-up call he needs. But I seriously doubt it.

Track 023

David

Hi, my name's David Jensen and I'm here to talk to you about something I've written a great deal about recently: the culture of 'extreme selfie hunters'. Now, while most people's selfies tend to be taken in familiar and harmless places, these adventurers go out of their way to put themselves in danger purely and simply to capture that perfect shot which they can then share online. As is common with so many innovative online trends, the extreme selfie movement started small, with one or two images shared

between friends, long before it became what I'd term the phenomenon it is today. I'll never forget the first photo I saw, taken from the top of an impossibly tall skyscraper, by someone who was sitting right at the edge, dangling their feet over. Now, I've always been fascinated by photography, and I have to say this picture was taken with a real sense of technique, but primarily I was blown away by the sheer vision of anyone who could come up with the idea of creating such a shot.

It wasn't just me who felt this way. This was the formative moment for extreme selfie culture, and its popularity soon spread. Countless numbers of pictures, a great many of which were stunningly artistic, began being posted on file-sharing websites with astonishing frequency, all available for an entire global audience to view at the click of a button.

Soon, a new generation of social media celebrities began to emerge, as people realised how much there was to gain if they could get enough 'likes' for their selfies. Not only did it provide them with exposure, but it also led to financial opportunity, and the key to success was actually the faithfulness that their followers displayed, rather than any skill they might have as a photographer. It's not common, in the changeable world of social media trends, for this to happen. Very often an overnight success is gone the next day.

However, the skill of the craft soon began to be diminished by the actions of those with a self-centred need to show themselves in extreme danger. More and more amateurs risked everything to get themselves known, and there was an increasing sense of creativity becoming overtaken by irresponsibility. No building was too high, no position too precarious for anyone desperate for fame.

This is a great shame, because it has meant that this subculture has since been heavily criticised by certain groups, who maintain that all extreme-selfie hunting does is encourage needlessly dangerous behaviour. Meanwhile, the positive impact that these images have brought about remains completely unacknowledged. Now, I admit that, in some cases, selfie hunting has caused avoidable and life-changing injuries. But there has been a fair amount of research conducted to evaluate whether or not people are frequently coming to harm through such supposedly mindless imitation, and the statistics absolutely do not support this idea. So, let's look at ...