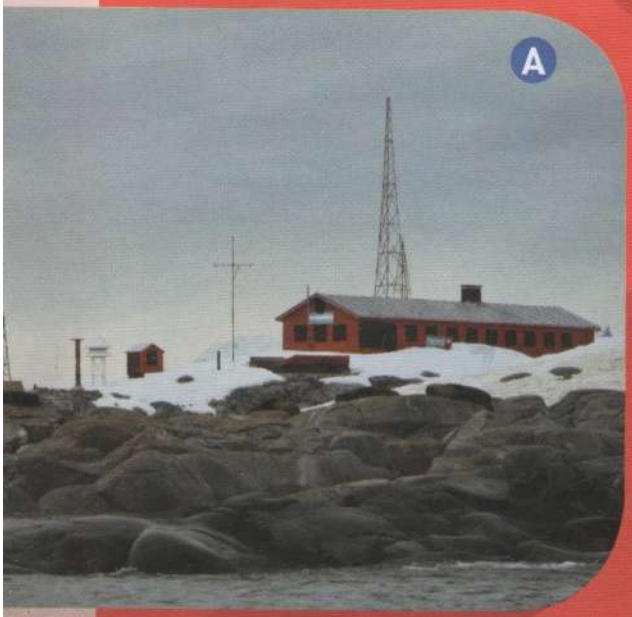
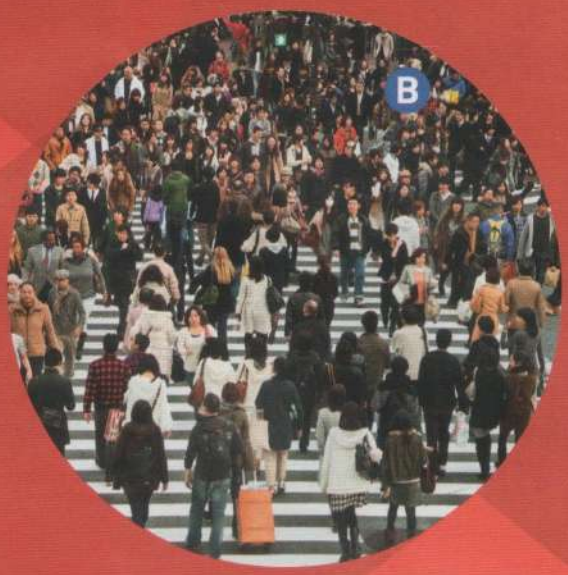
3 Special lifestyles

Unit Goals

- Talk about lifestyles
- Describe different kinds of experiences
- Talk about experiences and feelings
- Ask and answer about your own life experiences
- Describe a lifestyle





1 Match the pictures to the descriptions below.

- ◯ a beach
- ◯ a busy city
- ◯ the mountains
- ◯ the countryside
- ◯ a luxury hotel
- ◯ the Antarctic

2 The pictures show places where people can live, work and relax. What can people do in each of these places?

3 Use the adjectives below to say what life is like in these places.

- stressful
- quiet
- boring
- hard
- interesting
- tiring
- exciting
- fun
- relaxing
- simple

4 Are any of these places similar to the place where you live? Where would you like to live? Why?

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PROJECT

Preview

Let's create a presentation about special people in your area!

In groups, you will be preparing a Pecha Kucha presentation about people in your community who you consider special. You can choose people at school, in your family, in your town.

Look for tips on how to build your project on p. 33. You will complete the project on p. 37.

3 READING

THE TRAVELLER, Saturday, April 16, 2016 INTERNATIONAL

THE WORLD'S MOST TRAVELLED MAN

By Semina Sarantopoulou

According to the Guinness Book of Records, Babis Bizas, a 61-year-old Greek man, is the first person who has **set foot** in each of the world's 195 countries. He has visited both the North and the South Pole.

"There is a Greek starting point and return," Babis says, "but I can only **last** in Athens a few days, just the time I need to organise the next escapade."

He has just arrived back from his adventure in Antarctica, where he experienced extreme living conditions with temperatures of minus 36 degrees Celsius, which included using thermal sleeping bags and walking on 3,000 metres of accumulated ice. "In terms of tourist attractions you've seen it all in four hours. The rest is about emotion, history and human achievement," says Bizas.

"I find **conventional** holidays terribly boring. I need action. I need to contact the local people and experience their daily routines."

Bizas got his first passport at the age of 22, when he travelled to Bulgaria, Romania and Istanbul. Then, it was Scandinavia. While studying political science at Panteion University in Athens, he **took off** on a six-month journey with only 250 dollars. He travelled by road to Turkey, Iran, Afghanistan, Pakistan and Bangladesh, and worked as a **deckhand** on a merchant marine vessel which took him to South Africa.

He has made many sacrifices. He has slept under a bridge and at train stations. He has spent a week eating biscuits. He has **stowed away** on trains.

What started out as a hobby soon turned into a profession. His travel experience and fluency in five languages gave him the opportunity to guide tourists in search of adventure. He has made many **bold** travel choices, but tourists have followed him without **hesitation**. Bizas has visited El Salvador during the country's civil war and Nicaragua during the rise to power of the Sandinistas, and has been among the first travellers to visit Vietnam after the war in 1977. He's been arrested in Libya, taken for an Israeli spy.

New York is his favourite destination, but he has met the happiest people on an African island.

"They are content with very little. This is why I follow the 1-2-3 mantra, travelling only with the bare essentials: one pair of shoes, two pairs of trousers and underwear, three shirts." Bizas says. "When I first started travelling, at the age of 22, I just wanted to go on 30 trips in my lifetime. When I exceeded 80 trips, I thought 200 were necessary. Now that I've been on over 1,000 trips, I can't imagine myself stopping this adventure. The more you travel, the more you discover."

CLIL GEO

1 Read the newspaper article and answer the questions.

1. Why doesn't Bizas like conventional holidays?

2. Has he made any sacrifices during his trips? Give examples.

3. Where has he been in prison?

4. How many trips has he made so far?

2 True or false?

1. Bizas is from Greece. (T)
2. He stays in Athens for many weeks before starting any new trip. ( )
3. In Antarctica he didn't sleep in beds. ( )
4. He can speak more than five languages. ( )
5. He made his first trip when he was 20. ( )
6. Bizas thinks he has travelled enough and wants to stop. ( )
7. He also earns money travelling. ( )
8. He travels only with essentials. ( )

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What about you?

3 What's your opinion about Bizas' lifestyle?

4 Have you ever had any special travel experience? If so, describe it.

Experiences

5 Reread the text and match the words in bold to their meaning.

1. usual / traditional: conventional
2. go to / visit a place: _____
3. daring: _____
4. left suddenly: _____
5. doubt: _____
6. stay: _____
7. sailor: _____
8. has hidden to travel for free: _____

6 Match the halves.

1. sleep	a. to the beach / to the desert
2. spend	b. into a profession / into a career
3. turn	c. a week / a month
4. guide	d. tourists / visitors
5. visit	e. a country / city
6. go	f. under a bridge /on a bench

7 a. Tick (✓) the kind of experiences Bizas has had. Justify.

1. amazing	○	6. terrific	○
2. scary / frightening	○	7. tiring	○
3. exciting	○	8. cool	○
4. boring	○	9. relaxing	○
5. terrible	○	10. stressful	○
		11. fun	○

b. Classify the adjectives in Exercise 7a in + (positive) and – (negative).

+	-
amazing	

c. How can you describe the following experiences? Use the adjectives from the table in Exercise 7b.

- a day on the beach: relaxing
- a day in the countryside: _____
- an evening out with friends: _____
- a long trip: _____
- a camping holiday: _____
- a walk in the mountains: _____
- a visit to a museum: _____

8 Choose the correct option.

1. Bizas finds conventional holidays ...
   a. boring **b.** relaxing
2. Planning a long trip to many countries can be a bit ...
   a. stressful **b.** relaxing
3. Learning about different cultures is ...
   a. terrible **b.** amazing
4. Travelling abroad sounds ...
   a. boring **b.** cool
5. Meeting new people is ...
   a. frightening **b.** exciting
6. Sleeping at crowded train stations can be ...
   a. scary **b.** tiring

Go to CLIL AND CULTURE, page 48.

3 GRAMMAR

Present perfect simple - *have / has* + past participle

Study the tables.

Affirmative

We**'ve** (have) **been** to Italy.
He**'s** (has) chang**ed** school three times.

Negative

We **haven't** (have not) **been** to Italy.
He **hasn't** (has not) chang**ed** school three times.

Questions

Have you **been** to Italy?
Yes, we **have**. / No, we **haven't**.
Has he chang**ed** school three times?
Yes, he **has**. / No, he **hasn't**.
Where **have** you **been**?
How many times **has** he chang**ed** school?

> See *Grammar Reference 3*, Extra Practice book, p. 10

1 Which is the past participle of these regular verbs?

1. live: lived
2. climb: _____
3. play: _____
4. work: _____
5. study: _____
6. change: _____
7. travel: _____
8. visit: _____
9. appear: _____

2 Complete the table. Use a dictionary if necessary.

	Infinitive	Past simple	Past participle
1.	be	was / were	been
2.	go		gone
3.	do		
4.		saw	seen
5.			had
6.		met	
7.	ride		ridden
8.		drove	
9.	eat		eaten
10.		won	won
11.		took	
12.	run		run
13.	swim		swum
14.	buy	bought	
15.		found	
16.		got	got

3 a. What has Frank done / not done in his life? Look at the pictures below and write sentences.

1. be / Australia
He has been to Australia.
2. ride / camel
3. see / polar bears
4. live / igloo
5. not be / Egypt
6. not get married

b. Write about things that you have / haven't done in your life.

3 WRITING

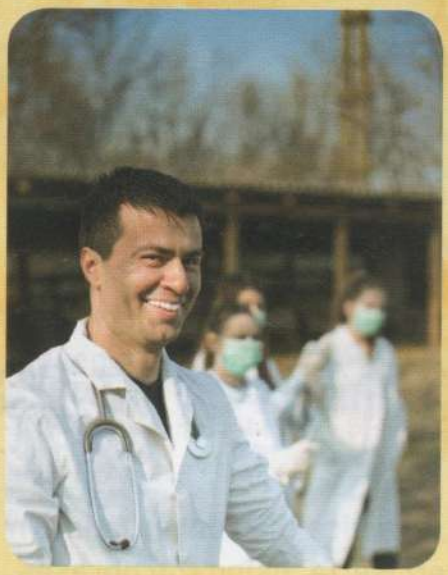
Describe a lifestyle

Writing rule

To describe a person's lifestyle use:

- the present simple to describe his / her everyday life.
- the present perfect to describe things he / she has done.
- the present perfect + *just* to describe things he / she has done very recently.
- *would like* for the person's dreams or ambitions.

1 Read the text about Dr. Richard Castle's lifestyle.



Richard Castle is a doctor but he also earns a living working as a musician and as a chef. He loves Latin music and food. Richard has lived in many countries where he has worked in small rural hospitals. He has helped many people and he has cooked in community soup kitchens. Richard has just arrived back from Central America where he worked for a charity organisation. On his last day of work he took part in a free concert with local bands. Richard is 40 now and he would like to travel to Africa in the near future. He says: "There is still a lot of work to do there."

2 Which aspects of Dr. Richard Castle's life are in the text? Tick (✓) them below.

1. job ◯
2. family ◯
3. house ◯
4. recent activities ◯
5. education ◯
6. likes ◯
7. dream ◯

3 Circle examples of the present simple in the text about Dr. Richard Castle. Underline examples of the present perfect.

4 Use the notes below and the model text in Exercise 1 to write a short description of Ben's lifestyle.

Job: Professional guitarist in a band. Not famous. Not much money, but likes his job.
House: Small flat in city centre.
Recent activities: Bought a motorbike. Made a record.
Likes: Travelling. Went to Morocco and Spain last year.
Family: Not married. Girlfriend called Alice.
Dream: Give a live concert for thousands of fans.

5 a. Now imagine you are one of the following people:

- a famous actor or singer
- a famous explorer
- a famous athlete or sportsperson

b. Write a short description of your lifestyle in 80 words. Use your imagination!

4 Complete the sentences with words from the box.

• ~~cities~~	• countryside
• town	• mountains
• villages	• beach

Some people like big [1] cities like Paris or London, but I prefer small [2] _____ in the [3] _____. My sister works for a big company and travels a lot. When she wants to relax, she goes to her house in a seaside [4] _____. She likes going there because she can go to the [5] _____ and enjoy the sun. I prefer climbing in the [6] _____. It's great fun.

5 Write the verbs.

1. do rafting

4. _____ to the beach

2. _____ a motorbike

5. _____ a car

3. _____ a race

6. _____ in the sea

6 Match the verbs (1-6) to the phrases (a-f).

1. live	a. the Northern Lights
2. visit	b. by plane
3. appear	c. in a city
4. see	d. a museum
5. travel	e. a competition
6. win	f. on TV

7 Put the letters in order and complete the sentences.

1. Lions are frightening.
   g i t r g f h e i n n
2. Long trips are _____.
   s e l f r u s t s
3. Adventure sports are _____.
   x i n e i c t g
4. A desert walk is _____.
   r o g n i b
5. A day on the beach is _____.
   l i x r a g e n

8 Read the definitions and complete the adjectives.

1. If something is am_____, you enjoy it a lot.
2. If an activity is ti_____, you want to sleep or rest after doing it.
3. If a place is pe_____, it is quiet and calm.
4. If something is co_____, it is very attractive or interesting.
5. If something is aw_____, it is not nice or it is very bad.

3 GRAMMAR

1 Complete the sentences with the present perfect.

1. Ron has travelled (travel) to many countries.
2. Sally _____ (live) in the mountains.
3. Sue and Mike _____ (win) a prize.
4. Wendy _____ (not buy) a new bicycle.
5. Steve and Tom _____ (not be) to Africa.

2 Complete the conversations. Use the present perfect or the simple past.

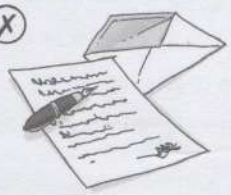
A: [1] Have you ever seen (ever / see) the Northern Lights?
B: Yes, I have.
A: Where [2] _____ (see) it?
B: I [3] _____ (be) in the North Pole. I [4] _____ (see) a big multicolour light in the sky. It [5] _____ (be) very frightening!

C: [6] _____ (ever / be) to the mountains?
D: Yes. I [7] _____ (go) to Mendoza last year.
C: [8] _____ (have) a nice time?
D: Yes! It [9] _____ (be) great fun.
C: What [10] _____ (do)?
D: We [11] _____ (ride) horses and [12] _____ (do) rafting.

E: I [13] _____ (just / book) a new flight!
F: Really? Where [14] _____ (book) it to?
E: To Jujuy.
F: Wonderful!
E: [15] _____ (ever / be) to Jujuy?
F: Yes, I have. Last year I [16] _____ (travel) there with my parents.

3 Write questions and short answers about the pictures.

1. Nat / ever / play / rugby
Has Nat ever played rugby ?
Yes, he has.



2. You / send / letter
_____ ?
_____

3. They / ever / ride / horse
_____ ?
_____

4. We / buy / enough food
_____ ?
_____

5. Sandra / ever / climb / mountain
_____ ?
_____

LISTENING

4 **a. Write sentences. Use *just* + the present perfect.**

1. He / run / the marathon
   He's just run the marathon.
2. I / leave / to Patagonia
3. You / come back / from holiday
4. We / win / a free holiday
5. Melissa / complete / the tour

b. Now match sentences (a–f) to sentences (1–6) from above.

a. Sean's very tired. (1)
b. I'm a bit nervous about the trip. ( )
c. We're very excited. ( )
d. She's really happy. ( )
e. You look fantastic! ( )

5 **a. Choose two activities from the box that you haven't done and say if you would / wouldn't like to do them. Explain why.**

- ride a quad bike
- do a bungee jump
- climb a mountain
- visit a castle
- travel by plane
- appear on TV

1. _____.
2. _____.

b. Order the words to complete the conversation.

A: [1] _____?
(go / like / cinema / you / the / would / to / to)
B: I'm sorry. I'm going for a burger with Karen.
[2] _____?
(us / would / come / you / with / like / to)
A: Sure. Thanks!

1 08 **Listen. Where do these people live? Number the pictures.**

2 09 **Listen again and circle the correct answer.**

1. What does Speaker 1 like about the city?
   a. seeing people and going to different places
   b. the noise
2. Where does her cousin live?
   a. in a small village **b.** on a farm
3. What is Speaker 2's hobby?
   a. listening to music **b.** horse riding
4. Where does he live?
   a. on a farm **b.** in a village
5. Speaker 3 lives in a lighthouse ...
   a. on a rock. **b.** on the beach.
6. What does she like listening to?
   a. the water **b.** romantic stories
7. Where is Speaker 4's home?
   a. in England **b.** in Scotland
8. Why do people go to his home?
   a. to relax **b.** to work hard

3 10 **Listen one more time and write the number of the speaker.**

a. I wouldn't like to live anywhere else. (1)
b. People think it's very romantic, but it's not really. ( )
c. And that's exactly where I live! ( )
d. It's quite small, but very beautiful. ( )
e. I've never liked the country much. ( )

SELF-CHECK 3

VOCABULARY

1 Choose the correct option.

1. She likes ____ museums.
   a. going **b.** visiting **c.** seeing
2. He always ____ adventure sports.
   a. does **b.** goes **c.** makes
3. One day I'd like to ____ an elephant.
   a. drive **b.** ride **c.** travel
4. We love ____ to the beach.
   a. living **b.** swimming **c.** going
5. I think I ____ a ghost yesterday!
   a. appeared **b.** got **c.** saw
6. She is happy because this morning she ____ a prize.
   a. won **b.** got **c.** drove
7. I don't like ____ in the sea.
   a. going **b.** winning **c.** swimming
8. Next week I will ____ on TV.
   a. see **b.** appear **c.** go

2 Complete the adjectives. The first and last letters are given.

1. We walked for three hours. It was very t____g!
2. This trip isn't interesting. It's b____g.
3. I was very afraid. I didn't like the experience at all. It was a____l.
4. Climbing a mountain is very difficult. It's really h____d.
5. The camping holiday was fun. It was very e____g!

GRAMMAR

3 Write the past participle of these verbs.

1. find _____
2. be _____
3. buy _____
4. eat _____
5. see _____
6. go _____

4 Order the words to make sentences.

1. got / have / married / Jack and Jilly / ?
2. visited Rome / has / Bob / never / .
3. you / spoken / ever / have / to her / ?
4. I / finished / just / have / the marathon / .
5. trip / like / would / to / you / come / to / the / ?
6. to / bungee / wouldn't / do / a / I / jump / like / .

5 Complete the conversations. Use the present perfect or the simple past.

A: [1] _____ (ever / eat) snails?
B: Yes, I have.
A: [2] _____ (like) it?
B: No, I didn't.
C: I [3] _____ (finish) the rally.
D: Congratulations! What [4] _____ (get)?
C: Second place!

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ENGLISH IN USE

6 Write about experiences you have / haven't had.

1. I've _____. It was fun.
2. I've _____. It was boring.
3. I've never _____, but I'd like to do it one day.
4. I've _____. It was exciting!
5. I've _____. It was very stressful!
6. I've _____. It was relaxing.