

1 Necessities

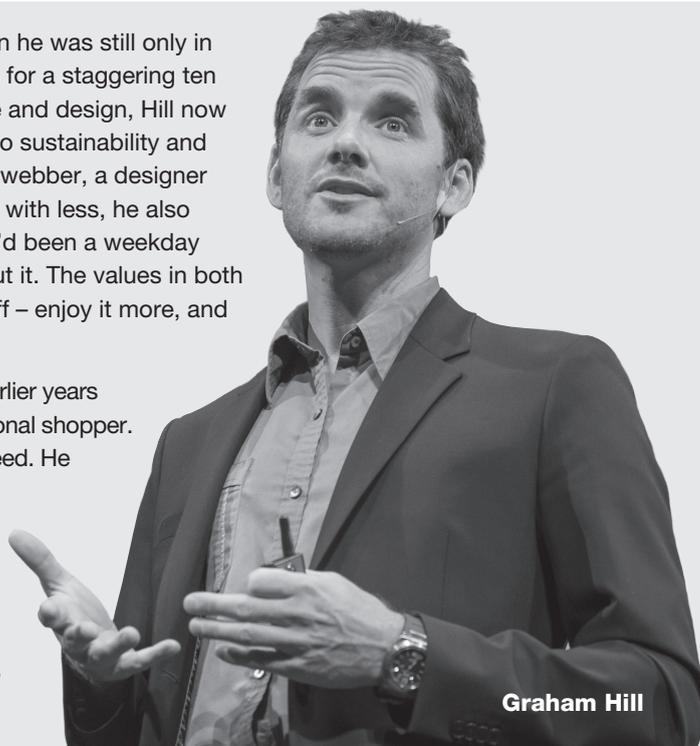
1.1 Less stuff, more happiness

TED TALKS

GRAHAM HILL is a modern entrepreneur: by 2007, when he was still only in his mid-30s, he'd already set up and sold two companies for a staggering ten million dollars each! Having originally studied architecture and design, Hill now runs two businesses alongside other projects dedicated to sustainability and ways we can live more simply. He describes himself as a webber, a designer and an environmentalist. As well as his TED Talk on living with less, he also spoke at TED about consuming less meat. At the time he'd been a weekday vegetarian for a year and he went on to write a book about it. The values in both talks are consistent: consume less – whether meat or stuff – enjoy it more, and it will ultimately be better for you and the planet.

In articles and on social media, Graham Hill describes his earlier years when he owned large properties and even employed a personal shopper. Travelling the world extensively taught him what he didn't need. He began to simplify and declutter his life, and over the next 15 years reduced his belongings to a fraction of what he'd once had. He says 'Intuitively, we know that the best stuff in life isn't stuff at all, and that relationships, experiences and meaningful work are the staples of a happy life'.

Hill claims 'editing' is the skill of the century. Is he persuasive enough to inspire us to edit our homes and lives too?



Graham Hill

CAREER PATHWAYS

1 Read the text. Answer the questions.

- 1 How many companies has Hill started and sold?
- 2 What jobs has he had?
- 3 How has he changed as a consumer over the years?
- 4 What ability does Hill think we need most these days?

TED PLAYLIST

2 Other TED speakers are interested in topics similar to the ones in Graham Hill's TED Talk. Read the descriptions of four TED Talks at the top of page 5. In your opinion, which is the best title for this playlist, a, b or c?

- a Transforming recycling into art
- b Raising awareness about sustainability
- c The cost of modern living

3 Complete the six-word summary (1–4) that corresponds to each talk in the TED playlist. Use these words.

matter	outfit	rubbish	statistics
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- 1 Waste is a _____ of taste.
- 2 Who's taking all the _____ out?
- 3 Making meaning out of huge _____.
- 4 A new recycled _____ every day.

4 Match the verbs (1–5) with their collocates (a–e). Check your answers in the playlist descriptions.

- | | |
|---------------|-----------------------|
| 1 to throw | a waste |
| 2 to refresh | b the impact on |
| 3 to clean up | c something away |
| 4 to increase | d your creative drive |
| 5 to reduce | e understanding |

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

▶ Dan Phillips: Creative houses from reclaimed stuff

Dan Phillips finds beauty and value in things that other people throw away as rubbish. He recycles all kinds of surprising things, incorporating them into brilliantly designed, low-tech housing built entirely of reused components. The buildings will refresh your creative drive and make you re-think what's beautiful.

▶ Robin Nagle: What I discovered in New York City trash

New York City inhabitants produce an astounding 11,000 tons of rubbish every single day. Who cleans up all that waste? Robin Nagle started a research project with the city's Department of Sanitation to find out. She walked the routes, operated mechanical brooms and even drove a dustbin lorry herself. In her talk, she explains why street cleaners are fundamental to any city, and what their (dangerous) work could teach us about our global environmental priorities.

▶ Chris Jordan: Turning powerful stats into art

The art that Chris Jordan creates is designed to increase our understanding of some of the staggering statistics associated with mainstream Western cultures. What do 40 million paper cups look like? How can we illustrate the 400,000 smokers who die every year? Jordan hopes that when people engage with these statistics in a visual, artistic way, they'll feel them more deeply and ask themselves the most important question: How do we change?

▶ Jessi Arrington: Wearing nothing new

Jessi Arrington is a colour-loving and original designer, who, in this short and snappy talk, shares her pleasure in buying her clothes from – and donating them to – second-hand shops. Her talk is a meditation on conscious consumption and our strong attachment to our belongings. Arrington suggests that second-hand shopping can be a fun adventure, as well as reducing the impact her wardrobe has on the environment and on her bank account.

AUTHENTIC LISTENING SKILLS Relaxed pronunciation

6 **1 1** You are going to hear a podcast in which a member of the *Keynote* team talks about Dan Phillips's TED Talk, *Creative houses from reclaimed stuff*. Listen and underline examples of two-word combinations where *to*, *have* or *of* is reduced or changed.

- 1 Dan Phillips is not the usual polished TED presenter – he's kind of like a cowboy.
- 2 Listening to his lilting American accent and easy jokes, we feel as if we should have been sitting round the campfire with him.
- 3 We want to see more of the quirky yet functional wooden homes he builds.
- 4 We have to look again and listen to Dan's explanation to fully discover why they are so extraordinary.

LISTENING

7 **1 2** Listen to the full podcast. Are these statements true (T) or false (F)?

- 1 Dan Phillips isn't a cowboy and he makes jokes.
- 2 He isn't that interested in what materials he uses.
- 3 Ninety per cent of his building materials are recycled.
- 4 Karen tends to replace broken items with new ones.
- 5 Phillips chooses to use things that are not perfect.

8 **1 2** Listen again. Answer the questions.

- 1 Why was Phillips pleased about the staircase he got?
- 2 Why and how did Phillips make 'bumpy tiles'?

- 3 In your own words, how is waste a matter of taste?
- 4 What, according to Karen, do you need to have in order to be good at recycling?
- 5 What does Karen say this talk might inspire us to do?

VOCABULARY IN CONTEXT

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

- 1 ... the **quirky** yet functional wooden homes he builds.
 - a stylish
 - b clever
 - c strange
- 2 It's about being as **resourceful** as our parents ...
 - a modest
 - b organized
 - c good at finding simple solutions
- 3 I've got **an allotment**, ...
 - a a small vegetable garden
 - b a field in the country
 - c a big garden
- 4 ... finding beauty in the irregular, [...] and the **flawed**.
 - a unfashionable
 - b ugly
 - c damaged
- 5 When we think **outside the box** in this way ...
 - a in tried and tested ways
 - b in new ways
 - c in the same way as someone else

1.2 Luxury or necessity?

GRAMMAR The perfect aspect

1 Answer the quiz questions and compare your answers with the information about people's coffee-drinking habits in the article.

- How many cups of coffee do you drink a day?
 - 0–2
 - 3–4
 - 5 or more
- When do you drink your coffee?
 - in the morning
 - throughout the day
 - after meals
- Why do you drink coffee, usually?
 - to feel alert
 - to focus
 - to relax
- How do you rate the coffee experience in your life?
 - essential
 - optional
 - luxury

2 Read the text. Complete the sentences with the correct form of the verb in brackets. Use the present perfect, past perfect or future perfect.

3 Read the interview with a barista. Choose the correct options to complete the questions (a–e).

Q: (a) So, how long *did you work / have you been working* here?

A: Oh I dunno ... I guess I ¹ _____ (work) here on and off since 2005.

Q: (b) Have you *been working / worked* anywhere else?

A: My grandparents have a café and I ² _____ (work) there for fun before I worked anywhere for money.

Q: (c) It's delicious coffee. How have you *perfected / been perfecting* the art?

A: I ³ _____ (have) to practise making a perfect latte, but I think it's in my blood.

I ⁴ _____ (watch) coffee-making rituals before I even went to school and I ⁵ _____ (spend) hours sitting in cafés since I can remember.

Q: What's the secret to making a really great coffee?

A: Well, you have to ⁶ _____ (buy), roasted and ground good beans first. Then it's the combination of temperature and pressure.

Q: Anything else?

A: You have to ⁷ _____ (heat) the perfect cup too! And then drink it in great company.

Q: (d) How many coffees *have you made / did you make*, do you think?

A: Fewer than my grandpa ⁸ _____ (make) and not as many as I ⁹ _____ (make) by the time I retire.

Q: (e) So, have you *found / been finding* your vocation?

A: Well, I absolutely love what I do. In a few years, I ¹⁰ _____ (inherit) the café and can keep the family business going. But until then I can work in other places and study a little too.

Q: What are you studying?

A: I ¹¹ _____ (start) a business course to help me run the business.

Coffee yesterday, today and tomorrow

If you ¹ _____ (have / never) a cup of coffee made by an expert barista, it's time you did. It's one of life's affordable luxuries.

Europeans enjoy 725 million cups of coffee every day and Americans 400 million.

It ² _____ (integrate) into our culture to such an extent that takeaway coffee ³ _____ (almost / attain) fashion accessory status. Americans drink an average of 1.6 cups of coffee a day whereas tea-drinking countries like Britain and Japan drink about half that, mostly at breakfast time. (Men reportedly drink coffee to focus and get the job done whereas women ⁴ _____ (tend) to drink it to relax.)

In the 21st century our taste in coffee ⁵ _____ (become) more sophisticated, but coffee drinking itself ⁶ _____ (already / gain) high levels of popularity in the previous century. The first instant coffee was drunk in 1938 and, by 1946, coffee drinking ⁷ _____ (reach) a peak in the US with 174 litres being consumed yearly per person. Interestingly, by 2005, consumption dropped to only 90 litres and for the past few years now we ⁸ _____ (drink) a range of soft and energy drinks as well as coffee. By 2020, who knows? Perhaps we ⁹ _____ (even / find) a replacement for coffee.

- 4 **1 3** Complete the barista's answers (1–11) in Exercise 3 with the correct form of the verb in brackets. Use the present perfect, past perfect or future perfect. Then listen and check your answers.

GRAMMAR EXTRA! *been or gone*

- 5 Complete the sentences with *been* or *gone*.

- I've _____ working in a café for the summer and am starting university in October.
- Customers have _____ leaving more tips recently! We must be doing a good job, don't you think?
- She's _____ on holiday for three weeks so we've taken on a replacement.
- She's _____ asking about the overtime she's owed; can you check the time sheets please?
- Have you ever _____ to a coffee-tasting event?
- We arranged to meet at 5 p.m., but when I arrived at the café at ten past, he'd already _____!

- 6 Complete the sentences. Use these words and phrases.

long gone	been there, done that	been and gone
has-been	gone to seed	

- I hadn't seen him for ten years at least and I was shocked at how he'd changed. He'd really _____.
- Do you remember when we were kids we used to spend all day playing outside? The days of being able to do that are _____ now, aren't they?

- She doesn't seem very enthusiastic about anything I suggest – it's always '_____!'!
- She was a really great actress in her day, but I'm afraid she's a bit of a _____ now.
- By the time we got round to booking tickets for the performance, it had already _____.

DICTIONATION

- 7 **1 4** Listen to someone talking about coffee houses. Complete the paragraph.

The Grand Café in Oxford was started in 1650 _____.

However, the Queen's Lane Coffee House, _____, is the longest established coffee house in England. Twenty-five years after the first place opened, _____.

Over the years, they _____.

_____ . If you _____ in a historic café _____.

Even before your first sip _____.



1.3 I'm wide awake

READING

1 Match each extract (1–6) with its source (a–f).

- 1 'Sometimes I wake up grumpy, other times I just let him sleep.'
- 2 '... it's difficult to motivate yourself to make the changes; difficult, that is, until you've had another sleepless night. I decided to start with the easiest things.'
- 3 'Blissful nights in comfort and style: *Sky*, a modern four-poster made of solid acacia wood comes in two sizes ...'
- 4 'Tracey shows us her own bed in all its embarrassing glory.'
- 5 'A rom-com, perfect for Sunday afternoon viewing, or for a night when you can't drop off.'

- 6 'Finally she did open her eyes. At first she just saw strange lights until a figure appeared in the centre of her field of vision.'
- a A blog account of following some self-help advice.
 - b A T-shirt slogan.
 - c Part of the description of an artwork, *My bed* by Tracey Emin, by the Saatchi Gallery.
 - d *The Girl who Kicked the Hornets' Nest*, novel by Stieg Larsson.
 - e Description of the film, *Sleepless in Seattle*, in review.
 - f Furniture catalogue description.



Title: A

B

Have you ever suffered from insomnia? Believe me it's awful. I'd been suffering for about six months when I finally decided, with the help of my doctor, to do something about it. I didn't want to take any medication so I read everything I could find about the problem and tried to solve it myself. After all, reading was one of the things I had time for when I wasn't sleeping. The first thing I discovered was that I was doing almost everything absolutely wrong. With so many bad habits, it's difficult to motivate yourself to make the changes; difficult, that is, until you've had another sleepless night. I decided to start with the easiest things.

C

Easier said than done not to take devices into the bedroom; I like being connected, checking posts or watching something before sleep. I left them in the living room and tried reading books again. It reminded me a little of my childhood when my parents read to me before sleep. With a couple of exceptions I kept it up.

D

I tried taking a bath before bed and playing some gentle music while I did so. It was certainly calming but I actually prefer a shower in the morning so I didn't keep it up. But, while looking for different music, I did start listening to the radio more and discovered some new Internet channels.

E

This advice meant I actually had to give myself a fixed time to retire to bed which I didn't like at all! I felt like a teenager again. So, I turned it around and started eating earlier than I had been doing. Actually, it proved not to be too difficult to eat between seven and eight o'clock most days and, if I was eating out, it wasn't a problem because I was going to bed later anyway.

F

I realized I hadn't thought of this before. It was quite full and messy and not exactly restful. I threw away the piles of papers and magazines that were on the floor by my bed, put all the clothes in the wardrobe and bought some new bedding. I discovered that I liked being in it and started to look forward to going to bed.

G

I'm not a fan of the gym. I tried it two years ago but didn't go enough to justify the cost. So, I started getting off the bus a stop early and walking a bit – when the weather was good, that is. And I started taking the stairs at work, all four flights, every day!

H

This proved to be the most difficult tip! I'd made some changes and was impatient to see some results. When I still couldn't get to sleep I felt disappointed. But every couple of nights it worked and that kept me motivated. It's just like they say: change doesn't happen overnight.

2 Read the blog post on page 8. Match the headings (1–8) with A–H in the text.

- 1 Getting exercise during the day helps you sleep at night
- 2 Create a relaxing bedtime routine
- 3 Don't take your laptop, tablet or smartphone to bed with you
- 4 Don't expect instant results – change takes time
- 5 Make sure your bedroom is a comfortable environment for sleeping
- 6 Getting a good night's sleep
- 7 Enough sleeplessness!
- 8 Avoid eating and drinking three hours before bedtime

VOCABULARY *The prefixes over and under*

3 Match the words with *over* or *under* with the definitions that mean the opposite (a–f).

- 1 to overwork
- 2 to undervalue
- 3 to overspend
- 4 to oversleep
- 5 to overdo
- 6 to underestimate

- a to get up before the alarm
- b to stay within budget
- c to perform a task in a moderate way
- d to be realistic about what something involves
- e to consider something to be worth more than it is
- f to do your job in a proportionate way

4 Complete the sentences with *over* or *under*.

- 1 Unfortunately the new collection was slightly _____ priced at the launch and not many items were actually sold.
- 2 His lack of concentration during the exam was the result of stress and _____ sleeping.
- 3 They pitched their idea for a new business to a board of investors who were interested in the idea but felt that the financial details were _____ developed.
- 4 The buses are becoming so _____ crowded that I've started cycling to work instead.
- 5 The café was horribly _____ staffed and after fifteen minutes they still hadn't been served.

WORDBUILDING *Negative prefixes*

5 Complete the negative words (1–8). Use these prefixes. Then match the meanings (a–h) with the words (1–8).

de	dis	in	im
il	mis	non	un

- 1 _____satisfied
- 2 _____comfortable
- 3 _____polite
- 4 _____-existent
- 5 _____efficient
- 6 _____understood
- 7 _____legible
- 8 _____centralized

- a rude
- b time wasting and chaotic
- c difficult to read
- d controlled regionally
- e unhappy about service or quality
- f not present or available
- g not comprehended correctly
- h not pleasant to sit, lie on or use

6 Complete the hotel review. Use the negative words from Exercise 5.

The European hotel chain Moss has recently carried out an extensive survey after customer reviews had been unexpectedly poor. The survey revealed that since the hotel organization was ¹ _____ there's been more local variation across the group. Some of the feedback in two locations has shown a number of guests have been ² _____. Comments about the hotels have ranged from the beds being ³ _____ and staff being ⁴ _____ and unhelpful to the management being ⁵ _____ and requests for help being ⁶ _____. The restaurants haven't fared any better, with guests remarking that the handwritten menu is ⁷ _____ and being frustrated to find that the advertised restaurant terrace is ⁸ _____. The hotel chain is now under review.

WORD FOCUS *sleep*

7 Match the *sleep* phrasal verbs with the definitions.

sleep in	sleep off	sleep on
sleep over	sleep through	

- 1 to make a decision or solve a problem overnight _____
- 2 to neutralize the unpleasant effects of too much food, drink, a physical complaint, etc. _____
- 3 to have an uninterrupted night's sleep despite noise _____
- 4 to stay at someone's house, often with several other people _____
- 5 to sleep past the alarm clock _____

8 Complete the sentences with the correct form of the verbs from Exercise 7.

- 1 He's a very deep sleeper; he could _____ an earthquake!
- 2 I'm sorry I still can't decide what to do; so far _____ the problem hasn't helped.
- 3 My daughter's friends often _____ at our house and vice versa – sometimes it saves finding a babysitter.
- 4 If it hadn't been for the postman ringing the doorbell, I would have _____ and missed my flight.
- 5 I prefer not to take medication when I get a headache. I tend to go to bed and try and _____ (it).

1.4 Keep it to the bare minimum

HEDGING

1 1 5 Listen and make a note of three arguments that support the idea that a 'gap year' is a good idea for Ian.

- 1 _____
- 2 _____
- 3 _____

2 1 5 Match the two parts of the sentences. Then listen again and check your answers.

- | | |
|---------------------------|--------------------------|
| 1 I wonder if | <input type="checkbox"/> |
| 2 I'm guessing | <input type="checkbox"/> |
| 3 It seems to me that | <input type="checkbox"/> |
| 4 Personally, I feel that | <input type="checkbox"/> |
| 5 All I know is | <input type="checkbox"/> |

- a I really want to study, but not immediately.
- b it might not be a bad idea to find out more about it.
- c we could have a chat about my plans?
- d you'd be thinking of something abroad?
- e you young people have too many choices and actually should just work like we had to do.

3 Put the words in the correct order to make hedging phrases.

- a about / know / I / don't / but / you,
- b might / possibly / you
- c a / bad / be / idea / it / not / might / to
- d me / seems / it / to
- e right / you're / maybe
- f reasonable / assume / that / it's / to
- g expert, / no / but / I'm

4 1 6 Complete the conversation with the hedging phrases from Exercise 3. Then listen and check your answers.

- Bob: You know, Ian does have a point. I think
1 _____ there are some advantages of having a gap year.
- Connie: Well, 2 _____ have a trip ourselves. We've never been to New Zealand.
- Bob: Now hold your horses! Let's not get carried away! 3 _____ we're a little old for things like that.
- Connie: I thought you'd say that. Things have changed, you know. 4 _____ I don't think gap years are only for young people now! We'd be silver gappers, I think they call them.
- Bob: Yes, 5 _____ . Aren't they called grey gappers though? Let's look it up ... yes, grey not silver.
- Connie: 6 _____ I could do with a break from work and broadening my horizons a bit.
- Bob: You know, 7 _____ have something there! Gap years *should* be for people who've been working ten or fifteen years and need a break, not only for kids full of energy.

PRONUNCIATION Vowel sounds at word boundaries

5 1 7 Look at the words in bold. Listen to what happens when one word ends in a vowel sound and the next begins with one. Is it a /w/, /j/ or /r/ sound? Write W, Y or R.

- 1 It'd help you decide exactly what to study and **be a** chance to broaden your horizons. _____
- 2 But **the experience** does help find out what to do ... _____
- 3 Well, actually there's an information evening at school. Lots of people **are interested** ... _____
- 4 I think it's reasonable **to assume** that there *are* some advantages of having a gap year. _____
- 5 It seems to me **we're a** little old for things like that. _____
- 6 I'm **no expert**, but I don't think gap years are only for young people! _____

WRITING SKILL Hedging expressions

- 6 Read the report by a recent gap year student from Ian's school. Put the words in *italics* in the correct order to make hedging expressions.
- a So, the type of work *be / necessarily / shouldn't* connected to what your line of study so far suggests.
 - b When choosing what and where to do it, *considering / worth / it's* that doing something, which really stretches you and takes you out of your comfort zone, will be most valuable.
 - c However, after having just completed one myself, I *conclude / probably / can* that this is true, but that arguably the individual doing it reaps more benefit than either of them.
 - d Certainly a gap year involving voluntary work will, *likelihood / all / in*, combine work that benefits both the local community and the planet.
 - e I'd like to add that if you are working with a team of people from different cultures and backgrounds, *be / be / could / it / said / to* an enjoyable and enriching experience, whatever the topic.
 - f The aim of this short report is to relate what I have learned on my gap year and to inform others thinking of taking one. *a / be / held / seems / that / there / to / view / widely* a gap year is an experience worth having and that what you do during this time will have social implications.
 - g In conclusion, *appear / would / it* that it's not necessarily what you do, but why you do it and who you do it with that matters. It certainly taught me to live with less by living out of a rucksack for six months.
 - h Firstly, *that / thought / often / it's* the work experience won't always be easy or appealing, but that it will be rewarding.

7 Number the sentences in Exercise 6 in the correct order to complete the report.

1 2 3 4 5 6 7 8

8 Tick [✓] the gap-year experiences and locations that you think are being described in Exercise 6 and say why.

- 1 Marine research in New Zealand
 2 Tree planting in Canada
 3 Au pairing in Europe
 4 Farming in Australia

Reason: _____

9 Read the report in Exercise 6 again. Are these statements true (T) or false (F)?

- 1 Few people think that a gap year is worthwhile.
 2 Voluntary work usually helps the environment.
 3 Generally a gap year is less rewarding for the person doing it than for the community where they work.
 4 You should choose something you haven't done before.
 5 The work itself may not be interesting but the overall experience is valuable.

10 Read the advert. Then find and correct the mistakes in each section (1–6) in the email.

Gap year abroad in conservation – join us on volunteering programmes in Australia and New Zealand. Would you like to explore a part of Australasia, work hard for the local and global environment and meet people from all walks of life? Find out more and apply today outlining your background and motivation to: Jake Simmonds.

11 Write a reply to the email in Exercise 10. Use the hedging expressions from Exercises 6 and 10, and the information in the box.

Volunteers welcome: aged 17–60 and physically fit

Projects: urban and remote (usually outdoors)
 Include: tree planting, erosion management and surveys (machines used)

Projects: start four times a year with an orientation course (three days) in Auckland

Free places: from September

Dear Martin

We look forward to receiving your application.

Best regards

Jake

TO: _____ FROM: _____

SUBJECT: _____

Dear Mr Simmonds

- 1 I would like to find out more about programmes with your organization, particularly conservation work in New Zealand. The advert suggesting volunteers are involved in work that benefits both the planet and the local community. suggests
- 2 I have recently left high school and feel it's worth to consider taking a gap year before studying for a degree next year. My motivation is, firstly, to be part of an ecological project with a well-known organization. _____
- 3 Secondly, I would like to visit and work in a country where, in every likelihood, I will be able to learn new skills and develop an understanding of the local people and culture. I have always been fascinated by New Zealand. _____
- 4 I have heard that volunteers usually work in groups made up of different nationalities and age groups. Would it be right that this work would almost certain be hard both physically and mentally? _____
- 5 It will appear that working on a programme like this would be a thoroughly rewarding experience. I would appreciate receiving more details, particularly about the tree-planting projects: where they are and when exactly the programmes start. _____
- 6 It could be say that I'm hard-working and sociable and a team player, qualities I believe you are looking for. I look forward to hearing from you. _____

Yours sincerely

Martin Hews

YOUR PRESENTATION

6 Read the useful language on the left and make notes for your presentation.

<p>1 Introduce yourself and your topic</p> <p>My name's ... , and today I'm going to talk about my lifestyle.</p> <p>I'm Today's presentation is about my lifestyle.</p>	
<p>2 Say what aspect of your lifestyle you want to talk about</p> <p>The aspect of my lifestyle I want to talk about is ...</p> <p>... is an important part of my lifestyle ...</p>	
<p>3 Say who or what is important to make your lifestyle work</p> <p>In order to make my lifestyle work ...</p> <p>The most important thing/person for me is ... because ...</p>	
<p>4 Finish</p> <p>Thank you for taking the time to listen.</p> <p>That's it from me. Does anyone have any questions?</p>	

7 Film yourself giving your presentation or practise in front of a mirror. Give yourself marks out of ten for ...

- using props to give examples. /10
- following the four steps in Exercise 6. /10
- using correct grammar. /10