

Pre-Intermediate Self-Study Pack

Pack B: Weeks 7 – 12

Welcome to TREE's Pre-Intermediate Self-Study Pack B

Introduction

This pack offers links to a range of content, organised according to level and theme.

For each week we provide a link to at least three specially selected activities which you can work through in your own time. You can check answers at the end of each activity and re-do any activities which you found challenging.

If you are not sure of your level, you can do this quick online test:

<https://learnenglishteens.britishcouncil.org/content>

Organise your time



We suggest you set aside regular short periods of time during the week to work on your English. The schedule we provide allocates tasks for you to complete on Mondays, Wednesdays and Fridays, but please feel free to change the days and times to suit your schedule.

Keep a notebook



Remember to record new words and phrases in your notebook during each session. Try to include an example of the new word in a sentence, or maybe include a drawing, or translate the word into Myanmar. All of these things will help you to remember them.

Keep any written work in this notebook too, so you can refer to it and see how your English has improved over time.

Record your progress



On the contents page, there is a chart like this one:

Task	Completed √ / x
LISTENING: Transport Announcements	
READING PRACTICE- Bangkok	
LISTENING: Panama Canal	

You can record your progress by ticking off the tasks as you complete them.

If you complete all of the tasks in 6 weeks, **CONGRATULATIONS!** Give yourself a reward before you move on to the next level.

Additional Materials



When you have finished **Pack B**, you can move onto the next level which contains another 6 weeks' worth of materials.

In the meantime, you can also find additional free resources at <https://learnenglishteens.britishcouncil.org/> and <https://learnenglish.britishcouncil.org/>

If you are teacher, you can find resources and information about teaching English at <https://www.teachingenglish.org.uk/>

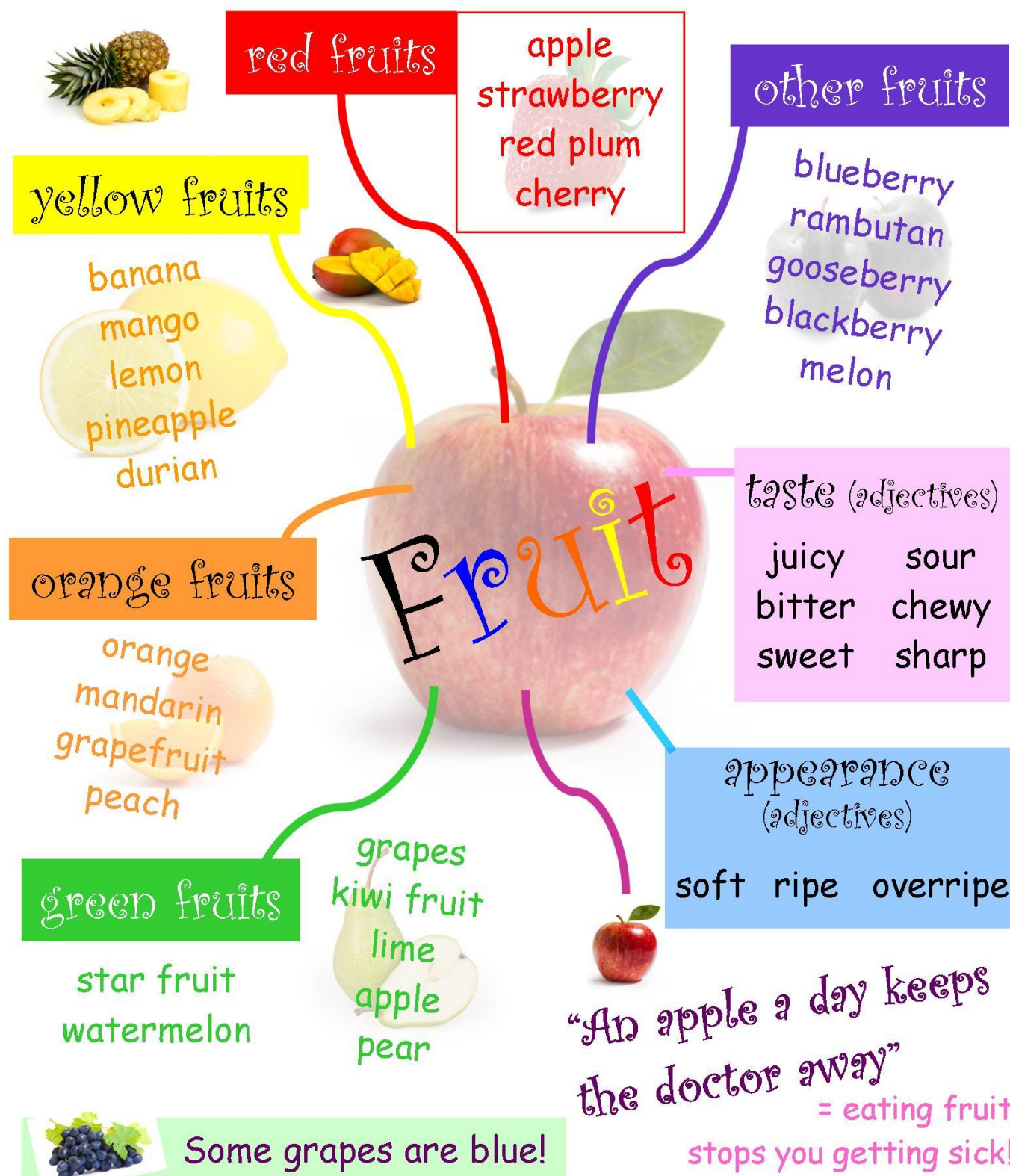
Links to Listening Files

Where there is a listening option, the links to the sound files are included on the contents page. If you don't have internet access, don't worry! We have also included the tapescript in the materials so you can read the dialogues instead.

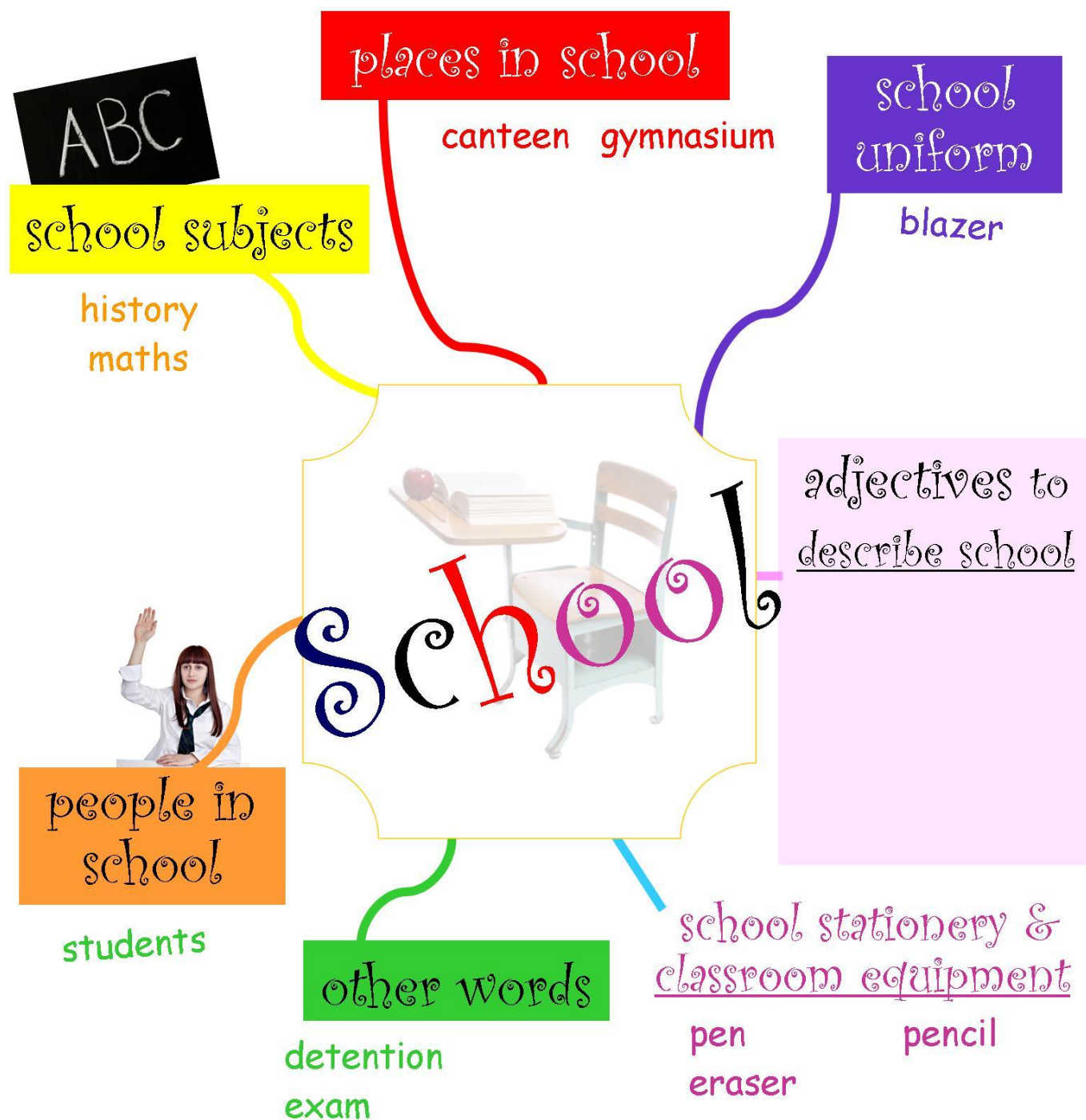
Contents and Progress

Task	Completed v / x
Week 7 - Study Tips	
STUDY SKILLS: Recording Vocab	
GRAMMAR and READING: Getting Ready for the Exam https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/present-continuous	
Week 8 - The World of Work – PART 1	
VOCAB: Jobs	
READING and WRITING: Professional Profiles	
Week 9 - The World of Work – PART 2	
READING: What's my job? https://learnenglishteens.britishcouncil.org/skills/listening/elementary-a2-listening/work	
READING: 21 st Century Workplace Skills	
Week 10 - Internet and the World Wide Web	
VOCABULARY: Technology and Computers	
READING: Stay safe online!	
Week 11 - Social Media and You	
READING: True Beauty	
QUIZ: Are you a good digital citizen?	
Week 12 - Wrap up	
READING: My life as a YouTuber	
READING and WRITING: My Town	

This is an example mind map for fruit.



Complete the mind map with words related to school.





Watch the video on our website!



- Oliver:** Hey, Alfie, what are you doing?
Alfie: I'm studying for tomorrow's exam. You?
Oliver: Yeah, me too. Well ... I'm just uploading some photos to Facebook and I'm sending a message to Billie ... oh, and I'm downloading the new Arcade Fire album ... oh yeah, and I'm having a coffee too. It's tiring all this studying! Oh, and at eight, I'm meeting Lucas, just for a quick coffee. It's important to take regular breaks you know!
Alfie: You're not really studying at all, are you? Come on, mate, if you don't pass the exam, you'll have to take it again after the holidays.
Oliver: You sound like my mum, Alfie! Talk of the devil. She's calling me. I'll phone you later, OK?
Alfie: Sure.
- Oliver:** Hi, Mum.
Sophie: Hello, love, what are you doing?
Oliver: I'm studying, Mum. I've got a big exam tomorrow. What about you?
Sophie: Oh Ollie, I just had to phone you. I'm riding a camel at the pyramids!
Oliver: Cool.
Sophie: I'm with a tour group. We're having a great time! We're all riding camels and the sun's shining. Oh, it's fantastic, Ollie!
Oliver: Lucky you!
Sophie: So, are you working hard for the exam?
Oliver: I'm trying to, Mum!
Sophie: What's Daisy doing now? Is she at home?
Oliver: No, she's at tennis practice.
Sophie: Of course she is. OK, I've got to go. They're waiting for me to get off the phone! Bye, love.
Oliver: Bye, Mum.



Remember to watch the video on our website first!

Then read the conversation between Sophie and Hadiyah, a university student she met on her trip to Egypt. Hadiyah is studying English and Sophie is explaining some grammar.



**Grammar
Snacks**

We use the present continuous (*am/is/are + -ing*) to talk about temporary things which have begun but haven't finished. They are often happening now, at this moment.

Here are some examples of things happening now.

*I'm just **uploading** some photos to Facebook and I'm **sending** a message to Billie.*

*We're all **riding** camels and the sun's **shining**.*

*They're **waiting** for me to get off the phone!*



Sophie



Hadiyah

I'm not sure what 'temporary' means. Can I say 'I'm learning to drive', even if I'm not having a driving lesson right now?

Yes, absolutely! You might not be having a driving lesson right at this moment, but it is temporary, so that's correct. We use the present continuous for longer situations like this too.



OK, I see what you mean. So that's for things happening now, or round about now. What about the future? Can I use the present continuous for the future?

Yes, I'm glad you asked me that. We use the present continuous for future arrangements with other people.

*At eight I'm **meeting** Lucas, just for a quick coffee.*



What about questions and negatives?

For questions you just change the *subject* and the verb *to be*. So, *You are > Are you*, then add the *-ing* form. Sometimes you need a question word first.

***Are you working** hard for the exam?*

***What are you doing**?*

***Is anybody sitting** here?*



For negatives you add *not* after the verb *to be*. Don't forget to use a contraction if you're speaking.

*You're **not** really **studying** at all, are you? (or You **aren't** really studying...)*
*They **aren't** using the computer room at the moment.*
*This program **isn't** working.*



That's fine, but I suppose there are some spelling rules for *-ing* forms?

Yes, you're right. If a verb ends in *e*, you take off the *e* and add *-ing*.

have - having ride - riding

If a verb ends in a vowel + a consonant, the *consonant* is usually *doubled* before you add *-ing*.

swim - swimming run - running

But be careful with verbs *with more than two syllables* where the stress *isn't* on the last syllable. With those you *don't* double the consonant.

visit - visiting open - opening



OK, but what about two-syllable verbs where the stress *is* on the last syllable, like *begin*?

If the stress *is* on the last syllable, you *do* double the final consonant.

begin - beginning



Right, the present continuous seems quite easy to me. I'm *understanding* it perfectly!

Whoops! Sorry, you can't say 'I'm *understanding* it'.



Why not? I'm talking about something happening right now.

Yes, but there is a group of verbs which are called *state verbs* which we use for states (not actions) and we *don't* usually use these in the continuous form.

want - need - like - love - hate - prefer - believe - think - know - realise -
understand - recognise - suppose - be - exist - appear - look - seem - belong
- have (for possession) - own - feel - smell - taste



So these are verbs for talking about emotions, thinking, existing, appearing, possession and the senses.

Yes, excellent.



But wait a minute. What about, 'I'm thinking of coming with you tomorrow.' Or, 'I'm thinking about my boyfriend.'

Yes, they are correct. But the meaning of think there is 'having thoughts in your mind' or 'considering'. It's not the same as 'having an opinion' about something.

*I **think** that song's brilliant. (opinion)*

*She's **thinking** about studying archaeology. (considering / wondering about)*



OK, so there are some exceptions. Like, 'I'm loving it.'

No, sorry, that's not an exception, that's wrong!



It *can't* be wrong!

Well, OK, maybe it's a new usage. English does change. But *don't* use it in exams!



Watch the video on our website!





Watch the video on our website and read the conversation between Sophie and Hadiyah. Then do these exercises to check your understanding of the present continuous.



**Grammar
Snacks**

1. Check your grammar: true or false – present continuous

Are these sentences *True* or *False*?

- | | | | |
|----|--|-------------|--------------|
| 1. | We use the present continuous for permanent states or situations. | <i>True</i> | <i>False</i> |
| 2. | We use the present continuous for temporary situations. | <i>True</i> | <i>False</i> |
| 3. | We often use the present continuous for things happening right now. | <i>True</i> | <i>False</i> |
| 4. | We can use the present continuous for future arrangements. | <i>True</i> | <i>False</i> |
| 5. | We can use the present continuous with all verbs. | <i>True</i> | <i>False</i> |
| 6. | Some verbs – for talking about emotions, thinking, the senses, etc. – cannot be used in the continuous form. | <i>True</i> | <i>False</i> |
| 7. | Sometimes the spelling of the infinitive form changes when we add -ing. | <i>True</i> | <i>False</i> |

2. Check your grammar: gap fill – present continuous

Write the words to fill the gaps. Put the verb in the present continuous tense.

- I'm really busy – I _____ (study) for the exam.
- Right now we _____ (ride) camels!
- They said they _____ (have) a great time.
- Daisy _____ (download) an album.
- What _____ (you do) at the moment?
- They _____ (wait) for me in the café.
- _____ (Oliver work) hard?
- The weather's terrible, so we _____ (not go) walking much.

3. Check your grammar: multiple choice – present continuous

Circle the correct sentence.

1. a. The TV no is working.
 b. The TV is not working.
 c. The TV is not works.
2. a. She sending a message to Billie.
 b. She is send a message to Billie.
 c. She is sending a message to Billie.
3. a. Come on, the film's starting.
 b. Come on, the film's start.
 c. Come on, the film is start.
4. a. She's knowing Alfie very well.
 b. She knows Alfie very well.
 c. She knowing Alfie very well.
5. a. You going to Chinese classes?
 b. Are you going to Chinese classes?
 c. Do you going to Chinese classes?
6. a. He going to buy some milk.
 b. He is go to buy some milk.
 c. He's going to buy some milk.
7. a. The price of food goes up at the moment.
 b. The price of food is going up at the moment.
 c. The price of food going up at the moment.
8. a. What are you doing?
 b. What are you do?
 c. What do you doing?

Discussion

Are you good at doing lots of things at the same time?

What are you doing now, apart from practising your English?

Answers to The present continuous – exercises**1. Check your grammar: true or false – present continuous**

- | | |
|----------|----------|
| 1. False | 5. False |
| 2. True | 6. True |
| 3. True | 7. True |
| 4. True | |

2. Check your grammar: gap fill – present continuous

- | | |
|------------------------------------|---|
| 1. am studying / 'm studying | 5. are you doing / 're you doing |
| 2. are riding / 're riding | 6. are waiting / 're waiting |
| 3. are having / 're having | 7. Is Oliver working |
| 4. is downloading / 's downloading | 8. aren't going / are not going / 're not going |

3. Check your grammar: multiple choice – present continuous

- | | |
|------|------|
| 1. b | 5. b |
| 2. c | 6. c |
| 3. a | 7. b |
| 4. b | 8. a |

Do these exercises to help you learn different types of jobs.

1. Check your vocabulary: picture matching

Write the correct job in the box below the picture.

receptionist	cleaner	shop assistant	nurse	doctor	engineer
office worker	teacher	hairdresser	lawyer	police officer	

2. Check your vocabulary: gap fill

Write the name of a job to complete the sentences.

1. A _____ and a _____ work in a hospital or clinic and take care of you when you are ill.
2. An _____ designs and builds large buildings or bridges.
3. A _____ keeps an office, school or hotel clean and tidy.
4. Someone who works in a school classroom and helps students is called a _____.
5. A person who works in a court and can help people on trial is called a _____.
6. Someone who cuts and styles your hair to make it look good is called a _____.
7. Someone who helps you in a shop when you want to buy something is called a _____.
8. A person who works to stop crime is a _____.
9. A _____ works at the front desk of a building and welcomes visitors and answers the phone.
10. An _____ works for a company and usually uses a computer and phone.

Discussion

What job would you like to do in the future?

Answers to Jobs – exercises

1. Check your vocabulary: picture matching

			
teacher	receptionist	shop assistant	nurse
			
police officer	office worker	doctor	lawyer
			
cleaner	engineer	hairdresser	

2. Check your vocabulary: gap fill

- | | |
|-------------------|-------------------|
| 1. nurse / doctor | 6. hairdresser |
| 2. engineer | 7. shop assistant |
| 3. cleaner | 8. police officer |
| 4. teacher | 9. receptionist |
| 5. lawyer | 10. office worker |

Professional profile summaries

Read two professional profile summaries to practise and improve your reading skills.

Before reading

Do the preparation task first. Then read the text and do the exercises.

Preparation task

Match the definitions (a–f) with the vocabulary (1–6).

Vocabulary

1. skilled
2. customer service
3. an architect
4. creative
5. famous
6. a partner

Definitions

- a. someone who designs buildings
- b. known by many people
- c. someone who owns part of a business
- d. the department that takes care of people who buy products or services
- e. good at doing something
- f. able to use original ideas to create something

Reading text: Professional profile summaries

Maria

I am an architect with 20 years' experience of designing and developing spaces. I am a partner in the award-winning STG Architects Ltd, which is famous for its work on the Galroy Building in London. I enjoy working with people from all over the world and have international experience of working in Italy, Greece, Thailand, Australia and Brazil. I have a Master of Science from Sheffield University and a BA in Architecture from Hull University. I also speak Italian and Thai. When I am not working, I spend my time hiking, skiing and diving.

Emily

I am an experienced sales manager with 12 years' experience of developing customer service teams. I am skilled in negotiation, team motivation and building successful sales teams. After ten years of working in sales and customer service at Halo Bank, I am now the sales office manager of a team of 120 at Southern General Plastics Ltd. I have an MBA from Stanford University and a degree in Business Studies from Cornell University. I am creative and hardworking and enjoy working with others.

Tasks

Task 1

Are the sentences about Maria or Emily?

1. She manages a large team of people.
2. She is a partner of a company.
3. She has worked in many different countries.
4. Her last job was in a bank.
5. She speaks two other languages.
6. She likes outdoor sports.

Answer

Maria	Emily
Maria	Emily
Maria	Emily
Maria	Emily
Maria	Emily
Maria	Emily

Task 2

Complete the sentences.

world	successful	service	20
hard	famous	free	business

1. Maria has worked as an architect for years.
2. Maria's company, STG Architects Ltd, is for working on the Galroy Building.
3. Maria likes working with people from all around the
4. Maria likes hiking, skiing and diving in her time.
5. Emily has spent 12 years managing customer teams.
6. One of Emily's skills is building sales teams.
7. Emily studied studies at Cornell University.
8. Emily is creative and works

Discussion

What work do you do? How would you describe your experience and your skills?

Answers

Preparation task

1. e
2. d
3. a
4. f
5. b
6. c

Task 1

1. Emily
2. Maria
3. Maria
4. Emily
5. Maria
6. Maria

Task 2

1. 20
2. famous
3. world
4. free
5. service
6. successful
7. business
8. hard

Transcript for **Work****A**

I work on Saturdays and in the school holidays. Saturdays are busy because that's when everyone goes shopping. Our shop sells clothes and accessories for men, women and children. I work in the children's department. It can be crazy sometimes, but it's fun.

B

I work during my summer holidays when I'm not at university. Oxford has thousands of tourists in the summer, so it's easy to find a job as a tour guide. I take tourists to visit the university colleges and then we go down to the river. We go along the river on a boat. The tourists love the boat trip, but last summer one tourist fell in the river! I love meeting people from all over the world.

C

I like my job, but lots of people don't like coming to see me because they hate dentists. Sometimes it's very hard work, but it's great to help people when they have a problem. It's so important to look after your teeth.

D

My job is very difficult, but I like it because I love flying. I fly planes that take people to different places on holiday. Most of the time I fly in Europe to places like Spain, Greece and Italy. The most difficult thing about my job is when the weather is bad. Snow and thunderstorms are the worst. The best thing is visiting different places.


E

I work in a hospital in the city centre. It's a very big hospital. I help the doctors with the patients. I give them their medicine and look after them when they feel ill. I love my job but I don't like the uniform and sometimes I have to work at night.

Listen to five different people talking about their jobs and do the exercises to practise and improve your listening skills.

Preparation

Do this exercise before you listen. Write the correct word in the boxes below the picture.

shop assistant	teacher	dentist	cleaner
police officer	doctor	pilot	nurse
			
			

1. Check your understanding: gap fill

Do this exercise while you listen. Complete the gaps with a word from the box.

pilot	dentist	shop assistant
tour guide		nurse

1. Speaker A works as a _____.
2. Speaker B works as a _____.
3. Speaker C works as a _____.
4. Speaker D works as a _____.
5. Speaker E works as a _____.

2. Check your understanding: multiple choice

Do this exercise while you listen. Circle the best answer for these questions.

1.	Does speaker A enjoy his job?	Yes. Sometimes. No.
2.	When does speaker A work?	When he is at university. Weekends. Summer holidays.
3.	When does speaker B work?	Weekdays. Weekends and holidays. Summer holidays.
4.	What does speaker B say tourists love doing?	Visiting universities. Taking a boat trip. Swimming in the river.
5.	Does speaker C like his job?	Yes. Sometimes. No.
6.	What does speaker D say is difficult about being a pilot?	Travelling to many countries. Learning many languages. Flying planes in bad weather.
7.	What does speaker D say is the best thing about his job?	Visiting different places. Meeting different people. The different weather.
8.	What does speaker E not like about her job?	The doctors. The sick people. The uniform.

Discussion

What job would you like when you are older?

Answers to **Work – exercises**

Preparation

			
police officer	shop assistant	dentist	pilot
			
teacher	cleaner	doctor	nurse

1. Check your understanding: matching

- shop assistant
- tour guide
- dentist
- pilot
- nurse

2. Check your understanding: multiple choice

- | | |
|---------------------------|----------------------------------|
| 1. Yes. | 5. Yes. |
| 2. Weekends and holidays. | 6. Flying planes in bad weather. |
| 3. Summer holidays. | 7. Visiting different places. |
| 4. Taking a boat trip. | 8. The uniform. |

Have you got the skills you need for the 21st-century workplace? Read about what employers are looking for and test yourself to see if you are prepared!

Preparation

Fill the gaps with the correct phrase from the box.

analyse information	communicate well	problem solving
good at making decisions	the 21st century	age of technology

We are living in ¹ _____. Some people call it the ² _____.

We need to learn skills such as ³ _____ and we need to be able to
⁴ _____ with other people around the world. Employers are looking for people who
can ⁵ _____ well, people who are able to recognise whether information is reliable
or not. They also like people who are ⁶ _____ without asking for help.

Have you got the skills you need for the 21st-century workplace?

We need to develop all kinds of skills to survive in the 21st century. Some, like ICT skills and knowledge of the digital world, are taught explicitly in schools in the UK. Here are five less obvious ones for you to think about. These are the sorts of skills that employers may ask you questions about in interviews, so it's a good idea to think about how good you are in these areas. What are your strengths and weaknesses?



Imagination

In the age of technology that we are living in now, it is no longer enough to keep on making the same products. Employers need people who can imagine new approaches and new ideas.

Think: Think of an object or gadget you use every day. How could it be improved? Can you think of three improvements?



Problem solving

Employers will value workers who are able to see problems before they happen and come up with creative solutions.

Think: Imagine you are organising an end-of-term social event at school. Think of some problems that you could face. Can you think of any solutions?



Communication skills

Workers will have to be good communicators. They will have to be able to negotiate and discuss key issues and also write in a clear way without using too many words.

Think: How do people communicate with each other in the 21st century?



Critical analysis

Employers want workers who are able to recognise the difference between information that can be believed and false information.

Think: Use the internet to find out three facts about a celebrity or famous figure. Can you verify the information by checking other websites?



Decision making

Individual workers have a growing amount of responsibility. It is important to be able to evaluate a situation and be confident in making a decision.

Think: Which three things could you do to (a) be healthier (b) do better at school and (c) help others? Make a decision now to do at least one of these things. Then ... just do it!

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | | |
|----|--|-------------|--------------|
| 1. | 21st-century skills are not taught in schools in the UK. | <i>True</i> | <i>False</i> |
| 2. | Employers like workers to be imaginative. | <i>True</i> | <i>False</i> |
| 3. | Employers want workers to think about possible problems. | <i>True</i> | <i>False</i> |
| 4. | Employers like workers to be original when solving problems. | <i>True</i> | <i>False</i> |
| 5. | Future workers will need to be able to write concisely. | <i>True</i> | <i>False</i> |
| 6. | People communicate with each other less in the 21st century. | <i>True</i> | <i>False</i> |
| 7. | Employers believe it is useful to know a lot of information about celebrities. | <i>True</i> | <i>False</i> |
| 8. | Employers don't want workers to make decisions without asking them. | <i>True</i> | <i>False</i> |

2. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

have	make	value	differentiate
develop	discuss	teach	solve

- UK schools and colleges _____ ICT skills.
- Employers _____ people with ideas for new approaches.
- Employers like workers who can _____ problems.
- Workers need to be able to _____ their work with their team.
- Workers need to _____ their writing skills.
- It is important that workers can _____ between truth and lies.
- Employees in the 21st century _____ more responsibility.
- Employers like their workers to _____ decisions.

Discussion

Which of the skills mentioned in the article do you think is the most important? Why?

Answers to Skills for the 21st-century workplace – exercises**Preparation**

- | | |
|----------------------|-----------------------------|
| 1. the 21st century | 4. communicate well |
| 2. age of technology | 5. analyse information |
| 3. problem solving | 6. good at making decisions |

1. Check your understanding: true or false

- | | |
|----------|----------|
| 1. False | 5. True |
| 2. True | 6. False |
| 3. True | 7. False |
| 4. True | 8. False |

2. Check your vocabulary: gap fill

- | | |
|------------|------------------|
| 1. teach | 5. develop |
| 2. value | 6. differentiate |
| 3. solve | 7. have |
| 4. discuss | 8. make |

Do these exercises to help you learn words for technology.

1. Check your vocabulary: picture matching

Write the correct words in the boxes below the pictures.

laptop	Wi-Fi	computer	touchscreen	game	text message
email	mouse	mobile	keyboard	website	screen

2. Check your vocabulary: matching

Match the vocabulary with the correct definition and write a–j next to the numbers 1–10.

- | | | |
|---------|---|-------------|
| 1..... | An electronic machine. You use it for going on the internet, storing information and playing games. | a. laptop |
| 2..... | An electronic letter. | b. game |
| 3..... | You can play this on the computer for fun. | c. keyboard |
| 4..... | You use this to write on a computer. It has letters or characters on. | d. mobile |
| 5..... | A computer that you can travel with. | e. email |
| 6..... | Your personal telephone. | f. screen |
| 7..... | You use this to move and click on a computer. | g. computer |
| 8..... | The part of your computer where you see the pictures or words. | h. website |
| 9..... | Google, YouTube and Wikipedia are types of ... | i. Wi-Fi |
| 10..... | Internet connection without wires or cables. | j. mouse |

Discussion

Which of the things in these vocabulary exercises do you use most?

Answers to Technology – exercises

1. Check your vocabulary: picture matching

			
computer	laptop	mouse	mobile
			
keyboard	text message	game	screen
			
touchscreen	website	email	Wi-Fi

2. Check your vocabulary: matching

- | | |
|------|-------|
| 1. g | 6. d |
| 2. e | 7. j |
| 3. b | 8. f |
| 4. c | 9. h |
| 5. a | 10. i |

Reading skills practice: Online safety poster – exercises

Read the poster and do the exercises to learn how to stay safe online and to practise your reading skills.

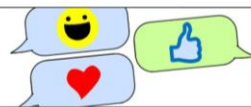
Preparation

Match the vocabulary with the correct definition and write a–j next to the numbers 1–10.

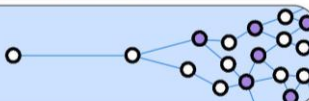
- | | |
|---|---------------------|
| 1..... be careful | a. to share |
| 2..... to show to other people | b. private |
| 3..... for just one person or a small, limited group | c. take care |
| 4..... the part of a social network site that allows you to control who sees your information | d. password |
| 5..... to tell someone about | e. privacy settings |
| 6..... a secret word or combination of letters and numbers | f. upsetting |
| 7..... on the internet | g. to report |
| 8..... making you feel angry, worried or unhappy | h. to know how |
| 9..... to believe that someone is good and honest | i. online |
| 10..... to have the information to be able to | j. to trust |

8 tips to stay safe online

1 Be nice to people online.



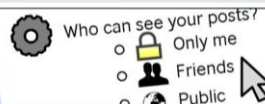
2 Take care with what you share.



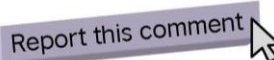
3 Keep personal information private.



4 Check your privacy settings.



5 Know how to report posts.



6 Keep your passwords safe.



7 Never meet anyone in person you've only met online.



8 If you see anything online that you don't like or you find upsetting, tell someone you trust.



1. Check your understanding: grouping

Write the tips in the correct group.

be polite and kind to people.	tell your friends your passwords.	think before you share photos.	talk to an adult if you have a bad experience online.
meet anyone in real life that you met online.	share bad photos of your friends.	write mean or horrible messages.	check your privacy settings regularly.

When you're online, DO ...	When you're online, DON'T ...

2. Check your understanding: ordering

Write the words in the correct order to make the online safety tips.

1. to Be people online. nice

.....

2. care Take share. what you with

.....

3. information Keep personal private.

.....

4. privacy Check settings. your

.....

5. posts. report how Know to

.....

6. your Keep safe. passwords

.....

7. anyone Never in person you've meet met online. only

.....

8. anything online that If you see you don't like or you find upsetting,
tell someone you trust.

.....

Discussion

Do you know how to stay safe online?

Answers to Online safety poster – exercises**Preparation**

- | | |
|------|-------|
| 1. c | 6. d |
| 2. a | 7. i |
| 3. b | 8. f |
| 4. e | 9. j |
| 5. g | 10. h |

1. Check your understanding: grouping

When you're online, DO ...	When you're online, DON'T ...
be polite and kind to people. think before you share photos. talk to an adult if you have a bad experience online. check your privacy settings regularly.	tell your friends your passwords. meet anyone in real life that you met online. share bad photos of your friends. write mean or horrible messages.

2. Check your understanding: ordering

- | | |
|---------------------------------------|--|
| 1. Be nice to people online. | 6. Keep your passwords safe. |
| 2. Take care with what you share. | 7. Never meet anyone in person you've only met online. |
| 3. Keep personal information private. | 8. If you see anything online that you don't like or you find upsetting, tell someone you trust. |
| 4. Check your privacy settings. | |
| 5. Know how to report posts. | |

Do the quiz to find out if you're a good digital citizen and then do the exercises to practise and improve your reading skills.

Preparation

Circle the correct definition.

- | | | |
|----|-------------------|--|
| 1. | a digital citizen | a. a person who lives in a modern world
b. a person who is active online |
| 2. | polite | a. respectful and kind
b. disrespectful and rude |
| 3. | safe | a. in danger
b. protected from danger |
| 4. | to worry | a. to think about problems or fears
b. to feel nervous about meeting new people |
| 5. | sensible | a. acting in a practical way
b. reacting quickly to changes |
| 6. | privacy settings | a. special places where you can be private
b. controls to make your information private |
| 7. | laws | a. rules that each country has
b. information about how to behave |
| 8. | illegal | a. respecting official rules
b. breaking official rules |

Are you a good digital citizen?

Try the quiz and check your result at the end.

1 Do you believe all the information you see on the internet?

- A** No! I always check that information is true.
- B** I don't really think about the information being true or not.
- C** I believe everything I see online.

2 Are you interested in modern technology?

- A** Yes, I love learning and reading about all kinds of modern technology.
- B** I'm interested in some modern technology but not everything.
- C** I'm not at all interested in modern technology.

3 Are you nice to people online?

- A** Yes, I always think carefully about what I am saying and doing online.
- B** I think I am polite most of the time but I don't always think before I write.
- C** I don't think much about what I say and do online.

4 Do you know how to stay safe online?

- A** Yes, I am very careful about things like my privacy settings and passwords.
- B** I think I am safe but I am not sure about things like privacy settings.
- C** I don't think there are any dangers online so this doesn't worry me.

5 Do you think carefully before you share a photo?

- A** Yes, I always ask myself 'Would I be happy to see this photo?' If the answer is 'yes', I share it.
- B** I know that's probably important but I don't always stop to think.
- C** I just share photos without thinking. I don't really worry about what people think.

6 Are you confident that you always follow your country's laws online?

- A** Yes, I never download illegal files or copy other people's work.
- B** I don't know much about the law, but I know not to copy other people's work.
- C** Hmm ... I don't think laws are important when you go online.



Mostly As

Congratulations!
You're a good digital citizen. You know how to use technology in a safe and sensible way. You also know how to enjoy technology for study and play. Well done!

Mostly Bs

You aren't a bad digital citizen but you could be better! Think carefully when you are online and ask questions if there are areas you don't understand.

Mostly Cs

Oh dear. You need to work on being a good digital citizen. Learn as much as possible about how to behave online or you may find you get into trouble one day.

1. Check your understanding: multiple selection

Which advice is true about being a good digital citizen? Tick (✓) six correct answers.

- | | |
|-------|---|
| | You believe most of what you see on the internet. |
| | You are interested in modern technology. |
| | You don't worry about privacy settings. |
| | You think about each photo before you share it. |
| | You are polite to people online. |
| | You share photos online every day. |
| | You check information you read online. |
| | You know there are dangers online. |
| | You don't care about your country's online rules. |
| | You follow your country's online rules. |

2. Check your vocabulary: gap fill

Complete the sentences with an appropriate word.

1. The questions are to check whether you are a good _____ citizen.
2. They ask you if you believe everything you see on the _____.
3. Other questions are about being kind and _____ to people online.
4. You should check your privacy settings to make sure your information is _____ and you stay _____.
5. Good digital citizens always think carefully before they _____ a photo online.
6. You should never _____ illegal files or copy other people's work.

Discussion

Are you a good digital citizen?

Answers to Are you a good digital citizen? – exercises**Preparation**

- | | |
|-------------------------------------|--|
| 1. a person who is active online | 5. acting in a practical way |
| 2. respectful and kind | 6. controls to make your information private |
| 3. protected from danger | 7. rules that each country has |
| 4. to think about problems or fears | 8. breaking official rules |

1. Check your understanding: multiple selection

- ✗ You believe most of what you see on the internet.
- ✓ You are interested in modern technology.
- ✗ You don't worry about privacy settings.
- ✓ You think about each photo before you share it.
- ✓ You are polite to people online.
- ✗ You share photos online every day.
- ✓ You check information you read online.
- ✓ You know there are dangers online.
- ✗ You don't care about your country's online rules.
- ✓ You follow your country's online rules.

2. Check your vocabulary: gap fill

- | | |
|---|--|
| 1. digital | 4. private ... safe |
| 2. internet | 5. share OR post OR upload |
| 3. polite OR respectful OR nice | 6. download |

True Beauty A2/B1

With a new app, a photo can show your true beauty. Read what happens when people see how beautiful they are on the inside.

Before reading

Do the preparation task first. Then read the text and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary	Definition
1. blessed	a. healthy and strong thanks to exercise
2. fit	b. to stop trying to do something
3. a filter	c. a large pipe or tunnel under the street where dirty water from sinks and toilets goes
4. to give up	d. lucky to have the kind of life you have
5. a sewer	e. a tool that makes photos look different after you take them
6. an influencer	f. really, honestly
7. truly	g. #
8. a hashtag	h. a person on social media who affects or changes the way other people behave

True Beauty — A2/B1

Steph was looking at Instagram. There were #blessed yoga photos and #SundayBreakfast pictures. She saw photos of fresh bread and coffee with hearts in the milk.

On the other side of the city, Matt was doing the same thing. His Instagram was full of #FitBody gym selfies and #beachlife holiday photos.

Steph put some flowers next to her breakfast and took a photo of it. Her eggs and coffee were cold now, but the plate looked good. The plate was from an expensive art market. She had 'borrowed' the flowers from her neighbour's garden. Probably only ten people a day walked past old Mrs Robinson's garden. *Flowers are for everyone to enjoy, aren't they?* she thought. If she put the picture on Instagram, more people would see the flowers.

Steph changed the colours on her picture to make the orange juice more orange and the pink roses brighter. She was choosing an Instagram filter when she noticed TrueBeauty. She had downloaded it the day before and then forgotten about it. Her picture looked perfect with that filter. She posted the photo for her 15k followers. She hoped some of them would feel jealous of her life. Then she threw the food on her plate into the bin. She didn't want to eat it now that it was cold.

Matt was ready to give up. He had worked out for an hour and he had put cooking oil on his skin so that it would look shiny. But the photos still didn't look good. He only wanted to be fit so that he could put photos on social media. He looked at his Instagram again. He hoped to see some ideas he could copy. Then he noticed an ad for TrueBeauty.

Pictures as beautiful as you are. See the real you with TrueBeauty. Available in your app store for £0. Because True Beauty is free.

That's what he needed. He downloaded the app. In minutes, he had the perfect selfie. In the photos, his body looked amazing. He posted the photo for his 27k followers. Then he got in the shower to wash off all the cooking oil. He remembered reading about all the fat under the city, in the sewers. Millions of people lived in his city. Most of them washed their cooking oil down the sink. The oil went to the sewers. It made a disgusting mess and some poor worker had to clean it. Or did the oil go into the ocean and kill dolphins? He couldn't remember. But it wasn't his problem, was it? It was someone else's problem.

Both Steph and Matt were surprised to get so few likes. And they weren't prepared for the negative comments they received.

susieQ Remind me never to get breakfast at your place!

gymguy21 Ewww, disgusting!

The rest of the comments were even worse.

Both social media influencers looked again at the pictures they had posted.

Steph's picture showed horrible, green eggs with flies all over them. The flowers were dead, and the coffee looked disgusting and grey. In Matt's picture, his body was covered in something that looked like dirty butter. It was in his hair and in his nose. And, worst of all, his hands were really dirty. It looked as if he had been digging in the garden – or worse.

They both tried to delete the photos, but they couldn't. The negative comments kept coming. In a way, it was Steph's most popular post. And 50 people had shared Matt's post already.

Just then, everyone who had installed the TrueBeauty filter received a message from the person who had created it. Steph and Matt read:

Dear User,

Thank you for making TrueBeauty such an amazing success! Fifty million downloads in the first 24 hours! Wow, it's more than I ever hoped for. Honestly, guys, I am so #blessed.

I know that each of you really, truly cares about showing yourself as you really are. Are you as beautiful on the inside as you are on the outside? If you want your pictures to show the real you, it's time to be as beautiful in real life as you are on your social media.

Have a truly beautiful day, beautiful people!

Love,

TrueBeauty

PS. You can't remove the filter or delete the pictures you posted using it.

#SorryNotSorry

PPS. By the way, after the first time you use TrueBeauty, it will change *all* your photos from that moment on!

For the next 24 hours, not many people posted photos online. There was only one way people could see if the filter was still destroying their photos: they had to post pictures first and then see how they looked.

The results were not pretty.

A few of the biggest influencers offered a reward. They joined together to offer a million pounds for the first person to remove the filter. But they couldn't post a picture of themselves holding the money because the pictures were so ugly. So they had to stop advertising the reward. It didn't matter anyway. The person who developed TrueBeauty was too clever and no one could remove the filter.

Steph stopped trying to take pictures after five more horrible pictures. She couldn't remove the TrueBeauty filter. The only thing she could do to hide the ugly pictures was to make her account private. Now, no one could see anything she had ever posted in her life. She felt depressed. She didn't want to do anything if she couldn't post photos of it.

She went downstairs, past Mrs Robinson's garden. The flowers were more beautiful than ever. She noticed the smell for the first time. Lovely! She stopped and smelled a large, purple rose.

'Hello,' said Mrs Robinson. Steph was surprised because she didn't know Mrs Robinson was there.

'Oh, sorry!' said Mrs Robinson. 'I was just putting water on the plants. At this time of year, there's always so much to do.'

Steph looked around. She hadn't realised it was hard work to make a garden look nice. In fact, she had never really spoken to Mrs Robinson. She had a new thought.

'Do you want some help?' Steph asked. After all, she didn't have anything else to do.

'Oh, thank you, dear! That would be lovely!' Mrs Robinson looked delighted. Steph actually felt happy for the first time since the whole TrueBeauty nightmare had started.

A couple of hours later, to be honest, Steph didn't think the garden looked very different. But Mrs Robinson said she had been a great help. Steph had enjoyed herself a lot. Mrs Robinson had been an actor in the past and she had some amazing stories to tell.

'Take a picture of us, dear,' said Mrs Robinson as Steph was leaving. 'One of those selfies everyone loves.'

Steph almost said no. What could she do with photos now? But Mrs Robinson would be happy with an ordinary picture. Steph supposed she could take one. She took a quick picture of the two of them. They were standing together in front of the roses, smiling and looking a little bit shiny and hot.

Later that evening she looked at the picture on her phone. She changed the colours a little bit. But the roses looked beautiful anyway, with or without any changes. And nothing could improve the smiles on her and Mrs Robinson's faces.

That's a really beautiful picture, she thought. It's a shame TrueBeauty will destroy it if I post it.

But then she had a thought. She went back and read TrueBeauty's message again.

And then she posted her picture. When the picture went online, it looked exactly the same! She made her account public again. Then she added some text to the photo.

Me and my neighbour in her garden #TrueBeauty #BeautyIsOnTheInside

One of Steph's followers, Matt, saw her photo. At first, he was just pleased to see a nice photo for a change. He hadn't been to the gym for two days. He supposed he was kind of depressed. Maybe he felt bad because he hadn't exercised. Or maybe it was because of all the horrible, ugly photos he'd seen.

Then he had an idea as he read @Steph's post. Maybe it wouldn't work, but it was worth trying. He picked up all the paper, plastic and glass in his house. He put it into three different piles. Then he looked again at @Steph's picture. He went and knocked on his neighbour's door. He asked her if he could take her rubbish to the bins. The young mother who answered the door was surprised at his offer of help, but she said yes.

While Matt was at the recycling bins, he took a photo of himself next to the green glass bin. He posted the smiling selfie with the hashtag #TrueBeauty. He saw that #TrueBeauty was the fifth most popular hashtag. His picture, like many of the others, was nothing special. It was just a smiling guy, a guy who was doing something ordinary after helping his neighbour. It was a truly beautiful photo.

Nicola Prentis

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. Steph was more interested in how food looked than how it tasted.	True	False
2. Matt worried about the environment at the beginning of the story.	True	False
3. Pictures that used TrueBeauty showed how beautiful people's thoughts were.	True	False
4. Rich influencers wanted to reward the person who created TrueBeauty.	True	False
5. Steph spoke to Mrs Robinson thanks to TrueBeauty.	True	False
6. Steph and Matt knew each other in real life.	True	False
7. TrueBeauty cost more than other apps.	True	False
8. TrueBeauty improved Matt's and Steph's lives in the end.	True	False

Task 2

Put the words in the correct order to make sentences.

- the woman stole Steph lived downstairs. who flowers from
- clean up. a mess workers The oil had to made that
- Matt and Steph created TrueBeauty. got a message the person who from
- a reward to could offered the problem. Some famous influencers anyone who solve
- that pictures to see Matt was happy disgusting. weren't
- Matt The woman surprised. helped who was

Discussion

Did you like the story? Do you think TrueBeauty is a good app?

Answers

Preparation task

1. d
2. a
3. e
4. b
5. c
6. h
7. f
8. g

Task 1

1. True
2. False
3. True
4. False
5. True
6. False
7. False
8. True

Task 2

1. Steph stole flowers from the woman who lived downstairs.
2. The oil made a mess that workers had to clean up.
3. Matt and Steph got a message from the person who created TrueBeauty.
4. Some famous influencers offered a reward to anyone who could solve the problem.
5. Matt was happy to see pictures that weren't disgusting.
6. The woman who Matt helped was surprised.

Jessii Vee makes videos of herself and puts them on YouTube. Millions of people watch them. Here, she tells us about her life as a YouTuber.

Do funny or interesting things happen to you a lot? Do you think hundreds of thousands of people will want to listen to you tell stories about your life?

That's what life is like for YouTube star, Jessii Vee. More than 150 million people watch her videos of funny stories about herself, and subscribers to her channel grow every day.

Twenty-three-year-old Jessii from Ontario, Canada, turns her life into her work, six days a week. 'I spend all of Sunday having ideas for videos to film that week,' says Jessii. 'Then, on Monday, I wake up early to start making the videos. Usually, a video takes just over an hour to make. I try to make around five, so it takes most of my day. Then, from Tuesday to Friday, I edit them.'

Jessii also spends a few hours a week writing to her fans. Sometimes she meets fans because people recognise her when she goes out. 'The other day I went to buy coffee,' she says, 'and the girl serving me almost dropped my coffee when she saw it was me. She left the coffee shop to meet me outside to take pictures. It always makes me happy to see my fans are happy.'

Online life isn't all good. In the past, Jessii felt bad when people said negative things about her. 'Some people online are so quick to write hate comments,' she says. Some people said that she has really big cheeks and a really thin mouth. It made her feel bad until she found a different way to think. 'People were negative about things that I can't change. So I decided to love those things and I became more confident in myself. Only people who don't feel good about themselves make hate comments.'

If you want to start a YouTube channel, there are some things to think about. One thing you might want to do is turn off the comments. Then you won't get any negative ones. Being safe is very important, so don't show your face or real name and don't tell people where you live. One of the most famous YouTubers, DanTDM, a 26-year-old English man, didn't show his face in the beginning and now his videos have over 10 billion views (5 billion people all over the world watched the Beijing 2008 Summer Olympics).

Jessii has some advice about what kind of videos to make. 'Be yourself. Don't change to try to make people like you. They will love YOU! When I first started YouTube, I wanted to look good and do things in ways that people would like. In my old videos, I don't look comfortable because I'm not being myself. But in my videos now, you can see that I'm 100 per cent myself. I'm crazy and strange, and I don't care what people think.'

Jessii also says you should make your channel about something you really care about because that will inspire people. People know when you're not being the real you because you just want to be popular. 'Make videos about something you love and your channel will grow much faster, believe me!'

Nicola Prentis

Graded reading: Life as a YouTuber (level 1) – exercises

Do the preparation exercise first. Then read the text and do the exercises to check your understanding.

Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- | | |
|---------------------|--|
| 1..... to inspire | a. a number which means one thousand million (1,000,000,000) |
| 2..... confident | b. to improve or make changes to a piece of writing or video |
| 3..... a billion | c. someone who chooses to follow a YouTube channel so they receive a message when there is a new video |
| 4..... to edit | d. to make other people want to do something special |
| 5..... cheeks | e. feeling that you can do things well |
| 6..... a comment | f. the round part of your face, under your eyes |
| 7..... a subscriber | g. to let something you're holding fall onto the floor |
| 8..... to drop | h. a piece of writing under a video (or picture) on YouTube (or other websites) where you say what you think about the video |

1. Check your understanding: gap fill

Fill the gaps with the correct number from the box.

Five	150 million	5 billion
10 billion	23	Six

- How old is Jessii? _____
- How many people saw the Beijing Olympics? _____
- How many times have people watched Jessii's videos? _____
- How many videos does Jessii make in a week? _____
- How many days a week does Jessii work? _____
- How many times have people watched DanTDM's videos? _____

2. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | | |
|----|--|-------------|--------------|
| 1. | Jessii was so surprised when a fan recognised her that she dropped her coffee. | <i>True</i> | <i>False</i> |
| 2. | When Jessii got hate comments, she changed the way she looks. | <i>True</i> | <i>False</i> |
| 3. | It's better to stop comments on your videos if you're a YouTube beginner. | <i>True</i> | <i>False</i> |
| 4. | If you want to be a big YouTube star, people need to see your face in your videos. | <i>True</i> | <i>False</i> |
| 5. | Jessii is more comfortable in her videos now than in the past. | <i>True</i> | <i>False</i> |
| 6. | She recommends making videos you think other people will like. | <i>True</i> | <i>False</i> |

Discussion

Would you like to be a YouTuber?

Answers to Life as a YouTuber (level 1) – exercises**Preparation**

- | | |
|------|------|
| 1. d | 5. f |
| 2. e | 6. h |
| 3. a | 7. c |
| 4. b | 8. g |

1. Check your understanding: gap fill

- | | |
|----------------|---------------|
| 1. 23 | 4. Five |
| 2. 5 billion | 5. Six |
| 3. 150 million | 6. 10 billion |






2. Check your understanding: true or false

- | | |
|----------|----------|
| 1. False | 4. False |
| 2. False | 5. True |
| 3. True | 6. False |

Look at the text and do the exercises to practise and improve your reading skills.

Preparation

Write the correct word in the boxes below the picture.

surfing	kayaking	water-skiing	swimming	horse riding
				

My Town - **Newquay**

by Alex Howarth, 14

I live in Newquay. It's a small town on the Atlantic coast in the south of England. It has got great beaches and is the best place to surf in the UK. There are lots of surf schools where you can learn how to surf. I go surfing with my friends every weekend. My favourite place is Fistral Beach.

I love Newquay because there are lots of other things to do as well as surfing. If you like water sports, you can go kayaking, water-skiing or coasteering. Coasteering is different because it is rock climbing, jumping into the sea and swimming in the same activity, but you should always go with a special instructor.

If you like animals you can also visit the Blue Reef Aquarium and see lots of different fish and even sharks. You can also go horse riding on the beach or visit Newquay Zoo. There are lots of other attractions too like mini golf and bowling. Come and see for yourself!



1. Check your understanding: multiple selection

Circle the things Alex writes about.

The weather in Newquay

Places to visit in Newquay

Things to do in Newquay

Food in Newquay

History of Newquay

Where Newquay is located

2. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | | |
|----|--|-------------|--------------|
| 1. | Newquay is in the north of England. | <i>True</i> | <i>False</i> |
| 2. | Newquay is near the coast. | <i>True</i> | <i>False</i> |
| 3. | Newquay is a good place to go surfing. | <i>True</i> | <i>False</i> |
| 4. | Alex loves to do outdoor activities. | <i>True</i> | <i>False</i> |
| 5. | Coasteering is similar to surfing. | <i>True</i> | <i>False</i> |
| 6. | There is a zoo in Newquay. | <i>True</i> | <i>False</i> |

Discussion

What is your town like?

What can people do when visiting your town?

Answers to **My town – exercises**

Preparation

				
water-skiing	horse riding	surfing	kayaking	swimming

1. Check your understanding: multiple selection

Where Newquay is located

Places to visit in Newquay

Things to do in Newquay

2. Check your understanding: true or false

- | | |
|----------|----------|
| 1. False | 4. True |
| 2. True | 5. False |
| 3. True | 6. True |

