

WORKBOOK WITHOUT KEY
WITH DIGITAL WORKBOOK & ACCESS TO AUDIO

READY FOR

JEREMY DAY

 macmillan
education

C2
PROFICIENCY

CONTENTS

1 This is us	4
2 Wanderlust	12
3 Ahead of the curve	20
4 Meeting in the middle	28
5 News travels fast	36
6 Highs and lows	44
7 Working it out	52
8 Human impact	60
9 By design	68
10 Adaptation	76
11 Talk of the town	84
12 On the right track	92
Idioms wordlist	100
Student's Book wordlists	106
Word formation list	112
Audioscripts	118

Reading and Use of English Part 6 Gapped text

You are going to read an extract from a newspaper article. Seven paragraphs have been removed from the extract. Choose from the paragraphs A – H the one which fits each gap (1–7). There is one extra paragraph which you do not need to use.

My children don't speak my mother tongue – as a second-generation migrant, it fills me with sadness

As a second-generation British Pakistani growing up in Bradford, I was surrounded by Urdu and smatterings of Punjabi. English came later, and I can remember not being able to understand my teacher on the first day of nursery.

1

There have been countless debates over the years about which language immigrant parents should speak to their children, and the impact of that on their studies. I've never been convinced of the benefit of dropping one language in favour of the other. Because of my parents' decision, I'm able to speak both languages fluently.

2

Whether it's ordering cuts of meat in the butcher's, placing an order in a restaurant or discussing designs in a clothing shop, it adds joy to my life, allows me to weave in and out of communities, and frees me from the constraints of any one group. And yet, despite my love for my mother tongue, my children don't yet speak Urdu. It wasn't intentional – 13 years ago, when I got married and moved to London, it just took a back seat.

3

The nine-year-old recently announced that he'd like to learn, so that he can converse with his Nani and Nana Abu (my parents). They live 200 miles away in Yorkshire, and on a phone screen is where he sees them most. While they do speak English, age-related hearing loss means it's tricky for them to maintain the patience it takes to have a meaningful conversation with my high-energy sons in a language that they learnt as adults.

4

In these moments, I mourn the loss of my mother tongue for my children. I wonder how they will connect with their heritage, and what it will mean to them as adults. They have the features and skin tone of Pakistanis but their sensibilities, their tongue and their body language are of English children.

5

'Do you understand that?' my son asks, as he catches me on my phone watching the trailer for a new Bollywood epic. He stares at me in wonder, as if I have magical powers. My husband and I have taken to speaking in Urdu to hide our conversations from the boys, using 'chota vala', 'beech vala' and 'bara vala' – which roughly translate as 'little one', 'the middle one' and 'the older one' – instead of their names.

6

They may still pick it up yet. Even if they don't, my sister reminds us that our nani used to say that despite being of Kashmiri heritage, none of us spoke the language, and that this was a natural part of the passing of time.

7

On hearing of the passing of a cousin last year, I took myself off for a long walk and ended up in a curry house. Sitting on the brown leather seats, waiting for my order, hearing the waiters speak the language of my parents soothed me. I wanted to curl up on the sofa the way I used to at family dinner parties, falling asleep and being carried to my room, the sound of laughter still ringing in my ears.



- A She was right, of course, but still I teach my sons the things I can. I fill them with a love of their heritage, a respect for the future and a hope they will find a way to learn the things they will need to sustain them in their lives. Urdu will always be the sound of my childhood. It is songs playing on Sunrise Radio on a summer's day. It's gossip at weddings, stories over dinner, theological tales on Eid.
- B Every conversation is the same: 'Salaam. How are you, beta?' 'Salaam, I'm good.' Then they look at each longingly through the screen of my phone, nodding and smiling, desperate to connect to their grandchildren somehow. Until finally, my mum says: 'I love you, baita.' My son nods.
- C This wasn't an easy decision. Indeed, we did attempt to teach the boys the basics of Urdu when they were little. But it was clear at the time that their hearts weren't in it – and, if we were brutally honest with ourselves, neither were ours. Gradually, the Urdu lessons became less frequent as we followed the line of least resistance and stuck increasingly to English.
- D This was all part of my parents' plan: to speak in Urdu to my siblings and me because they knew we would learn English at school. They were right.
- E They may never understand Urdu poetry – the words of Faiz, Ghalib and Mir are lost to them, at least in their original texts. They don't have a secret language to use with each other the way my siblings and I do, and they'll have to watch Indian cinema with subtitles.
- F My husband, like me, was born in England, and although we came from similar households, he wasn't as fluent as I was in our shared mother tongue. Urdu has brought me so much, but I worry that it is closed off to my three children.
- G They think it's hilarious and have cottoned on to which one is which, the middle one having renamed himself as the 'beach bum vala', which feels apt.
- H I write for a living and worked as a journalist for the BBC, and this multilingualism has only enhanced my life. It gives me access to other worlds, stories, film and poetry.

How to go about it

- Read the gapped text first, without worrying about the missing paragraphs at this stage. Try to get a general impression of what it's about.
- When you're matching the missing paragraphs, pay close attention to pronouns (e.g. *she*), demonstratives (e.g. *this*) and other words that refer back to things or people mentioned earlier.
- Check that the paragraphs fit in terms of both meaning and grammar.
- When you're left with just one paragraph, check again that it doesn't fit anywhere.

Language focus The present

1 Read the sentences and answer the questions.

- 1 Lucy is such a messy eater! *I always find* / *I'm always finding* bits of food under her chair!

Which version suggests the speaker is annoyed?

- 2 The views were stunning, but the photos don't do it justice. *You must have seen* / *have to have seen* it in real life.

Which version suggests it's a shame that the listener hasn't seen the view?

- 3 *I understand* / *I'm understanding* a lot more idiomatic language than before.

Which version suggests a process or trend in the speaker's level of understanding?

- 4 There'll be a charity raffle and *we hope* / *we're hoping* you'll be generous enough to donate a prize.

Which version is more indirect/polite?

Language Focus Inversion

1 Complete the sentences with a suitable word from the box in each gap.

account as for may never nor scarcely should than were when

- 1 _____ had I sat down to read _____ the doorbell rang.
- 2 Some writers of pulp fiction sell more books _____ do award-winning authors.
- 3 On no _____ should you mention all his failed auditions.
- 4 I wish both teams good luck. _____ the best team win!
- 5 _____ it not _____ the internet, I couldn't have researched my novel.
- 6 _____ must the original drafts of these poems be published; _____ the true author ever be named.
- 7 The screenplay was written by AI, _____ was the novel it was based upon.
- 8 _____ there be any tickets left, could you reserve one for me, please?

2 Rewrite the following sentences so they start with the underlined word.

- 1 If the language had not been so complex, the translation would have been much quicker.

- 2 The novel will not be considered for publication until it has been thoroughly proofread.

- 3 The characters were so real that I felt as if I knew them personally.

- 4 Would it make things easier if I were to give you a clue?

- 5 A little wooden hut nestled at the edge of a dark forest.

- 6 I will never waste my money on such poorly written fiction again.



Creating emphasis and cleft sentences

1 Rewrite the following sentences so they start with the words given.

- 1 Nobody clapped at the end of the play, which was weird.
The weird _____
- 2 I have no idea what she was talking about.
What _____
- 3 The poetry award has never been won by a rapper.
Not a _____
- 4 It's anyone's guess whether the play will please the critics.
Whether _____
- 5 Machine translation doesn't understand human nature, and that's the problem.
The underlying _____

2 Rewrite each sentence in three ways to emphasise the underlined words and phrases.

- 1 I wrote a poetry collection to reflect on my troubled childhood.
It was _____
It was _____
It was _____
- 2 Because the interpreter was sick, Robert was asked to provide simultaneous translation.
It was _____
It was _____
It was _____

WHY WE ARE SPENDING £1.26 TRILLION IN A BID TO FEEL BETTER

Dr Stephanie Baker is an expert in wellness culture and medical misinformation. Her book *Wellness Culture* is the latest to describe how this small, earnest movement, founded by medical doctors last century, has grown into an economy worth at least \$1.5 trillion (£1.26 trillion), and which relies on people feeling vulnerable and like they could always be, somehow, better. Real money is to be found in serving a demographic known as 'the worried well'. Turning the adjective 'well' into a noun is to add a price for being better. The anxieties of the better-off are being monetised. The benefits of many of these treatments still exist only in the realms of the theoretical. Which is not to say they are harmful, nor, indeed, that they aren't beneficial, just that as with a lot of wellness treatments, the science is vague.

Take, for example, NAD+. A health, wellness and biohacking clinic called Hum2n claims IV infusions of this coenzyme, which binds with proteins to become niacin vitamin B3, responsible for revitalising cells from the inside out, can boost energy. A course of ten infusions usually costs about £3000. Science is rather more cautious. One review concluded: 'Long-term side effects of NAD+ upregulation ... are harder to quantify and may exist.'

I first saw IV NAD+ punted on the Instagram pages of Britain's leading wellness influencer, Davinia Taylor. Is she concerned about its efficacy, given the lack of long-term trials or clinical evidence? 'Not at all,' she says, 'it makes me feel a hundred years younger.'

Wellness relies on celebrities rather than scientific journals to spread its message. It even has its own poster boys and girls, such as Dr Mark Hyman, a medical doctor and functional medicine practitioner. Hyman has written ten bestselling books and is a friend to the rich and famous. He references studies and articles in peer-reviewed journals.

Earlier this year, I watched Hyman bounce around on stage dressed like a rock star at a wellness festival for a high-net-worth audience. His first words: 'There is a new miracle drug. It's called food.' So far, so inspiring. But the talk soon departed from endorsement of simpler and free lifestyle changes and spiralled into costly interventions such as total body scans (cost £2100), exosome therapy, teleomeres and heterochronic parabiosis. The audience were rapt.

Gwyneth Paltrow is the world's best-known wellness influencer. She started her Goop site as a little newsletter in 2008. It was valued ten years later at £208 million. Baker says that Paltrow was initially just 'recommending restaurants and talking about things she did. Then she met a venture capitalist, and he invested, seeing the profit to be made from her influential voice and recommendations.'

Baker says the more insidious powers on social media are not the big Hollywood names turned wellness sellers such as Paltrow, but what she calls 'microcelebrities' with a devoted following online. As Baker says, 'This idea about a hero's journey, having psychological pain or a physical condition and somehow overcoming it ... within wellness culture, too often that stands in for professional expertise. It's comforting and reassuring for people, that's why they relate, but this is where the problems lie: there is no way of testing the truth of their claims.'

At the end of the summer, I went to a panel discussion led by Tim Spector, professor of genetic epidemiology at King's College London and co-founder of the personalised nutrition company Zoe. In the audience were professional nutritionists and wellness influencers. I wonder how the highly credible Spector feels, having to occupy this space in order to communicate his research and his science-based health app, Zoe. He says, 'I am comfortable we are contributing to the conversation as evidence-based scientists and nutrition professionals; we ensure we make our scientific principles transparent for all to see. The wellness space needs more evidence-based science to drown out the noise.'

The wellness economy can support human health and alleviate people's suffering. It can also harbour expensive, unregulated and potentially dangerous products and players. 'Wellness culture,' says Baker, 'is thriving in a time of anxiety, a time that is stripped of meaning. It gives people hope, meaning and purpose. But it is crying out for some kind of rules-based framework. Anyone can share health advice, no matter how ill-qualified or dubious their motives. We need to find some immunity to all the nonsense out there.'



Writing Part 2 Informal letter

1 Read the following Writing Part 2 task. Answer the questions.

- 1 What three points must you include in your letter?
- 2 What else from the list below (a–g) should you include?
 - a your knowledge of mental health issues in a range of countries
 - b your personal experiences of mental health problems (or those of people you know)
 - c your ideas as to how mental health issues could be better dealt with
 - d your opinions about whether it's good to address mental health issues openly
 - e a chatty introduction and conclusion to make it clear it's a letter
 - f questions/comments about the article your friend is writing

A friend from an English-speaking country has asked you for help with an article they are writing about mental health (especially anxiety/stress) in different countries around the world. Write an informal letter to your friend to outline how mental health used to be perceived in your country, together with recent changes in these perceptions. You should also mention common causes of stress and anxiety in your country.

Write your **letter** in **280–320** words in an appropriate style.

2 Read the following model answer. Which additional points (a–f) from Exercise 1 does the writer include?



Hi Jenny

Great to hear from you! It's been a long time, hasn't it? I hope life's treating you better than last time we were in touch. Your article sounds fascinating. Is it for a blog? I'd love to have a read of it once you've finished.

In this country, mental health used to be something of a taboo. My parents' generation were expected to bottle up whatever psychological pain they were going through, and to simply put a brave face on it. It was considered weak to admit you were struggling, and the idea of seeking help from a therapist was pretty much unheard of. Needless to say, such attitudes must have caused a massive amount of damage, as people's problems were simply swept under the carpet.

Thankfully, we've come a long way since then, although some outdated attitudes have persisted. Nowadays, the pendulum has swung almost to the opposite extreme – almost everyone I know has had therapy for one issue or another. More generally, people no longer wear their stressful lives as a badge of honour, as if suffering in silence were something to be proud of.

That's not to say mental health issues have been eradicated – far from it! Modern life seems to throw up new challenges that barely existed previously, from credit-card debt to precarious employment, and from social-media bullying to the climate crisis, all of which cause real anguish to people in my social circle. Life's certainly not a bed of roses, but at least better support mechanisms are in place than before.

Anyway, I'm not sure if my rambling ideas are of any use for your article, but at least they're my honest opinions. Do let me know if I need to clarify or expand on anything – it's always a pleasure to help. Let's stay in touch more often, shall we? We really must have a proper catch-up someday soon.

Take care,
Lisa

AUDIOSCRIPTS

1 THIS IS US

Listening Part 1 Multiple choice

W = Woman H = Helena P = Pablo M = Man

Extract 1

You hear a talk by a toy designer.

W: As a little girl, I loved playing with dolls. I had quite a collection with at least twenty versions of one particular doll: blonde, brunette, redhead; wearing swimwear, a party gown or roller skates. And yet, despite their apparent diversity, not one resembled me in the slightest. They all had pearly white skin, ridiculously long legs and pencil-thin waists. Not one had dark skin, nor were there any in trousers, let alone business suits or lab coats. As for non-standard body shapes, like the ones I saw in my own neighbourhood, forget it.

Now, maybe I should have felt bitter at being excluded so blatantly. But like so many other girls who don't conform to the stereotype, I simply accepted it as the way the world worked. From a very early age, I'd internalised the attitude that some identities are more worthy than others. But as I've matured, I've come to appreciate that if we don't stand up for who we are, no one else will. So while it's certainly a relief to see today's dolls reflecting a much broader variety of female identities, including those living with disabilities, we're still a long way from true representativeness.

Extract 2

You hear a conversation between two friends.

H: Hey, well done on your big promotion, Pablo.

P: Thanks, but I can't make head nor tail of why they picked me. I certainly don't feel like a manager – more like a kid inexplicably finding himself crashing around in a world of adults.

H: Oh, come off it. No way would you have been promoted if you weren't up to the job.

P: Yeah yeah. I reckon it's just that my incompetence has somehow slipped under everyone's radar ... so far. And when I get found out, it's going to be utterly cringeworthy.

H: Sounds like imposter syndrome if you ask me.

P: You've lost me, Helena. What's that?

H: It's a common psychological condition where people feel like they're a fraud. You'd be amazed how many people experience it. Even powerful politicians and CEOs who seem super confident and professional.

P: Yeah, but in my case, it's genuine.

H: The thing is, we're all hopeless at objectively assessing our own abilities. Either we're wildly overconfident – I'm sure you can call to mind some examples of deluded individuals who are irrationally full of themselves – or else we're overly prone to putting ourselves down. If you really want to know how competent you are, ask your colleagues.

P: Perhaps you're right.

H: I am right – I'm always right.

Extract 3

You hear part of a radio news report.

M: A woman has been found guilty of fraud after faking multiple identities.

Cynthia Braithwaite was arrested last year while working as a hospital surgeon. She is believed to have faked her credentials and may not even have attended medical college. Despite her lack of training, she is reported to have carried out numerous operations on unwitting patients.

Hospital administrators were blithely unaware of the discrepancy until a fellow surgeon became suspicious of inconsistencies in her use of medical terminology. Upon re-examination, the glowing references on her CV as well as her medical school certificates were found to be forgeries.

It is unclear whether any patients suffered adverse effects after being operated on by Ms. Braithwaite, but the fact that she remained undetected for twelve months suggests she did a reasonably good job.

Had she been fired on the spot, as per hospital procedures, Ms Braithwaite would inevitably have vanished without a trace, only to reappear under a new identity in a new location months later, which appears to have been her modus operandi throughout her career. However, the severity of her deception and the risk to human life led to the police being called in instead. Based on evidence found in her flat, detectives were subsequently able to piece together her movements over the last decade, and the shocking scale of her history of deceit emerged.

2 WANDERLUST

Listening Part 2 Sentence completion

Hi and welcome to today's travel podcast, about one of the strangest new trends: sleep tourism. Of course, the fundamental purpose of a hotel is as a place to sleep, yet most hotel facilities encourage us to do anything but that, from late-night eateries to dawn-till-dusk entertainment. It's not uncommon to return from a holiday even more exhausted than before. So the idea of sleep tourism is that hotels prioritise **a decent night's sleep** above all else, with innovative techniques to help you to nod off quickly and snooze soundly till morning.

Sleep is also making quite a comeback these days, with a much wider realisation that our physical and mental health is intimately connected with the quality of our sleep, after decades of being scorned by high-achievers as **a needless luxury** when they should be working or networking. In a nutshell, if you're not getting enough sleep, you're making yourself ill. You might get away with it for a while, but you'll pay the price in the end. Not to put too fine a point on it, the longer you sleep, the longer you'll live, all other things being equal.