

B1 ENGLISH

CHAPTER 2 Practice 1

In this practice you will learn

B1 ENGLISH CHAPTER 2 Practice 1		Completed		Your Score
		Yes	No	
B1 Reading	• A conference programme	☐	☐	/
	• A flyer for a gym	☐	☐	/
	• A travel guide	☐	☐	/
Read these magazines	➤ <i>Ramadan</i>	☐	☐	/
	➤ <i>Earth Hour</i>	☐	☐	/

A conference programme

Read the programme for a management conference to practise and improve your reading skills.

Before reading

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

Preparation task

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

Vocabulary

1. to adapt
2. to explore
3. to consider
4. to ensure
5. uncertain
6. the positives
7. development
8. an employee

Definitions

- a. to think carefully about something
- b. to change your behaviour for new conditions
- c. to look into or discuss something in detail
- d. a worker
- e. the good things about something
- f. unsure, unclear, unknown
- g. to make sure something happens
- h. change, growth or progress

Reading text: A conference programme

Morning programme

9.00– 9.30	Conference opening <i>Dr Jon Martinez</i>		
9.30– 10.45	Management styles <i>with Helena Clark</i> Consider the different management styles and how you can adapt yours to suit your team.	Giving feedback <i>with Amelia Novak</i> Explore the different ways to give feedback to maximise development.	Managing change <i>with Akira Yoshida</i> Help your employees deal with change and to see the positives change can bring.
10.45– 11.15	Coffee break		

11.15– 12.30	Using storytelling in leadership communication <i>with Antoine Martin</i> Sometimes, the best way to communicate with your team is by telling stories. Find out how to do this in this workshop.	Leading small businesses <i>with Cheng Wei</i> How is leading small businesses different and how can leaders of small businesses bring success to their team?	Leading in uncertain times <i>with Omar Abboud</i> Uncertainty can affect the success of your team. Learn to bring confidence to your team in a time of uncertainty.
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Afternoon programme

12.30– 2.00	Lunch		
2.00– 3.15	Managing international projects <i>with Alisa Petrov</i> Consider how to ensure successful intercultural communication in your international teams.	Developing creative thinking in your team <i>with Mariana Silva</i> How can you get your team to think more creatively? Explore the different ideas that can help your team see things in a new way.	Conflict management <i>with Tracy Edwards</i> Conflict can create problems in your team, but managing conflict well can bring about development. Learn how to manage conflict in this workshop.
3.15– 4.15	Group discussions		
4.15– 5.00	Conference closing <i>Dr Grace Moloney</i>		

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. Helena Clark thinks that we should know our own management style and not change it.	True	False
2. Amelia Novak believes that we should give feedback to help our employees get better at what they do.	True	False

- | | | |
|--|------|-------|
| 3. Akira Yoshida will focus on the problems with change. | True | False |
| 4. Cheng Wei believes that leading small businesses is different from leading big ones. | True | False |
| 5. Omar Abboud thinks that when your team doesn't feel sure about the things happening around them, it can cause problems. | True | False |
| 6. Tracy Edwards believes that conflict is bad and you should not let it happen in your team. | True | False |

Task 2

Complete the sentences with words from the box.

think	deal with	manage
give	tell	explore

- Being positive and patient will help employees change.
- Team leaders should consider how they feedback to motivate their team.
- Marketing experts say your brand should a story.
- Team members should be encouraged to solve problems together and creatively.
- Talking about plans with a colleague can help to ideas.
- It is important that people know how to conflict at work.

Discussion

Which of the conference sessions would you attend? Why?

A flyer for a gym

Read a flyer promoting a new gym 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. a session
2. a gym
3. fitness
4. a training plan
5. an instructor
6. a fee

Definitions

- a. a building or club where people go to do physical exercise
- b. the state of being healthy and strong.
- c. a document that gives details about how and when you will do physical exercise
- d. a period of time for a particular activity
- e. money you pay so that you can do something such as join an organisation
- f. a person who teaches a skill or a sport

Reading text: A flyer for a gym

BEST BODY FITNESS

About us

You don't want just a gym membership. You want a membership that means something. And that means you need support, expert help and a community.

Best Body Fitness isn't just a gym: it's a full-service fitness membership made for you.

Here's how it works:

STEP ONE: Your assessment

We begin with an assessment session. This is a chance for you to see what we do at **Best Body**. Our assessment plans are no-cost and no-risk. We'll also make a training plan specifically for you.

STEP TWO: Your training

When you decide to become a **Best Body** member, we show you what to do, how to do it and why you are doing it. After a few sessions with an expert private trainer you will feel comfortable working out on your own. But don't worry, we'll always be nearby if you have questions.

STEP THREE: Your membership

Membership works on a month-to-month basis. There are no sign-up fees and no cancellation fees. Start and stop whenever you want. And the best part? Our fees are the most competitive in the whole downtown area.

STEP FOUR: Your community

At **Best Body Fitness**, we see everyone as part of a big team. And when you work with a team, you can do great things. Join any of our specialised classes, led by expert instructors. Come to our nutrition classes. Participate in our regular social events. Everything is included in your fee.

Finally, we wanted to share with you some reasons why our members say that they have chosen us over any other fitness centre in the city.

It's so EASY

- Easy to start, stop, cancel or refund a membership
- Easy to access – we're open 24/7, we never close
- Easy to do exercise – we have lots of equipment, no long wait
- Easy results – our trainers and equipment give you success, fast
- Easy to find – in the centre of town, near public transport and with parking

It's WONDERFUL

- Wonderful members
- Wonderful trainers and staff
- Wonderful equipment
- Wonderful energy
- Wonderful location

Come and visit us for a personal tour!

Tasks

Task 1

Are the sentences true or false?

1. The first visit to the club is free.
2. Everybody gets the same training plan.
3. At this gym, you always do exercise with an expert instructor.
4. If you stop your membership, you don't have to pay anything.
5. This gym says it's the best value for money.
6. Nutrition classes cost a little bit extra.
7. The gym is open at 4 o'clock in the morning.
8. The gym is outside of town.

Answer

- | | |
|------|-------|
| True | False |
| True | False |
| True | False |
| True | False |
| True | False |
| True | False |
| True | False |
| True | False |

Task 2

Complete the sentences with words from the box.

time	membership	over	whenever
specifically	own	led	nearby

1. The gym offers a full-service fitness
2. We'll make a training plan for you.
3. You can now work out on your
4. We'll always be to help.
5. Start and stop you want.
6. Join any of our classes, by expert instructors.
7. This is why our members have chosen us any other gym.
8. Stop, start or refund your membership any

Discussion

What would you like most in a gym?

A travel guide

Read a travel guide about Bangkok 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

Definition

- | | |
|---------------------|--|
| 1. polluted | a. real or normal for a place, not specially for tourists |
| 2. noodles | b. dirty from traffic or chemicals |
| 3. alternative | c. fast |
| 4. authentic | d. another way to do something |
| 5. express | e. a table where food or other things are sold in a market |
| 6. a stand | f. a long, thin food made from flour, water and eggs |

Reading text: A travel guide

Whether you're travelling to the islands or the mountains of Thailand, you're likely to spend at least one night in its capital city on the way. Bangkok might be noisy and polluted but it's also an exciting city with plenty of things to see and do. Why not make it a longer stay?

Where to stay

The Khao San Road was a famous traveller spot even before Leonardo di Caprio's character in the film *The Beach* stayed there. But it's noisy, not very pretty and not very Thai. For something more authentic, Phra Kanong offers an alternative place to stay, with its fantastic street markets where everyday Bangkok people eat, work and live. It's not as convenient for the main tourist sites, but it has a Skytrain station so you can be at the Grand Palace in 20 minutes.

How to get around

Bangkok's traffic can be a nightmare. Sure, you can easily take a taxi – if you want to spend hours stuck in traffic jams – but there are two much better ways to get around the city. To explore the temples and historical sites, catch an express boat river taxi or a longtail boat along the Chao Phraya river and the canals. For the modern part of the city, the Skytrain is a fast, cheap way to travel from the river to the shopping malls and nightlife of Sukhumvit, and the famous Chatuchak street market.

Where to eat

The simple answer is: everywhere! Thai street food is among the best in the world, and for around \$5 you can eat a filling and delicious meal. Some food stands have little plastic seats where you can sit and eat and they cook the same dish over and over, like fried chicken on rice or Pad Thai noodles. Head for Chinatown – Yaowarat Street – and choose whatever looks most interesting from the many excellent Chinese and Thai restaurants and food stands.

What to do

After you've seen the main sites like the Giant Buddha at the temple of Wat Pho and the spectacular Grand Palace, and shopped at Chatuchak market, check out the snake farm and watch the live snake show. You can even touch a snake yourself if you want to!

Tasks

Task 1

Match the Bangkok landmarks and places with the descriptions.

Wat Pho	Khao San Road	Sukhumvit
Yaowarat Street	Phra Kanong	Chao Phraya

- a place that you might see in the film *The Beach*
- a place where local Thai people go
- an alternative route through the city
- a place to go for shopping and bars
- a place to go for food
- an important sightseeing spot

Task 2

Are the sentences true or false?

	Answer	
1. One night is enough time to see Bangkok.	True	False
2. Khao San Road is an authentic Thai area of the city.	True	False
3. Phra Kanong is further away from the main tourist sites than Khao San Road is.	True	False
4. The river boat taxis often get stuck in traffic too.	True	False
5. Taking the Skytrain is a faster way to see the city than going by taxi.	True	False
6. You need to choose where to eat carefully, as not everywhere is good.	True	False

Discussion

Would you like to visit Bangkok? Why or why not?

Ramadan is a holy month for Muslims. What happens during Ramadan and what does it mean to millions of Muslims worldwide?

Before reading

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

Preparation task

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

Vocabulary

1. crescent moon
2. to fast
3. to break a fast
4. to donate to charities
5. a date
6. dawn
7. sunset
8. a mosque

Definition

- a. the time in the day when light from the sun begins to appear in the sky
- b. to give money or other things to organisations that help people in need
- c. the shape of the moon when more than half of it appears dark
- d. to start eating food again after a period of not eating
- e. the time in the evening when the sun goes down
- f. to not eat food
- g. a building for Islamic religious activities and prayer
- h. a sweet brown fruit from the palm tree

Ramadan

What is Ramadan?

Ramadan is a very special time for Muslims all over the world. Observing Ramadan is one of the five 'pillars' of Islam. During Ramadan, all Muslims over the age of about 12, with some exceptions, are expected to fast between dawn and sunset.

When does it take place?

Ramadan is the ninth month of the Islamic calendar, which follows the phases of the moon. This means the dates of Ramadan change each year. The month starts when the new crescent moon is first visible in the night sky. Fasting ends with the arrival of the next lunar month, which starts with the first glimpse of the new crescent moon.

How do people fast?

During Ramadan, the day starts early so that people can eat a pre-fast meal before dawn. This meal, called Suhoor, is important as it will keep them going through the day. During daylight hours, fasting Muslims cannot eat food or drink water or any other drinks. In late spring or

early summer, this is particularly difficult as the day can be very long. People who live in polar regions, where daylight can last 22 hours or more, can choose to follow the dawn and sunset times in Mecca or a nearby country where the sky is dark at night.

Are all Muslims expected to fast?

Not all Muslims are expected to fast. Children under the age of 12, people who are travelling, elderly people, pregnant women and others where it may affect their health are exempt. Those who can't fast for any reason can offer to feed poor people for each day they miss during Ramadan.

What happens at sunset?

People can eat and drink again once the sun has set. The traditional way to break the fast is by eating dates and drinking a glass of water. Then, the evening meal, Iftar, is a social event that can go on for hours. It is common for people to eat together in large groups of family and friends. Special foods are prepared and shared, and desserts are particularly popular. Muslims often include charity in Iftar as well, sharing Iftar with members of the community who cannot buy or make their own food. Across the Muslim world, mosques and aid organisations set up tents and tables for the public in poorer communities to eat free Iftar meals every night of Ramadan.

Why do people fast?

Muslims fast during Ramadan to bring them closer to God and to remind them of the suffering of people who are less fortunate than themselves. Fasting is an exercise in self-control. As well as not eating, drinking or smoking, Muslims try to avoid bad actions, like talking about people behind their backs or using bad language. Ramadan is a time for people to work on being more patient, more tolerant and more mindful of the people around them. It is a moment to reflect and work on being better people.

Many Muslims also donate money to charities during the month, and a lot of Islamic charities organise food packs for people in poorer countries or refugee camps. Giving donations to charity, known as Zakat, is particularly important during the holy month, and so is prayer, meditation and reading the Qur'an.

How is the end of Ramadan celebrated?

Eid ul-Fitr marks the end of the month of fasting. There are many Eid traditions, mainly centred around family, food, generosity and festivities. On Eid ul-Fitr, Muslims wake up early and dress in their finest clothes to attend the Eid prayers. After prayers, they wish each other a happy Eid ('Eid Mubarak' in Arabic) before spending the rest of the day with their extended families, enjoying good food and sharing gifts with children and loved ones.

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. Ramadan happens at the same time every year.	True	False
2. Fasting during Ramadan helps people feel closer to God.	True	False
3. All Muslims must fast during daylight hours.	True	False
4. The fast starts and ends at the same time of day for everybody.	True	False
5. Family members often eat large meals together every night.	True	False
6. Giving money to charity is an important part of Ramadan.	True	False

Task 2

Choose the correction definition.

1. Suhoor
 - a. The time the sun comes up
 - b. The meal people eat before they fast
 - c. Morning prayers
2. Iftar
 - a. The time the sun goes down
 - b. Evening prayers
 - c. The evening meal
3. Eid ul-Fitr
 - a. The first day of Ramadan
 - b. The last day of fasting
 - c. The festival that marks the end of the month of fasting
4. Eid Mubarak
 - a. The greeting people exchange at the beginning of Ramadan
 - b. A large party for friends and family
 - c. The greeting people exchange at the end of Ramadan
5. Zakat
 - a. Giving money to charity
 - b. The food people eat in the morning
 - c. The prayers people say in the evening

Discussion

Do you observe Ramadan?

Every year, millions of people around the world switch off their lights for one hour to draw attention to the environment. Read on to find out more.

Before reading

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

Preparation task

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

Vocabulary	Definition
1. biodiversity	a. a famous place
2. to raise awareness	b. when there is less of something
3. a landmark	c. the variety of plants and animals in a place
4. an initiative	d. a plan to do something together
5. climate change	e. across the whole world
6. worldwide	f. to make people think about something
7. to ban	g. a change in temperatures and weather around the world
8. a reduction	h. to say that people cannot do or use something

Earth Hour

What is Earth Hour?

Every year, in late March, people and institutions come together to switch off all non-essential lights for sixty minutes at 8.30 p.m. local time. They do this to show their support for the fight against the climate crisis and loss of biodiversity. Millions of people all around the world join in, as do governments, businesses and institutions. By switching off their lights and measuring the reduction in the amount of energy that is being used, people are showing that it is possible to make a difference.

But Earth Hour is more than one hour without lights, once a year. It's part of a movement of people who are working together all year round to protect the environment.

How did it start?

The World Wide Fund for Nature in Australia introduced the idea in 2007. They wanted to find a way to raise awareness about climate change. And they wanted to show that when millions of individuals work together, they can make a difference.

The first Earth Hour was held on 31 March 2007 at 7.30 p.m. in Sydney. More than two million residents and 2,000 businesses turned their lights out for one hour. The lights also went out on the famous Sydney Opera House. The people of the city of San Francisco were so inspired

by the event in Sydney that they held their own 'Lights Out' event in October of the same year. This was the beginning of the Earth Hour movement.

How many cities take part?

The event has grown over the years, with more and more people, businesses, organisations and governments taking part every year.

In 2008, a year after the first Earth Hour event, 35 countries and more than 400 cities joined in. Websites also took part, turning their homepages black in support of the initiative. By 2012, 152 countries and more than 7,000 cities and towns were taking part. In recent years, the numbers have kept increasing, with more than 188 countries and territories worldwide taking part each year. In 2019, more than two billion photos were shared on social media platforms.

Famous people and famous places

A number of celebrities have put their names to the cause, including singer Ellie Goulding, tennis star Andy Murray, TV host Ellen de Generes, actor Leonardo di Caprio and ex-Beatle Paul McCartney. Politicians and world leaders have also given their support, and thousands of famous landmarks have turned off their lights, including the Eiffel Tower in Paris, the Empire State Building in New York and the Pyramids in Egypt.

What has the movement achieved?

The Earth Hour movement has achieved much more than getting people to turn off their lights. Since 2007, among other actions, they have planted trees in various countries around the world, including a 2,700 hectare forest in Uganda and 17 million trees in Kazakhstan. They worked together to ban the use of plastics on the islands of the Galapagos, one of the most important nature reserves on the planet. And they have sponsored solar power projects in India and the Philippines.

What can I do?

Join the movement. Find out the date and time for this year. Visit the Earth Hour website and find out what's going on. Then get ready to turn off your lights and join the millions of other people around the world who are fighting to save our planet!

Sources:

<https://www.earthhour.org/faqs>

<https://www.worldwildlife.org/pages/earth-hour>

<https://www.wwf.org.uk/updates/10-years-earth-hour-worldwide>

Tasks

Task 1

Are the sentences true or false?

1. Earth Hour takes place _____ every year.
 - a. in October
 - b. in the same month
 - c. on the same day
2. Earth Hour started in _____.
 - a. Paris
 - b. San Francisco
 - c. Sydney
3. It was celebrated around the world for the first time in _____.
 - a. 2007
 - b. 2008
 - c. 2012
4. In 2008, _____ countries took part in the event.
 - a. 35
 - b. 400
 - c. 7,000
5. The Earth Hour movement is _____ a one-hour event.
 - a. more than
 - b. only
 - c. part of
6. The _____ is the organisation that introduced the idea for Earth Hour.
 - a. United Nations
 - b. World Health Organization
 - c. World Wide Fund for Nature

Task 2

Match the answers to the questions.

Questions

1. Where?
2. When?
3. Why?
4. Who?
5. What?

Answers

- a. To raise awareness of climate change
- b. Switch off lights for one hour or more
- c. The end of March
- d. All over the world
- e. Individuals, businesses and organisations

Discussion

Do you think Earth Hour is a good idea?