



Intermediate(B1)

CEF level: B1

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# CONTENTS



|   |          |
|---|----------|
| <b>How to learn English!</b>                          | <b>4</b> |
| <b>How Skills Booklet can help you learn English!</b> | <b>5</b> |
| <b>Unit 0 - Getting Started</b>                       | <b>6</b> |

| Unit                   |  | Page      |
|------------------------|--|-----------|
| <b>1</b>               | <b>Fun Time!</b> Objectives <b>Word Building:</b> Free-time activities & sport<br><b>Language structures:</b> Modal verbs  | <b>9</b>  |
| <b>2</b>               | <b>Finding solutions!</b> Objectives <b>Word Building:</b> Politics<br><b>Language structures:</b> Reported speech   | <b>19</b> |
| <b>3</b>               | <b>Social Splash</b> Objectives <b>Word Building:</b> Socialising<br><b>Language structures:</b> Features of conversational English  | <b>29</b> |
| <b>4</b>               | <b>Product Promotion</b> Objectives <b>Word Building:</b> Products<br><b>Language structures:</b> Gerunds & infinitives  | <b>39</b> |
| <b>5</b>               | <b>Fashion Fun</b> Objectives <b>Word Building:</b> Fashion & clothing<br><b>Language structures:</b> Relative clauses   | <b>49</b> |
| <b>6</b>               | <b>Help!</b> Objectives <b>Word Building:</b> Charities <b>Language structures:</b><br>The Present Perfect Continuous & Quantifiers  | <b>59</b> |
| <b>7</b>               | <b>Transport Time</b> Objectives <b>Word Building:</b> Giving directions &<br>transport <b>Language structures:</b> Zero Conditionals / The First Conditional &<br>Adverbs | <b>69</b> |
| <b>8</b>               | <b>What a Disaster!</b> Objectives <b>Word Building:</b> Disasters<br><b>Language structures:</b> Perfect Modal Verbs / Intransitive & Transitive verbs                    | <b>79</b> |
| <b>Self-Assessment</b> |  | <b>89</b> |
| <b>Progress Test</b>   |  | <b>90</b> |

| Resource Section |            |                                   |            |
|------------------|------------|-----------------------------------|------------|
| Answers          | <b>92</b>  | Punctuation                       | <b>105</b> |
| Audio scripts    | <b>98</b>  | Pronunciation of past tense verbs | <b>106</b> |
| Phonetic Table   | <b>102</b> | Pronunciation                     | <b>107</b> |
| Irregular Verbs  | <b>103</b> |                                   |            |



# UNIT 1 Fun Time!

## Objectives

**In this unit, you'll learn how to...**

*...write about your free time activities, use modal verbs to describe how to do something and to give advice, pronounce compound nouns*



Write in English every day! It's good practice as it forces you to use the language you know. Also, you get to see where the gaps are in your knowledge. You could practise writing out stories or anecdotes. This would be good preparation for telling the stories later in conversation.

## 1 Fun activities

Tick the activities that you'd like to try (or that you've already tried).

- **Abseiling:** lowering yourself down a rock face with a rope attached around your body. ☐



- **Bungee jumping:** jumping off a high place with a piece of elastic cord around your ankles. ☐



- **White water rafting:** going down fast-moving (sometimes dangerous) rivers in an inflatable boat called a raft. ☐



- **Parachuting:** jumping out of a plane with a piece of fabric (like a large umbrella) to slow your fall. ☐



- **Ice climbing:** climbing up frozen waterfalls or ice cliffs using rock climbing equipment. ☐



- **Motocross:** racing motorbikes over rough ground and small hills. ☐



- **Hang gliding:** flying a small kite-like craft by hanging underneath it. ☐



### Think about it!

Which of these activities have you tried? What was it like? Which one would you never do? Why? Which one would you like to try? Which one looks the most dangerous? Do you know anyone who's done any of these things? What did they tell you about it?







## Vocabulary: Free-time activities & sport

### 1 Matching

Match the equipment (1 to 8) to the pictures (a-h). Then, say what you can use three of the objects for. For example: **You can use trainers for jogging.**

1. Trainers ☐
2. Goggles ☐
3. Gloves ☐
4. Helmet ☐
5. Rope ☐
6. Jumpsuit / overalls ☐
7. Harness ☐
8. Backpack ☐



### 2 Activity classification

Put six of the activities / sports in the columns according to your own preferences.

skiing, climbing, running / jogging, ice skating, skating, roller-skating, kayaking, skateboarding, volleyball, ice hockey, rugby, baseball, boxing, windsurfing, mountain biking, cycling, scuba diving, sailing, waterskiing, tennis, horse riding, gymnastics, fencing, swimming, golf, canoeing, rock climbing, martial arts (karate, judo, Tai Chi, kick boxing), athletics, surfing, fishing, badminton, basketball, football (soccer), American football, hockey, table tennis, handball, netball, Gaelic football, cricket, car racing, ten-pin bowling

| Sports I do | Sports I watch | Sports I'd like to do |
|-------------|----------------|-----------------------|
|             |                |                       |

### 3 Parts of speech

Complete the table.

| Sport           | Verb   | Person  |
|-----------------|--------|---------|
| 1. boxing       | to box | a boxer |
| 2. swimming     |        |         |
| 3. surfing      |        |         |
| 4. climbing     |        |         |
| 5. skiing       |        |         |
| 6. scuba diving |        |         |

### 4 Conversation analysis

What do you think it's like to go parachuting? Make notes. Then, read over the conversation to compare. Afterwards, answer the questions. Use full answers.

Jocelyn: Hey, you'll never guess what I did last weekend.

Spike: What?

Jocelyn: I went parachuting.

Spike: What was it like?

Jocelyn: Well, I had a few lessons a few weeks before the actual jump. Then, on the day of the jump, I was given a jumpsuit, a helmet and a pair of goggles to put on. Then, I prepared the parachute. Basically, you fold it up and pack it into a kind of backpack. Once that was ready, I had to climb into the plane. We went up in a little Cessna. There were just three of us: the instructor, myself and the pilot. The plane takes you up to about 700 metres. When it's more or less time to jump, the pilot switches on this green light. Then, you move to the open door and attach a cord on the parachute to a hook in the plane. After you've done that, you stand by the door until they tell you to jump. A few seconds after jumping, the parachute is pulled open by the cord that's attached to the plane.

Spike: What happens then?

Jocelyn: Well, you just float down and that's it really. It's amazing.

Spike: I can imagine.

1. How did Jocelyn prepare for the jump?
2. What was she given to wear?
3. What type of plane did they go up in?
4. How high did she jump from?
5. What did she attach the cord on the parachute to?

### Reminder!

In general...

- a) Play is for ball sports or competitive games: *play football, play rugby...*
- b) Go is for individual activities that end in -ing: *go skiing, go running...*
- c) Do is for activities or non-team sports (and that often don't require a ball): *do karate, do exercise...*



### Your turn!

Write a short paragraph about an activity that you've done.

### Think about it! Sport

What sport/s do you do these days? Why? What sport/s did you do when you were younger? What are some of your favourite individual sports? Why? What are some of your favourite team sports? Why? Who are some of your favourite sports stars? Why? Have you ever won a sports medal/trophy? What was it? Why did you win it? Have you ever been in a sports team? Which one? Have you ever been the captain of a team? What was it like? What are the most popular sports in your country?



# UNIT 1 Fun Time!



# WORD BUILDING

**Vocabulary:** What do you do to keep fit and healthy?

Complete the text with the words you hear.

**Remember,**  
when people talk  
informally, they often  
use non-standard  
English.

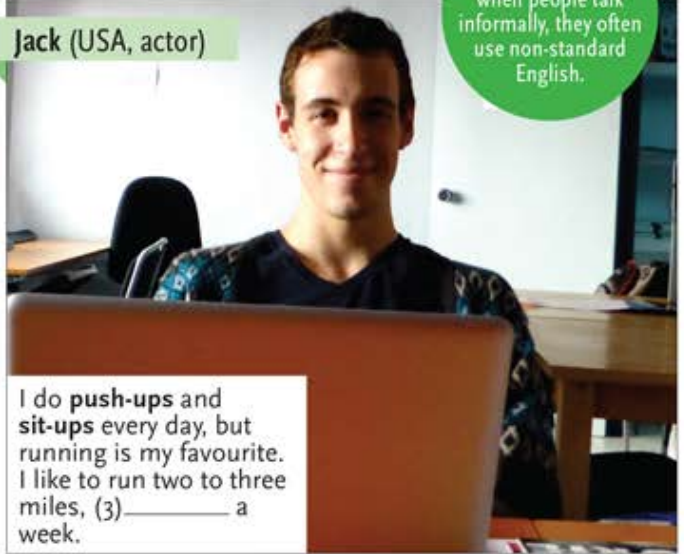
**Cecilia** (Denmark,  
sociologist)

Well, I go to  
the **fitness  
centre** three  
times a (1) \_\_\_\_\_  
more  
or less but I  
try to go more,  
and then when  
the weather is  
(2) \_\_\_\_\_ I  
**go jogging** with  
my friends and  
so on.



**Jack** (USA, actor)

I do **push-ups** and  
**sit-ups** every day, but  
running is my favourite.  
I like to run two to three  
miles, (3) \_\_\_\_\_ a  
week.



**Jerneja** (Slovenia,  
occupational therapist)

Erm, I go running  
a few times per  
week to keep,  
erm... me [sic]  
healthy and stuff,  
and sometimes  
I dance as well  
because I've been  
dancing for (4) \_\_\_\_\_  
years.



**Megan** (England,  
fashion sales adviser)

For me the best ways  
to keep fit and healthy  
are making sure you eat  
a **balanced diet** – lots  
of fruit, (5) \_\_\_\_\_,  
**lean meats**, all that and  
then fresh fruit salads in  
the evenings, just that  
is perfect for me. And  
then if you can, doing  
as much exercise as  
possible. I love going for  
long (6) \_\_\_\_\_ with  
my dog and just enjoying  
what's around me.



**Jorge** (Spain, freelance translator)

I usually go to  
the (7) \_\_\_\_\_  
and I sometimes  
go to the  
swimming pool.



**Indre** (Lithuania,  
photographer)

I do [sic] jogging  
every day. That **keeps  
me fit** all the time  
and I also drink a lot  
of (8) \_\_\_\_\_, eat  
vegetables and (9) \_\_\_\_\_,  
'cause  
I'm really concerned  
about my health so  
that's the things that  
keep me healthy.



## GLOSSARY

a **fitness centre** is  
a type of gym with equipment and facilities  
for exercising and improving your physical  
fitness  
**to go jogging** *exp*  
to run as a form of sport  
**to keep you fit** *exp*  
if you do something that "keeps you fit",  
you do exercise or sport that makes you feel  
strong and healthy  
**push-ups** is  
"push-ups" are a form of exercise to  
strengthen your arms and chest muscles.  
They are done by lying with your face  
towards the floor and pushing with your  
hands to raise your body  
**sit-ups** is  
"sit-ups" are a form of exercise that you do  
to strengthen your stomach muscles. They  
involve sitting up from a lying position  
**a balanced diet** is  
if you eat a "balanced diet", you eat fibre  
and nutrients (carbohydrates, fats, proteins,  
vitamins, and minerals) to ensure good health  
**lean** *adj*  
"lean" meat doesn't have much fat on it



# UNIT 1 Fun Time!



## READ & RESPOND

### SIX PEOPLE TALK ABOUT THEIR HOBBIES!

**W**hat do you do in your free time? All sorts of people dedicate lots of time to working on the things they enjoy most... their hobbies. We spoke to a few people about theirs.

I design and create my own jewellery. I make **bracelets**, **necklaces** and **earrings** out of silver and other metals. On Saturday morning, I sell my creations from a **stall** in Camden Town market (in London). My work is quite popular with tourists. I also sell it online from my website.

Scarlett Penbrook, 24

I paint in my free time. I do **landscapes** and **portraits** mostly. I work from a studio next to my house. I've sold a couple of works and **given** some away. My sister's got one of my paintings in the office where she works. I also **upload** some of the pictures to my blog.

Leo Smith, 44

I'm in an **amateur theatrical group**. We meet up every Wednesday to play drama games, read through **scripts** and **rehearse** for plays. We're doing *The Crucible* by Arthur Miller very soon. We use the profits from ticket sales to buy equipment, **props** and costumes.

Colette Harper, 36

One of my hobbies is model engineering. This involves constructing metal machines **in miniature**. I've made some **steam locomotives** and **stationary steam engines**. I use a **lathe** and other machine tools to create the parts (I don't use any **pre-fabricated** bits – I just **build from scratch**). When I've finished something, I might take it to an exhibition and enter a competition for the best model. I haven't won any prizes yet, but I have been "**highly commended**". I've given some of my models away to family members.

David Coney, 68

I play guitar in a band in my free time. There are six of us: myself, a singer, a drummer, a bass guitarist, a saxophonist and trumpet player. Our music is a mixture of R&B and jazz. We play at clubs and weddings. We don't get paid much, but it's great fun.

Molly Malone, 29

I love cooking. I watch TV **chefs** and get ideas from there, or **download** recipes from the internet. I try to cook something new every weekend and then invite friends over to try it out. It doesn't always **turn out** well, but it's a lot of fun.

Isaac Jones, 58

#### GLOSSARY

- a bracelet** *n*  
a piece of jewellery worn around the wrist
- a necklace** *n*  
a piece of jewellery worn around the neck
- earrings** *n*  
pieces of jewellery worn through the ears
- a stall** *n*  
a small table in a market
- a landscape** *n*  
a painting of a view that includes the mountains, rivers, hills, etc.
- a portrait** *n*  
a picture/photo of a person, especially one showing the face
- to give away** *phr* *vb*  
If you "give something away", you let someone have it for free
- to upload** *vb*  
If you "upload" a picture to the internet, you put it on a website
- an amateur theatrical group** *exp*  
a group of people who act in plays for fun (not professionally)
- a script** *n*  
the text (writing) for a film, TV show or play
- to rehearse** *vb*  
to practise for a theatre play / a film
- a play** *n*  
a story that is represented by actors in a theatre
- a prop** *n*  
an object that people hold or use when they are acting in a play
- in miniature** *exp*  
If an object is "in miniature", it is much smaller than the original version
- a steam locomotive** *n*  
a train that is powered by steam (the gas that's produced when water is heated to 100°C)
- stationary** *adj*  
If something is "stationary", it isn't moving
- a steam engine** *n*  
a train engine (motor) that is powered by steam (the gas that's produced when water is heated to 100°C)
- a lathe** *n*  
a machine for shaping metal or wood
- pre-fabricated** *adj*  
If something is "pre-fabricated", it has been made in a factory
- to build from scratch** *exp*  
If you "build a model from scratch", you make it all yourself, not using any pre-made parts
- highly commended** *exp*  
If something has been "highly commended", people have said that it is very good
- a chef** *n*  
a person whose job is to make food in a restaurant
- to download** *vb*  
to take a file / document / photo, etc. from the internet and to put it onto your computer
- to turn out** *phr* *vb*  
If something "turns out" well, it is very good in the end

#### 1 Pre-reading

What do you think is involved in the following hobbies?

acting painting

jewellery design

cooking playing in a band

model engineering

#### 2 Reading I

Read the article once to compare your ideas.

#### 3 Reading II

Read the article again and write a name next to each statement.

1. He takes his designs to exhibitions.
2. She sells her creations in a market in London.
3. He invites friends over to try his food.
4. She rehearses every Wednesday.
5. She plays music at weddings.
6. He gave his sister one of his works of art.



# UNIT 1 Fun Time!



# WORD LINKING

## Language Structures:

### Modal Verbs

|  |   |
|--|---|
| Ability (can)                                  | <i>I can speak three languages.<br/>They can't juggle.</i>  |
| Ability in the past (could)                    | <i>I could ride a bike when I was four.<br/>She couldn't see it.</i>  |
| Possibility (could)                            | <i>We could go by train.<br/>They could finish it next week.</i>  |
| Advice (should / ought to)                     | <i>You should go and see a doctor.<br/>They shouldn't go outside.<br/>You ought to get some rest.</i>                         |
| Obligation (must)                              | <i>She must tell us about it.<br/>They must arrive early.</i>   |
| Suggestions (could / can)                      | <i>We could go to the party.<br/>We can start now!</i>  |
| Offers (shall / could)                         | <i>Shall I help you?<br/>Could I do anything for you?</i>   |
| Prohibition (mustn't / can't)                  | <i>He mustn't speak like that.<br/>You can't sit there.</i>   |
| Possibility / permission (might / may / could) | <i>We might go tomorrow.<br/>It may rain later.<br/>It could be cold in the mountains.<br/>Yes, you may go in the garden.</i> |
| Certainty (must be / can't be)                 | <i>It can't be the right one.<br/>It must be Jack who's calling.</i>  |

We often use contractions with the negative forms of modal verbs. For example:  
*can't* = *can not* (or *cannot*); *couldn't* = *could not*;  
*shouldn't* = *should not*; *mustn't* = *must not*.

## 1 Multiple choice

Choose the correct answers.

- You \_\_\_\_\_ use that one.  
a) shouldn't b) not should c) not to should
- We \_\_\_\_\_ get there on time or they'll be angry.

- a) must b) must to c) do must

- The doctor said I \_\_\_\_\_ do more exercise.  
a) should to b) should c) will should
- We \_\_\_\_\_ take my car too.  
a) could b) may could c) could to
- You \_\_\_\_\_ go to Florence; it's really beautiful.  
a) have b) must to c) must
- I don't think we \_\_\_\_\_ to finish it in time.  
a) will to can b) will be able c) will can
- If we go to Brussels, we \_\_\_\_\_ pay you a visit.  
a) might b) might to c) mights

## 2 Word order

Put the words in the correct order.

- it / I / read / can't
- should / they / now / start
- that one / you / use / shouldn't
- turn / should / the lights off / you
- to the match / might / not / go / we
- saving up / I / summer holiday / start / must / for my

## 3 Picture description

Look at the photos. Give advice or make comments using modal verbs. For example: The man on the bike should wear a helmet.



## 4 Sentence creation

Create as many sentences as you can with modal verbs in just two minutes. Use any modal verbs from this unit and the verbs below. Use both affirmative and negative forms.

*break, take, catch, drink, eat, fall, fly, get, give, go, hurt, keep, sell, show, shoot, see, run, call, lend, learn, think, understand, walk, work, move, watch*





## 1 Ideas completion

Complete the sentences with your own ideas.

- I really think I should...
- We mustn't...
- We can't possibly...
- If I tried hard, I think I could...
- Tomorrow, it may...
- Next summer, we might...
- If I'm lucky, I should be able to...
- I don't think I should...

## 2 E-mail word choice

Choose the correct options.

New Message

To: poppy@yahoo.com

Subject: skating this weekend

Hi Poppy,

How's it going? What are you up to this weekend? If you aren't busy, I was thinking that we (1) **mustn't** / **could** go skating. What do you think? We (2) **could** / **can't** take a little picnic too to have in the park. We (3) **might not** / **could** go to the cinema or something.

The weather reports say it (4) **might** / **can't** rain in the afternoon, but we (5) **should** / **could** be all right for the morning. We (6) **could** / **mustn't** also invite some of the other guys from work. If you call Jeff and Morgan, I (7) **will** **can** / **can** get in touch with Madison and Zoe. OK?

Let me know what you think,  
Speak soon,  
Taylor

## Your turn!

Write an e-mail to someone proposing an activity.

## 3 Fluency practice

Use modal verbs to give advice.

For example:

A: I'm bored.

B: You should go for a walk.

- I haven't got any money for the taxi.
- We're going to be late.
- They're making a lot of noise.
- I'm bored.
- I'm really tired.
- I've got a driving test next week.
- I'm going to be late for the plane.
- I don't really want to go to the cinema on my own.

## 4 "How to" guide analysis

What advice would you give to someone who was going to go skiing or snowboarding? Make notes. Then, read the guide to compare

your ideas. Next, choose the right answers. Finally, see if you can find any examples of modal verbs. How many can you find?

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### How to snowboard

Follow these simple steps for a fun, safe time on your snowboard.



- Dress correctly!** You should make sure your helmet and boots fit. The helmet must fit firmly on your head (it shouldn't move around), and your boots should be a little bit bigger than your normal shoe size so you can wear thick socks.
- Get the right sized board!** If you stand your board upright, it should be level with your chin.
- Find your lead foot!** This doesn't have anything to do with being right- or left-handed. Simply stand still and get a friend to gently push you from behind. The foot you automatically put out to stop yourself from falling is your lead foot. You should try this a few times to be sure.
- Sign up for classes!** It might sound obvious, but it really is the best way to learn safely. But be patient as it may take a while before you learn how to stop and turn.
- Follow the rules!** You should pay particular attention to any warning signs on the slopes.

Have fun! Snowboarding is amazing!

- Your helmet should...  
a) be just the right size b) fit loosely on your head
- Your board should be level with...  
a) the top of your head b) your chin
- You can find your lead foot by asking someone to...  
a) kick you from behind b) push you from behind
- The best way to learn is...  
a) to sign up for classes b) to keep practising on your own
- You should pay attention to any...  
a) weather reports b) warning signs