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No.192



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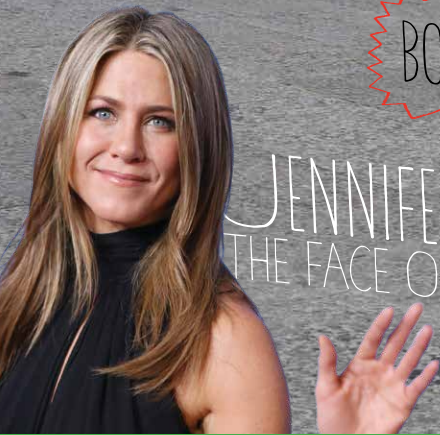
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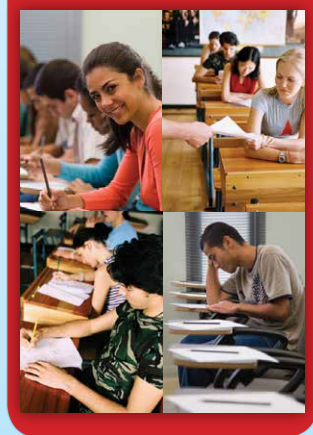
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EDITOR'S INTRO

How you learn English with *Learn Hot English* magazine

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Hi, and welcome to another issue of *Learn Hot English* – the fun magazine for learning English. In this month's issue, we'll be teaching you 21 phrasal verbs with the verb *to get*. We'll be telling you a little trick for remembering phrasal verbs with this verb that will help you learn them more easily.

Of course, that's not all, and we'll also be looking at body language, pets, animal charities, how to speak English, late night shows, bounty hunters, the Mutiny on the Bounty, forms of rage, the Spanish Armada, the Black Country accent (from the Midlands in England) and lots, lots more! Well, we hope you enjoy reading and listening to this issue of *Learn Hot English*. Have fun, learn lots of English and see you all next month!

Andy



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Body Language

Interesting information about the language that never lies.

ANSWERS ON PAGE 49

1 Pre-reading

Match the descriptions (1 to 6) to the facial expressions (a-f).

1. Happy
2. Sad
3. Angry
4. Bored
5. Interested / curious
6. Frightened



2 Reading I

What is body language? Think about it. Then, read the article to check your ideas.

3 Reading II

Read the article again and complete the sentences.

1. *Lie to Me* is a popular television _____.
2. Body language is a series of _____ in the form of body movement.
3. Body language can help us understand a person's _____.
4. Studies have shown that actual words only represent about _____ of communication.
5. In most cultures, smiling shows _____.
6. Experts say that if someone looks at your eyes and then your nose, they consider you an _____.
7. People who smile genuinely, smile with all their _____.

4 Language focus Conjunctions

Look at this extract from the article, "...studies have suggested that only 7% of communication involves actual words, while 55% is visual..." The writer has used the conjunction "while" as a way of contrasting things. Complete the following sentences with your own ideas.

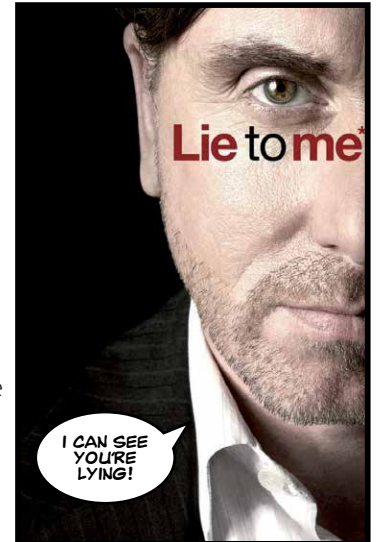
1. The people in the first room were hot, while the people in the second room...
2. I wanted the green one, while my sister wanted...
3. The first two groups wanted to go to the cinema, while the other groups wanted...
4. Jenny wanted to buy a house, while I was more interested in...

5 Discussion

1. Can you think of any more examples of body language? What?
2. Do you think body language is important in communication? Why? Why not?
3. Are there any gestures that are typical in your country? What is the equivalent in other societies?

Are you good at interpreting body language? You're probably better than you think, according to the experts.

There's a popular series on US television (*Lie to Me*) all about a body language expert. English actor Tim Roth plays the part of Dr Cal Lightman – the world's leading "deception expert". He solves crimes by observing **suspects** during **questioning**. And if someone lies, he knows it. The series is inspired by a real-life expert who helps with criminal cases and investigations. He does this by "reading" the human face, body and voice.



So what is body language exactly?

Basically, it's a series of signals (usually sent unconsciously) in the form of body movement, **gesture**, eye movement and voice.

Body language can actually transmit an enormous amount, and it can help us understand a person's **attitude** or **state of mind**. In fact, studies have suggested that only 7% of communication **involves** actual words, while 55% is visual (body language, eye contact) and 38% is vocal (**pitch**, speed, volume, tone of voice).

Many examples of body language are easy to identify. In most cultures, smiling shows happiness and a friendly attitude. So, when someone smiles at you, they're telling you that they're open, interested and happy to communicate. But if someone puts their arms across their chest, they're **putting a barrier between** themselves and you. And if this is combined with a **harsh facial expression**, watch out as this can indicate **hostility**.

Other examples are more complex. Experts say that if the person you're speaking to looks from one eye to the other and then at your forehead, they think they have authority over you. If it's your eyes and then your nose that they look at, then they consider you an equal. And if it's your eyes and then your mouth that they look at, they might be attracted to you.

It's very difficult to **lie** with your body language. For example, people who **fake** a smile only use the muscles around the mouth – and the top half of their face remains unchanged. However, a genuine smile involves the whole face, including the eyes. Research shows that most people unconsciously recognise the sincerity of a smile by looking at the top half of the face.

One of the great advantages with body language is that you don't have to learn it – you already know it, even if you don't know you do... if you know what I mean! ☺

GLOSSARY

- a suspect** *n*
someone who the police believe is responsible for a crime
- questioning** *n*
during "questioning", the police ask someone questions or interrogate that person
- gesture** *n*
a movement that you make with a part of your body
- an attitude** *n*
your "attitude" to something is the way you think and feel about that thing
- a state of mind** *n*
your "state of mind" at a specific time is the way you feel at that time
- to involve** *vb*
if a situation "involves" something, that thing is a part of that situation
- pitch** *n*
the "pitch" of a sound is how high or low it is
- put a barrier between** *exp*
if someone "puts a barrier between" him/herself and others, that person prevents others from getting close to him/her
- harsh** *adj*
unkind, unpleasant, not nice
- a facial expression** *n*
an expression on your face that shows an emotion: fear, anger, sadness, etc.
- hostility** *n*
aggression and anger towards others
- to lie** *vb*
if you "lie", you don't tell the truth
- to fake** *vb*
if you "fake" something, you do it even though it isn't real/true

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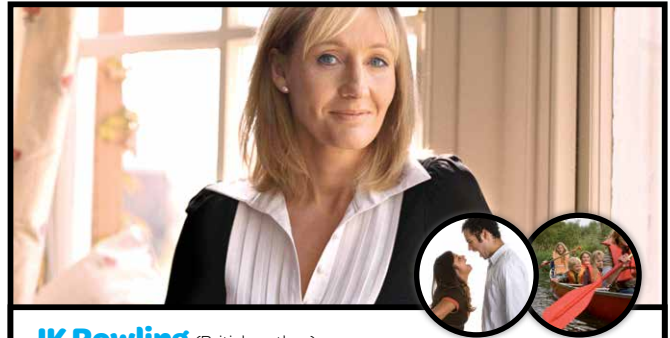
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THE NAME GAME

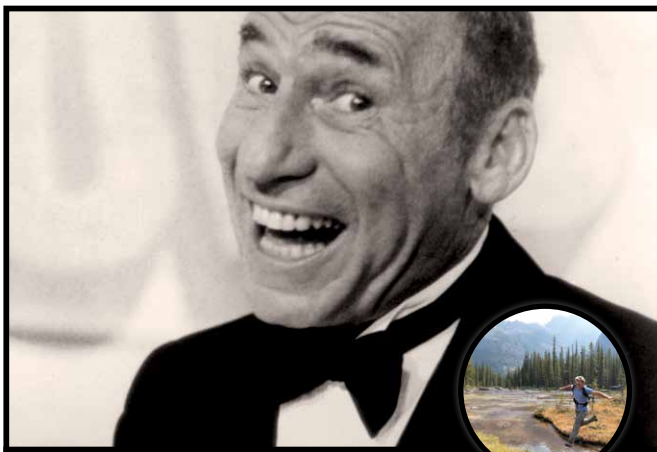
THIS IS ANOTHER PART IN OUR SERIES ON FAMOUS NAMES WITH MEANING. MORE NEXT MONTH.



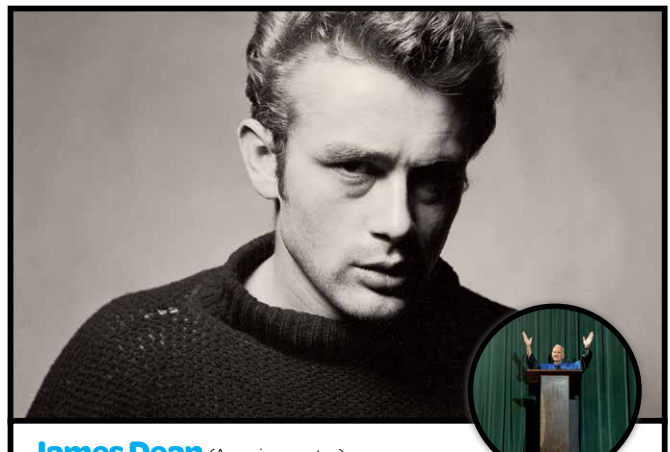
Jamie Foxx (American actor)
A "FOX" IS AN ANIMAL THAT LOOKS A BIT LIKE A DOG, BUT HAS RED FUR AND A BUSHY TAIL.
"We saw a fox at the bottom of our garden."



JK Rowling (British author)
IF YOU HAVE A "ROW" WITH SOMEONE, YOU ARGUE WITH THEM.
IF YOU "ROW" A BOAT, YOU MAKE IT MOVE THROUGH THE WATER BY PULLING ON THE OARS (LONG PIECES OF WOOD).
"They had a row about money last night, but they're friends again today."
"She rowed the boat to the island."



Mel Brooks (American director)
A "BROOK" IS A SMALL STREAM (A VERY SMALL RIVER).
"We took our shoes off and walked across the brook."



James Dean (American actor)
A "DEAN" IS AN IMPORTANT ADMINISTRATOR AT A UNIVERSITY OR COLLEGE.
"She is Dean of the faculty of Modern Art at the University of Central London."



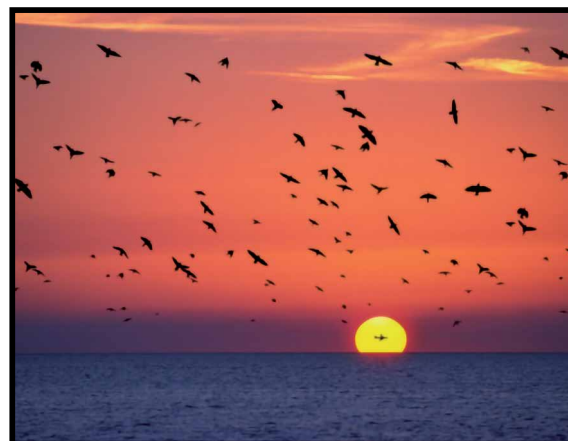
Louis Armstrong (American singer)
IF YOU ARE "STRONG", YOU HAVE A LOT OF PHYSICAL STRENGTH.
YOUR ARMS ARE THE LIMBS THAT HAVE HANDS AT THE ENDS OF THEM.
"He is only six but he's very strong. He can lift more than 20kg."
"I've got a tattoo on my arm."



Sharon Stone (American actress)
A "STONE" IS A HARD, SOLID SUBSTANCE FOUND IN THE GROUND.
"The children threw stones at the window."

STORY TIME

Jokes, anecdotes and stories as told by native English speakers.



Birds of a Feather

Two friends are talking. "Hey, Mollie, why do birds fly south for the winter?" And Mollie says, "Because it's too far to walk!"

Piano versus Clarinet

John and Julie have just **retired**. One day, their daughter, Keira, comes to visit. "Look what your mum's bought me," an excited John says. "A new piano. I've always wanted to learn how to play it."



A few weeks later, Keira comes back to visit her parents. "Hey, mum, how are dad's piano classes **coming along**?" she asks. "Oh, we returned the piano," her mum says. "I **persuaded** your dad to **switch to** the clarinet instead." "Why?" Keira asks. "Because he can't sing with a clarinet!"

Mac versus PC



Two friends are having a conversation. "Without a doubt, **Macs** are far superior to **PCs**," says Ellie. "Oh, come on," argues Megan. "PCs are much better." "**Rubbish!**" Says Ellie. "When was the last time you heard of a virus on a Mac?" she asks. And Megan says, "You see. Even the people who write computer viruses aren't interested in Macs." ✪

GLOSSARY

- to retire** *vb*
to stop working, often at the age of 65
- to come along** *phr vb*
if something is "coming along" well, it is progressing well
- to persuade** *vb*
if you "persuade" someone to do something, you convince them to do that thing
- to switch to** *phr vb*
if you "switch to" B, you stop using A and start using B
- a Mac** *n*
a Macintosh computer produced by the company Apple
- a PC** *n*
a personal computer, often one with Microsoft programs on it
- rubbish** *n*
people often use this word to refer to things they think are false



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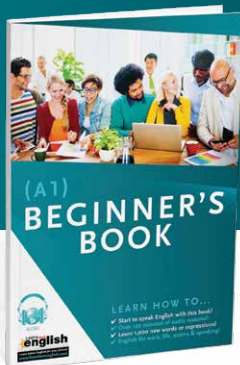
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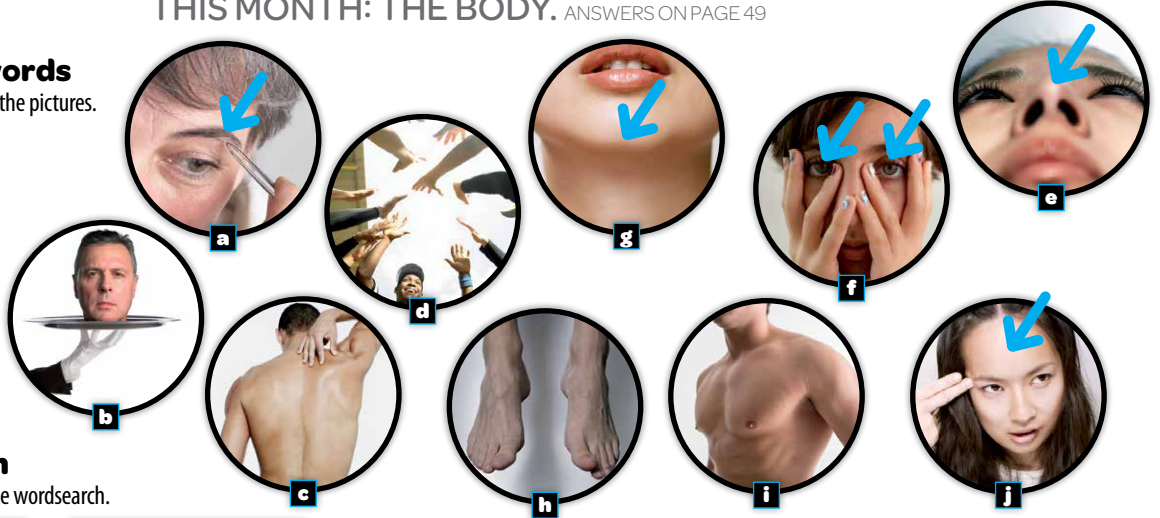
USEFUL VOCABULARY THE BODY

THIS IS ANOTHER PART IN OUR SECTION ON USEFUL VOCABULARY.
THIS MONTH: THE BODY. ANSWERS ON PAGE 49

1 Match the words

Match the words (1-10) to the pictures.

1. Nose
2. Forehead
3. Eyes
4. Eyebrows
5. Head
6. Chin
7. Arms
8. Foot / Feet
9. Chest
10. Back



2 Wordsearch

Now find these words in the wordsearch.

- | | |
|----------|----------|
| arms | eyebrows |
| back | eyes |
| chest | feet |
| chin | foot |
| forehead | head |
| nose | |



3 Guess the word

Think of ways to describe the words above. See if your partner can guess the word from the clues.



IT'S A PART OF YOUR BODY YOU USE TO LOOK AND SEE THINGS WITH.



YOUR EYES!



THE BODY USEFUL VERBS & EXPRESSIONS

THIS IS ANOTHER PART IN OUR SECTION ON USEFUL VERBS AND EXPRESSIONS.
THIS MONTH: THE BODY.

SHAKE YOUR HEAD

TO MOVE YOUR HEAD FROM SIDE TO SIDE AS A WAY OF SAYING NO.



"I ASKED HER IF SHE WANTED A COFFEE AND SHE JUST SHOOK HER HEAD."

NOD YOUR HEAD

TO MOVE YOUR HEAD UP AND DOWN AS A WAY OF SAYING YES.



"I ASKED HER IF SHE WAS HAPPY AND SHE NODDED HER HEAD."

FROWN

WHEN SOMEONE "FROWNS", THEIR EYEBROWS COME TOGETHER AND LINES APPEAR ON THEIR FOREHEAD.



"HE FROWNEED WHEN HE HEARD THE QUESTION."

FOLD YOUR ARMS

WHEN YOU "FOLD YOUR ARMS", YOU CROSS THEM OVER THE FRONT PART OF YOUR BODY.



"HE FOLDED HIS ARMS."

TURN YOUR BACK TO SOMEONE

TO MOVE YOUR BODY SO YOUR BACK IS FACING SOMEONE.



"WHEN HE SAW ME, HE TURNED HIS BACK TO ME."

RUB YOUR CHIN

TO MOVE YOUR FINGERS OVER YOUR CHIN. PEOPLE OFTEN DO THIS WHEN THEY ARE THINKING.



"HE RUBBED HIS CHIN AS HE THOUGHT OF AN ANSWER."

RAISE YOUR EYEBROWS

TO MOVE YOUR EYEBROWS UP. PEOPLE OFTEN DO THIS AS A WAY OF QUESTIONING SOMETHING.



"WHEN I ASKED HER THE QUESTION, SHE RAISED HER EYEBROWS."

STRETCH

TO PUT YOUR ARMS OR LEGS OUT STRAIGHT AND TO TIGHTEN YOUR MUSCLES.



"SHE STRETCHED HER ARMS AND LEGS BEFORE STARTING THE GAME."

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COVER FEATURE
TRACK 12
ENGLISHMAN & ENGLISHWOMAN

STAY MOTIVATED WITH THESE QUOTES!

Studying a language is never easy. There are times when you'll feel frustrated because you don't seem to be making any progress. But you've got to keep going and remember that language acquisition is a long, slow process with lots of ups and downs. Above all, it's important to have a positive, can-do attitude. These famous quotes should help keep your spirits up. [Complete the quotes with the verbs from below. Then, listen to check your answers.]

try set making returns make see want end do not

- "Nothing is impossible, the word itself says 'I'm possible'."
(Audrey Hepburn (1919-1993), actress)
- "Either I will find a way, or I will die."
(Philip Staines (1954-1986), soldier)
- "If you can dream it, you can do it."
(Walt Disney (1901-1966), cartoonist)
- "You are never too old to dream or to dream a new dream."
(CS Lewis (1898-1963), novelist and poet)
- "Always do your best. What you do your best."

January 2015 issue

Preview tap to enlarge



Details
18 quotes to help you learn English! 13 top tips on how to improve your spoken English. 12 useful words and expressions

LET'S TALK ABOUT: *Body language*



Smile.



Touch/Scratch your nose.



Wink.



Lean back.



Lean forwards.



Yawn.



Maintain eye contact.



Cross your fingers.



Put your hands on your hips.



Tilt your head to one side.



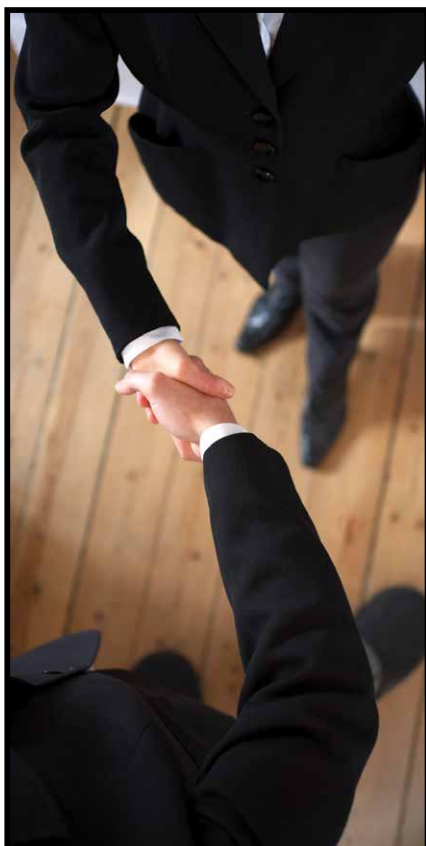
Put your head in your hands



Bite your nails.

Useful Expressions

- He's smiling.
- She was leaning forward.
- He looks bored.
- She maintained eye contact.
- He gave me a firm handshake.
- She looked defensive.
- You're giving off very negative signals.
- He's got a harsh look on his face. ☹



Dialogue

IN THIS DIALOGUE, REECE IS TELLING BETH ALL ABOUT A COURSE ON BODY LANGUAGE THAT HE WENT ON.

Reece: I've just finished this course on body language.

Beth: Oh, yeah.

Reece: Yes, it was really interesting. I learnt all sorts of useful things.

Beth: OK.

Reece: Yes, well, if someone touches their nose while they're talking, it's a sign that they're lying.

Beth: Right.

Reece: And if they're biting their nails, they're nervous or worried about something.

Beth: Ah, huh.

Reece: And if they fold their arms across their chest, it means they feel threatened and they're being defensive.

Beth: Right.

Reece: And if they lean forward, it means they're interested, and if they lean back in their chair, it means they're feeling very relaxed and confident.

Beth: And what does it mean if someone yawns really loudly, just like I did.

Reece: Oh, they didn't tell us about that.

Beth: Well, I'll tell you. It means that someone is really, really, really bored.

Reece: Oh, right. I'll have to make a note of that one.

Beth: Yes, please do. ☺



SHUSH! I'M CONCENTRATING.



MMM... DELICIOUS!

The Telephone (part IV) **Passing on Information**



Asking for information

- What was the nature of the call, please?
- What was it regarding?
- What is the call in connection with?

Giving details

- It's about the ad in the paper.
- I'm calling to confirm the meeting for tomorrow.
- It's with regard to the advert in the local paper.
- I was calling up about the job advert.
- It was regarding the conference.
- I'm calling about the computer offer I saw advertised in *The Guardian* newspaper.

Dialogue

IN THIS DIALOGUE, PAIGE IS CALLING UP ABOUT A JOB ADVERT.

- Receptionist:** Good afternoon. Schilling Lifts. How may I help you?
- Paige:** Oh, good afternoon. I was calling up about the ad in the paper.
- Receptionist:** Which ad would that be? It's just that we have a number of classified ads running at the moment.
- Paige:** It was regarding the ad for the sales executive.
- Receptionist:** OK. Did you send a CV?
- Paige:** Yes, I sent it to the address that appeared in the ad, but I didn't hear back. I was just wondering whether the position was still available.
- Receptionist:** Yes, it is. If you send the e-mail directly to Ms Jones, the head of Human Resources, I'm sure she'll get back to you as soon as she can.
- Paige:** OK. No problem. Could you give me her e-mail address, please?
- Receptionist:** Yes, it's zara.jones@schillinglifts.com
- Paige:** So, that's zara.jones@schillinglifts.com, isn't it?
- Receptionist:** Yes, that's it. Bye, and have a nice day.
- Paige:** Thanks. Bye. ☺

The section that makes grammar easy, interesting, and fun.



GRAMMAR FUN

The Present Perfect Simple and Past Simple



THIS MONTH, WE'RE LOOKING AT THE DIFFERENCE BETWEEN THE PRESENT PERFECT SIMPLE AND THE PAST SIMPLE.

Remember, we form the Present Perfect Simple with "have/has" and a past participle. **For example:**

- I've been to Scotland.
- He hasn't written a book.
- Has she flown a helicopter?

And we form the Past Simple with the past tense forms of verbs. These can be regular ("play-played") or irregular ("see-saw"). We use "did / didn't" to form negatives and the interrogative form with the Past Simple. **For example:**

- I went to Scotland.
- He didn't write a book.
- Did she fly a helicopter?

In general, we use the Past Simple to refer to things that are considered remote and complete, and with no connection to the present. We often use the following time expressions with the Past Simple: "two days ago, three months ago, last week" and "last night". **For example:**

- We went out last night.
- I saw him four days ago.

On the contrary, we use the Present Perfect Simple to refer to actions from the past, without mentioning when they happened. These actions often have some connection to the present. **For example:**

- I've broken my arm. That's why I can't play tennis.
- She has seen the film and would recommend that you see it too.

1 Exercise

ANSWERS ON PAGE 49

Complete the sentences with the correct form of the verbs in brackets. Use the Present Perfect Simple and the Past Simple.

- I've ____ (be) to New Zealand. I ____ (go) there two months ago.
- Jenny has ____ (speak) to her uncle. She ____ (speak) to him yesterday.
- Bob has ____ (give) us the money. He ____ (give) it to us ten minutes ago.
- The Bakers have ____ (arrive). They ____ (arrive) a few minutes ago.
- Abigail has ____ (lose) her bag. She ____ (lose) it last night.
- We've ____ (send) the e-mail. We ____ (send) it two days ago.

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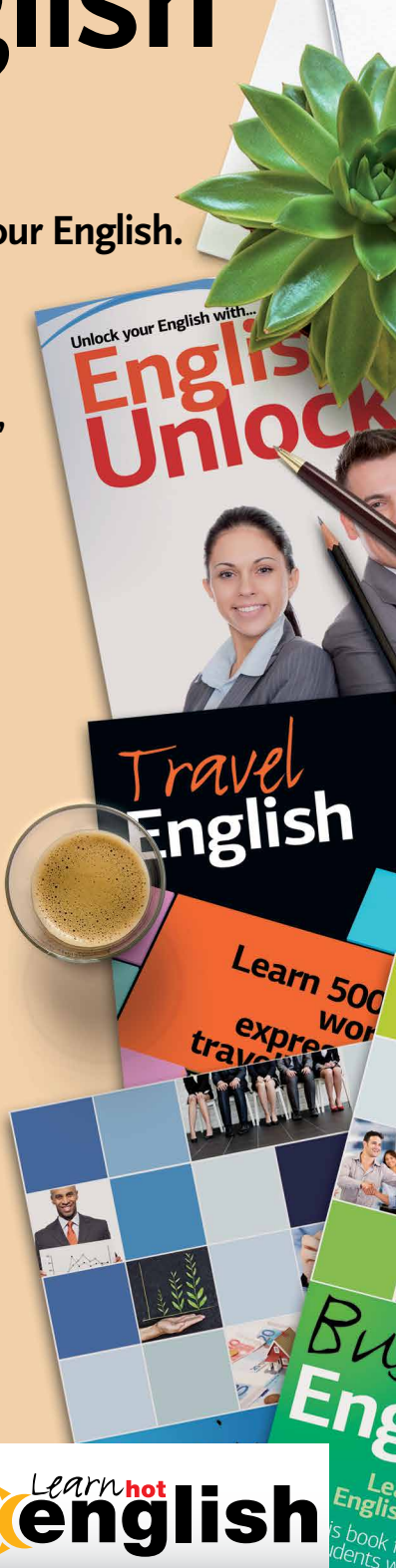
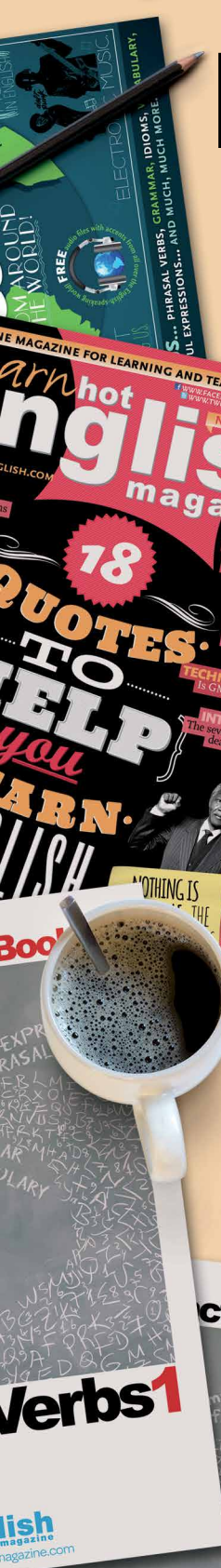
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Let's be



friends

(if we aren't already!)



DR FINGERS' ERROR CORRECTION CLINIC

IN THIS SECTION, DR FINGERS IDENTIFIES AND CORRECTS TYPICAL ERRORS.



1 Activity

ANSWERS ON PAGE 49

Read the sentences, find the errors and correct the sentences. Then listen to the CD to check your answers. Good luck!

- There isn't many milk in the fridge.
There isn't much milk in the fridge.
- There aren't much chairs in the room.
- Are there much pens on the table?
- Are there much sugar in the coffee?
- There not is much salt in this food.
- We don't have a much of money.

LISTENING



1 Pre-listening

Match the house/home-related vocabulary (1 to 8) to the pictures (a-h).

- A house
- A block of flats
- A semi-detached house
- A garage
- A garden
- A bedroom
- A kitchen
- A living room



2 Listening I

You are going to listen to someone who wants to buy a flat. Listen once. Which words from the Pre-listening activity do you hear?

3 Listening II

Listen again. Then, choose the correct answers.

- How many children has she got? **3 / 4.**
- How many bedrooms does she want? **4 / 5.**
- Where does David work? At **Cambridge University / a bank.**
- How much is the most expensive flat on the market for? **£500,000 / £600,000.**
- What is she going to do this weekend? Go to the **theatre / opera.**
- Does she want to buy a flat from this estate agent? **Yes / no.**

4 Language focus Superlatives

Look at this extract from the listening, "It was the smallest, dirtiest, nastiest little place I've ever been in." The speaker has used the superlative forms of several adjectives ("small-smallest; dirty-dirtiest; nasty-nastiest"). Complete the sentences with your own ideas.

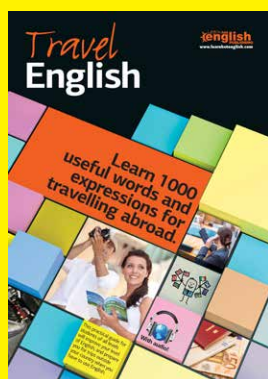
- The smallest animal I've ever seen was a/an...
- The dirtiest water I've ever swum in was in...
- The nastiest person I've ever met was...
- The best film I've ever seen was...
- The worst book I've ever read was...

5 Discussion

- What are the pros and cons of living in a flat?
- What are the advantages and disadvantages of living in a house with a garden?
- What do you like/dislike about your home?

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Pampered Pets

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ANSWERS ON PAGE 49

1 Pre-reading

Look at the names of pet accessories below (1 to 7).

What do you think they're for?

What do you think they do?

1. The Bow-Lingual Dog Translator
2. I-Paw
3. Arfmerican Barxpress Card
4. Doggone Doggy Thong
5. Petattoos
6. Happy Tail Ale
7. Bubble Buddy

2 Reading I

Read the article once and check your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, write a brief description of each product from the Pre-reading activity.

4 Language focus

The Present Simple Passive

Look at this extract from the article, "...that plays songs when buttons are pressed." The writer has used a Present Simple Passive construction ("are pressed"). Transform the following sentences into the Present Simple Passive. Do not include the agent (the person who does the action).

1. They send the e-mails.
2. They clean the rooms.
3. They cut the paper.
4. They make cars.

5 Discussion

1. What do you think of these pet accessories?
2. Why do people love their pets so much?
3. Are people in your country so obsessed with pets? In what ways?

Have you got a **pet**? Are you thinking of buying one? You might consider getting one or two of these pet **accessories**.



Many pet **owners** like to speak to their pets. And many think their pets actually understand them. But do pet owners understand what their pets are saying? Well, now they can with the "Bow-Lingual Dog Translator". As the product **blurb** says, "It's a gadget that translates

doggy talk into human words." Developed by linguistics experts (apparently), it can translate a dog's bark into one of six emotions: happy, sad, frustrated, **on guard**, assertive and **needy**. It then provides a phrase to represent what your dog might say if it could speak.



But that's not all. For doggy music fans there's the "I-paw". This is a sort of iPod for dogs that plays songs when buttons are pressed. And for dogs of a materialistic nature, there's the "Arfmerican Barxpress Card".

As the advertising text says, "Give your **pooch** the power of unlimited spending." That's not quite true though (which is probably a good thing) as it's actually just a squeaky toy credit card.

However, from material things to "material thongs". After all, if people look good in thongs, why shouldn't dogs? So, there's the "Doggone Doggy Thong" for those owners who want their **four-legged friends** to **look their best** on the beach. And for those who want their dogs to really **stand out**, the latest must-have is "Petattoos". Yes, you've guessed it – tattoos for pets. They're not permanent like real tattoos, but they do last long enough for your pet to make a complete fool of itself... although it doesn't say *that* in the blurb.

Feeling thirsty? These days you can share a beer with your pet. That's right, man's best friend can now also be his drinking buddy. "Happy Tail Ale" is a beef-flavoured beer for dogs. It's non-alcoholic (apparently) so your dog can enjoy a cold one without **developing a habit...** or a **hangover**.

Who doesn't want their pet to be clean and smell good? The "Bubble Buddy" will help with that. It's similar to the popular children's toy the water pistol, but this gun fires soap bubbles that are chicken or bacon flavoured. Of course, the animals will quickly **figure out** that they can't actually eat them. As one owner wrote on an Amazon.com review, "My dogs looked at me like I was stupid when I tried to play with this." Ah, the simple wisdom of animals.

So there you have it, just a few of the **wackiest** pet accessories out there. I haven't even mentioned the \$3,000 crystal-studded Swarovski dog dress. But wait a minute! \$3000 for canine clothing? I think I need a **swig of** "Tail Ale"! ☺



GLOSSARY

- a pet** *n*
an animal you keep at your home
- an accessory** *n*
extra things that are not really important, but can make an activity easier / more enjoyable, etc.
- an owner** *n*
the person who has/possesses something
- the blurb** *n*
the advertising text that is often printed on the packaging for a product
- on guard** *exp*
if an animal is "on guard", it is ready to defend itself or attack someone
- needy** *adj*
if someone is "needy", they need emotional support / love, etc.
- a pooch / a four-legged friend** *exp/inform*
a dog
- to look your best** *exp*
if you "look your best", you look attractive / neat / nice / smart, etc.
- to stand out** *phr vb*
if someone "stands out", everyone notices them because they are different
- to develop a habit** *exp*
if you "develop a habit" for something, you start to do that thing a lot
- a hangover** *n*
a feeling of sickness and/or a pain in the head after drinking too much alcohol
- to figure out** *phr vb*
if you "figure something out", you start to understand it
- wisdom** *n*
if someone has "wisdom", they have a lot of knowledge that they have accumulated over the years
- wacky** *adj*
strange and unusual
- a swig of** *n*
if you have a "swig of" a liquid, you drink a small amount of that liquid

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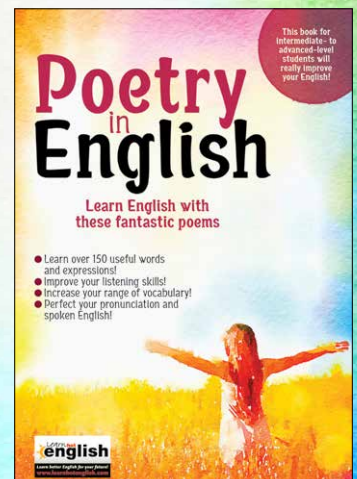
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How to... speak English

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THINGS IN ENGLISH.

IT'S ALL A
QUESTION OF
PRACTICE!

There are basically two types of speaking: spoken production (simply producing words) and spoken interaction (speaking/conversing with other people). Both are important, but this month we're looking at **spoken production**.

Spoken production is all about producing language. It's about speaking clearly and correctly. It's your ability to pronounce words, use the correct stress and intonation and select words that are appropriate for your purpose. Spoken production activities include reading a written text aloud, speaking from notes, acting in a play, talking about your life, singing a song and telling a story. It may also include giving presentations, expressing arguments in a debate, giving a speech or making a sports commentary.

First, let's put speaking into perspective. Speaking in any language is difficult... even in your own language. In fact, if you listen to recordings of native English speakers, you'll be surprised at how "badly" many people speak spontaneously: there are examples of hesitation, false starts, mumbling, unclear language and even errors. Very few people can speak really well, and those who can, usually spend hours preparing and practising their speeches. The thing is that speaking "well" depends on a lot of factors: your motivation, your physical and mental state at the time of speaking, who you're speaking to, how well you know the topic, where you are, the time of day, and a hundred other things.

The way to improve your speaking is to practise. You could do some "shadowing". This involves copying native speakers who are speaking on audio or video recordings. Just get access to an audio file, put on your headphones, press play and start speaking at the same time as the native English speakers. This is a great way to improve your pronunciation. You could also do the same with songs, by singing along to your favourite songs. Another good technique is to read aloud. This will help you practise saying the words and expressions. Just get a copy of a text or book that you find interesting, and read parts of it out loud.

Repetition is also important. Repeat key sentences and expressions over and over again until they become automatic. Do some language fluency drills with your teacher to build up fluency. Memorise chunks of language or entire paragraphs. This will really help. A lot of the language we use when speaking consists of set expressions and chunks of language that are repeated. Also, practise telling your favourite stories or anecdotes. Write them out first. Then, make notes and practise saying them to yourself... and then in public. The more you practise them, the better you'll get at telling them, and soon you'll be a story-telling expert.

Speaking well requires practice, and a lot of time and effort. Are you ready?

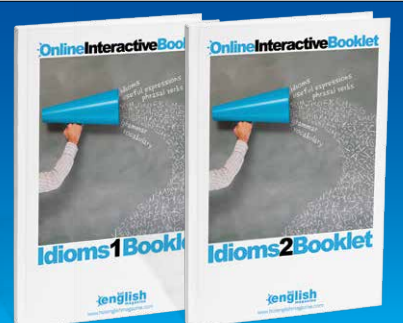
Good luck! 🍀

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PHOTOMAGIC

PHOTOS OF THE MONTH FROM THE NEWS.

Can you think of anything to write in the speech bubbles? Have a competition in class or at home.

Photo 1 Sofia Latif with the advocacy group, Avaaz, with life-sized cutouts of Mark Zuckerberg.

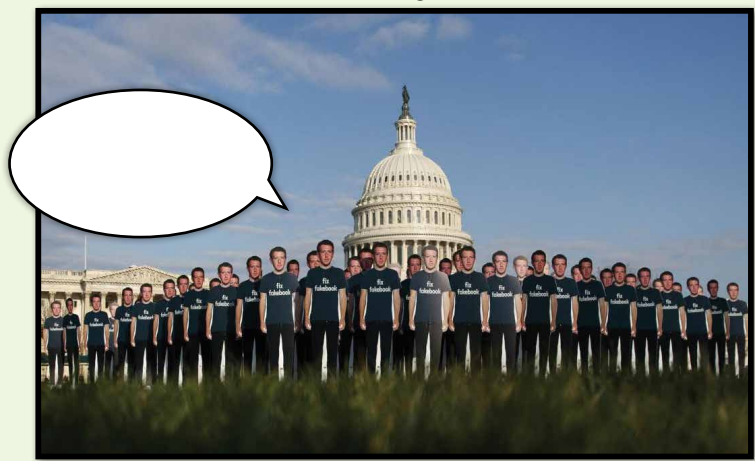


Photo 2 'Cupid's arrow' pattern in a field in Zhenjiang, China.



Photo 3 Tree-climbing goats feed on an Argan tree in Essaouira, southwestern Morocco.



LISTENING

Animal Charity



An interview with a member of an animal charity.

1 Pre-listening

Which words would you associate with an animal charity? Can you add any words to the list?

- habitat danger sanctuary nature reserve
- money safe poaching mammal donation
- protection cheese breeding zoo zoologist
- charity animal extinction species danger
- poacher export cage

2 Listening I

You are going to listen to an interview with someone who has set up an animal charity. Listen once. Which words from the Pre-listening activity can you hear?

3 Listening II

Listen again. Then, read the sentences and choose the correct options.

1. Their slogan is, "Oh, please, Be, Be, Be, Be, Be..."
a) generous b) happy
2. The male bandicoot has...
a) horns b) a tail
3. They are mammals which like to eat...
a) cheese b) fruit
4. They have been raising money to open a sanctuary in...
a) the country b) London
5. They hope to raise £1 million in order to buy...
a) a zoo b) a house
6. They have been trying to find a photo of a bandicoot for...
a) one week b) a couple of weeks

4 Language focus The Present Perfect Continuous

Look at this extract from the listening, "The British bandicoot's natural home has been disappearing over the past ten years." The speaker has used the Present Perfect Continuous ("has been disappearing"). Transform the following sentences into the Present Perfect Continuous.

1. They have eaten.
2. She has finished.
3. We haven't watched it.
4. He has run.
5. They have washed the car.

5 Discussion

1. What are the main animal charities in your country? Which animals are they helping to protect?
2. Which animals are in danger in your country? What is being done to help them?
3. Have you ever donated money to an animal charity? Why? Why not?

Outdoor fun in a fast-paced city. By Alexis Wynn

DENVER, COLORADO

IF YOU'RE INTERESTED IN A COMBINATION OF THE GREAT OUTDOORS AND A **FAST-PACED** CITY, DENVER IS THE PLACE FOR YOU.



THE DENVER ART MUSEUM (DAM)

Denver is known as the Arts Capital of the **West**. The Denver Art Museum (DAM) is the largest art museum between Kansas City and the **West Coast**. It's filled with amazing pieces including classics by Monet, Picasso and Matisse and more modern works by Warhol and O'Keefe, plus intriguing pieces from Africa and pre-Columbian America. Denver's Museum of Contemporary Art is another great museum.



THE COLORADO HISTORY MUSEUM

The DAM is also **home to** one of the greatest collections of **Western** art, including paintings, photographs and sculptures by Frederic Remington. The Colorado History Museum also has a great collection of western art, photographs and memorabilia.

Denver also has the famous Black Western Museum. This offers an eye-opening look into the part played by African-American **pioneers**. For more on Western art and culture, **head out to** the town of Boulder to see the fun (and free) Leavin'Tree Museum of Western Art, with an impressive collection of great pieces.



RED ROCKS PARK

Denver is great for outdoor adventure. Located **at the foot of** the Rocky Mountains, Denver is home to 14,000 acres of mountain parks which all include **stunning scenery**. The famous Red Rocks Park is about 20 kilometres from Denver. This mountain park is famous for its large red sandstone **boulders**. Many of these formations within the park have names including *Seat of Pluto*, *Cave of the Seven Ladders*, *Creation Rock*, *Ship Rock* and *Stage Rock*.



WINTER PARK RESORT

For skiers, there's the Winter Park Resort. It's one of Colorado's oldest ski resorts, and has over 3,000 acres of runs, and it's just 67 miles northwest of Denver. For a bit of water fun, there's the South Platte River, a major river of the west that runs straight through the centre of

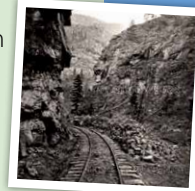
Denver parallel to its city streets. It serves as Denver's source of drinking water, as well as a place for fishing and kayaking.

Denver is a fun city too. It's got the nation's largest Cinco de Mayo celebration, and Denver Arts Week is one of the city's biggest and best annual events. It's a weeklong festival with visual and performing arts taking place at art districts, 20 museums and 100 art galleries. The **trendiest** part of Denver is LoDo (short for Lower Downtown), which is also the oldest part of the city.

Denver offers culture and nature in a unique setting. Go and try it for yourself. 🌟

DENVER TRIVIA

Denver was discovered in 1858 as a mining town during the **Gold Rush**. The city had a theatre before it had a school or a hospital.



Denver, the capital of the state of Colorado, is known as the Mile High City because it's exactly one mile above sea level (about 1,600 metres).

Denver is on the Great Plains and is considered a high-desert climate. It's one of the sunniest places in The United States, with about 300 days of sunshine, which is more than cities such as Miami (in Florida) and San Diego (in California).

The Denver Botanic Gardens is one of the top five botanic gardens in the United States.



Denver's American Football team, The Broncos, have been to the Super Bowl six times. They won back-to-back Super Bowls in 1998 and 1999.

Denver is the 24th most populous city in the US, with an estimated population of 598,707.

Denver locals have been known to find dinosaur fossils in their back yards.



One of Denver's icons is a 13-metre Blue Bear statue in The Colorado Convention Center. It was created by artist Lawrence Argent.

GLOSSARY

- fast-paced** *adj*
dynamic; with an exciting atmosphere
- the West** *n*
the areas (many of which were originally occupied by Native Americans) in the centre and west of America
- the West Coast** *n*
the area of land next to the Pacific Ocean in the west of the US
- home to** *exp*
if A is "home to" B, A has B in it
- Western** *n*
referring to life in the American West
- a pioneer** *n*
people who travel to a new area and start living there
- to head out to** *exp*
to go to
- at the foot of** *exp*
at the bottom of
- stunning** *adj*
spectacular, very beautiful
- scenery** *n*
the land, mountains, water, etc. that you can see around you
- a boulder** *n*
a large, round rock
- trendy** *adj*
fashionable
- the Gold Rush** *n*
the Gold Rush refers to the discovery of gold in the 19th century. As a result, many people "rushed" (went quickly) to the area to try to get rich

LATE NIGHT SHOWS

WHAT DO YOU DO AT NIGHT? GO OUT? WATCH A FILM? READ A BOOK? IN THE STATES, **LATE NIGHT TALK SHOWS** ARE POPULAR

Late night talk shows follow a basic pattern. They often start with an announcer, who introduces you to the show's **host** and **guests**. As the host enters, the **house band** plays a theme tune that is often played throughout the show. The popular hip-hop group *The Roots*



THE ROOTS

plays on *Late Night with Jimmy Fallon*, while Max Weinberg (the drummer of Bruce Springsteen's E Street Band) leads the band on Conan O'Brien's show, *The Tonight Show*.

Next it's the turn of the host. They usually make jokes about the news. Special sections usually follow. They often have something to do with the news. For example, Jay Leno, the host of *The Tonight Show*, has a section called "Headlines". He looks at funny stories in local newspapers and magazines. One headline from a wacky news story that he read out was, "Drunk Driver Claims Dog was Driving".



DAVID LETTERMAN

David Letterman, who hosts *The Late Show*, is famous for his "Top

Ten List." Al Pacino once explained jokingly that one of the top ten reasons he liked being an actor was because "you get to make films for personal reasons – I made *Righteous Kill* to let people know I'm still alive."

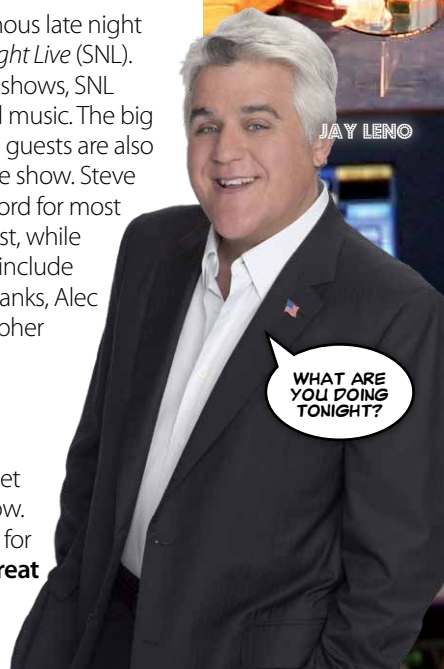
After a commercial break, it's the turn of the guests. They are often some of Hollywood's biggest stars. They come in, sit down next to the host and answer questions and

chat. The audience gets to see what the celebrity is actually like, and the celebrities often come onto the show to promote their latest film or album. Meryl Streep, Jim Carrey and Denzel Washington have all been guests on late night shows. Political figures sometimes appear too. Michelle Obama and Governor Arnold Schwarzenegger have been on to answer questions. Senator John McCain was once asked by Jay Leno how he reacted to losing the presidential race to Barack Obama. McCain replied, "I slept like a baby: sleep two hours, wake up and cry, sleep two hours..." Many welcome an invitation to appear on the show because they attract such a **wide range of viewers**.

After the guests, there's some music or comedy sketches. Past **performers** include Radiohead, Beastie Boys and the White Stripes. Every now and then, **up-and-coming** bands and comedians perform, too.

One of the most famous late night shows is *Saturday Night Live* (SNL). Like other late night shows, SNL has several **skits** and music. The big difference is that the guests are also often the hosts of the show. Steve Martin holds the record for most appearances as a host, while other popular hosts include Chevy Chase, Tom Hanks, Alec Baldwin and Christopher Walken.

There is a feeling of **making it** in the business once you get onto a late night show. It's an **achievement** for the celebrity and a **treat** for the audience. No wonder they're so popular. 🍀



JAY LENO

WHAT ARE YOU DOING TONIGHT?

LATE NIGHT SHOWS:

Jimmy Kimmel Live! (00:05), *Late Show with David Letterman* (23:35), *The Tonight Show* (23:35), *Late Night With Jimmy Fallon* (00:35), *The Late Late Show with Craig Ferguson* (00:35), *Last Call with Carson Daly* (1:35)



JIMMY KIMMEL LIVE!



LATE NIGHT WITH JIMMY FALLON



THE LATE LATE SHOW WITH CRAIG FERGUSON

GLOSSARY

a late night talk show *n*
a television programme that is on late at night. It often consists of a host and guests

a host *n*
a person who is in charge of a television programme and who interviews guests

a guest *n*
people who are invited onto a television programme and who are interviewed

a house band *n*
a musical group that plays music on a television programme

a wide range of *exp*
a big selection of

a performer *n*
a person who acts/sings/dances, etc. in front of a camera or an audience

up-and-coming *adj*
that is not famous yet, but may be very soon

a skit *n*
a short piece of comedy in which actors make fun of someone or events

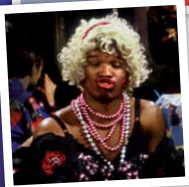
to make it *exp*
if someone has "made it", they are famous and successful

an achievement *n*
something good that you have done or succeeded at, especially after a lot of effort

a treat *n*
something nice and special that you can enjoy

Jamie Foxx

Who's is your favorite comedian? Ben Stiller, Jim Carrey, Billy Crystal, Steve Martin, Bill Cosby, Eddie Murphy, Chris Rock, Woody Allen, David Schwimmer, Richard Pryor? One of America's top comedians is Jamie Foxx. But he's also a talented actor and singer.



Jamie Foxx's original **claim to fame** was in the popular comedy show "In Living Color", a sketch comedy series. One of his funniest creations was the character Wanda Wayne – someone so terrible that "no one wanted to be in the same room as her". For the part, Foxx put on women's clothing, **make up** and a blond wig. The humour came from Wanda's **overrated opinion** of herself, how she always **had trouble** getting **dates**, and how she **scared off** her men. Foxx had people rolling on the floor with this.



In 2004, Foxx amazed audiences with his star performance in the film *Ray*. The **biopic** was about the life of American blues

singer Ray Charles. Foxx managed to become Ray Charles both physically and mentally. As a result, he won the Best Actor award in the 2005 Oscars. He also received a Golden Globe award (and many others) for his performance. But then it was time for a new surprise.

In 2005, Foxx released his **hit album** "Unpredictable". The album jumped to the top 10 with hits such as "Unpredictable" and "DJ Play a Love Song". It soon became one of the best-selling **R&B** albums of 2005.



"It's good to be surrounded by black folks. Black folks are music."

"I'd like to say I'm R&B's savior. Whether that's the truth or not, I'm definitely going out there with my **mic**... to declare, 'I am here to save R&B.'"



Jamie Foxx

Jamie Foxx was born Eric Marlon Bishop on 13th December 1967 in Terrell, Texas, USA. He's a successful comedian, singer and actor. He was the star quarter-back of his high school American football team. He has won an Oscar and a Grammy.

GLOSSARY

- a claim to fame** *exp*
a reason for being famous
- make up** *n*
coloured paint that people put on their faces to be more attractive
- an overrated opinion** *exp*
if someone has an "overrated opinion" of themselves, they think they are much better than they really are
- to have trouble** *exp*
to have difficulty doing something
- a date** *n*
a person with whom you can have a romantic evening
- to scare off** *phr vb*
to frighten and make someone leave
- a biopic** *n*
a film about the life of a famous person
- a hit album** *n*
a very successful album
- R&B** *n*
rhythm and blues – a genre of music with elements of hip hop
- a pro athlete** *n*
a professional sports person
- to come calling** *exp*
if an opportunity "comes calling", it presents itself to you
- to have the ride of your life** *exp*
to have a great time
- a mic** *n*
a microphone – an object that singers hold and sing into in order to amplify their voices
- a Grammy** *n*
the "Grammy" awards are presented annually by the National Academy of Recording Arts and Sciences for achievements in the music industry

Much more than the lovable Rachel of *Friends*. By Alexander Olya

Jennifer Aniston

Full name: Jennifer Joanna Aniston

Date of Birth: 11th February 1969.

Place of Birth: Sherman Oaks, California, USA

JENNIFER ANISTON

You may know her from her portrayal of Rachel Green in the television series *Friends*. Maybe you have seen her in movies such as *Along Came Polly* (2004) and *Bruce Almighty* (2003). Perhaps you know her simply as the ex-wife of Brad Pitt. One thing is certain, Jennifer Aniston is one of the most recognisable faces in the **world of entertainment**.



Aniston's **big break** came with her role in *Friends*. She auditioned for a part in the sitcom in 1994. She got it and the series became a huge success,

running for ten seasons. By the final season, Aniston was earning about \$1 million per episode. She soon became one of the richest women in the entertainment industry.



EVERYBODY'S AFTER ME.



Since the end of *Friends*, Aniston has starred in a number of successful films. These include *Marley & Me* (2008) with co-star Owen Wilson, and *He's Just Not That Into You* (2009), another romantic comedy co-starring Scarlett Johansson and Ben Affleck. She has three movies that are set to **premier** in 2010: *The Bounty Hunter*, *The Baster*, and *The Goree Girls*.

Aniston often appears in celebrity gossip magazines. She's famous for having been married to Brad Pitt before he **moved on** to his relationship with Angelina Jolie. Rumours surfaced that the **break-up** was over whether or not to have children, although Aniston later claimed those rumours were false. After her divorce, Aniston had relationships with Vince Vaughan, her co-star in the movie *The Break-Up*



(2006), and singer/songwriter John Mayer. She later married Justin Theroux, but they've now separated. ♣

trivia

Jennifer Aniston worked as a waitress in order to earn extra money before she did *Friends*.

She has been nominated several times for an **Emmy**, winning once for "Outstanding Lead Actress in a Comedy Series".

She met Brad Pitt on a **blind date**.



She is also a talented artist and had one of her paintings displayed in the Metropolitan Museum of Art.

quotes

"I've learned that you can **get through** things that hurt. Nothing will kill you. Nothing. People are unbelievable. We have such **resilience**."

"When somebody follows you 20 blocks to the pharmacy, where they watch you buy toilet paper, you know your life has changed."

"It's impossible to satisfy everyone, and I suggest we all stop trying."

"The greater your capacity to love, the greater your capacity to feel the pain."

"Once you **figure out** who you are and what you love about yourself, I think it all kind of **falls into place**."

"The first time I kissed Brad my knees went weak – I literally lost my breath!"

"We're all with *Friends* until *Friends* dies. If one of us goes, we all go. One of us wouldn't leave. It wouldn't be the show it is without each of us."

GLOSSARY

the world of entertainment *n* the industry that produces theatre plays, music, films, TV shows, etc.

a big break *exp* an important opportunity for success

to run for *exp* if something "runs for" X months, it lasts for X months

to premier *n* to appear on the TV or in the cinemas for the first time

to move on to *exp* if you "move on to" something new, you start doing that new thing

a break-up *n* a separation

an Emmy *n* an annual award by the Academy of Television Arts and Sciences for outstanding achievements in television

a blind date *n* a romantic evening with someone you have never seen or met before

to get through *exp* if you "get through" a bad experience, you are OK at the end of it

resilience *n* if someone has "resilience", they have mental or physical strength

to figure out *phr vb* to discover

to fall into place *exp* if things "fall into place", they become clear and easy to understand

One of the world's most exciting jobs. By Alexander Olya

BOUNTY HUNTERS

IT'S A JOB THAT EXISTS IN JUST TWO COUNTRIES – THE US AND THE PHILIPPINES. BOUNTY HUNTING IS ONE OF THE WORLD'S MOST UNUSUAL PROFESSIONS.



bounty hunter's main job is to **capture fugitives**. For example, when someone gets arrested for a crime, they often have to wait for months before it's time for their **trial**. During this time, the **defendant** may have to stay in prison. However, if they aren't considered dangerous, the **judge** may **set bail** – an amount of money that must be paid if the defendant wants to avoid waiting in prison. In many cases, a **bail agent** (also known as a "bail bondsman") is contracted by the family or friends of the defendant to pay the amount. Together they write a **bail bond**. This gives the defendant permission to leave prison. However, the defendant mustn't leave the state or the country, and must go to court on the days established by the judge. If the defendant disappears, he or she becomes a fugitive (also known as a "bail jumper"). And when this happens, the bail agent could lose a lot of money as the bail agent must pay the total amount of bail if the fugitive never appears in court. Now, this is where the bounty hunter enters the picture.

It's the bounty hunter's job to find the defendant or the bail agent will lose money. Most times it's just a question of making a phone call because the defendant has forgotten about the trial and just needs reminding. However, other times they've **gone missing** and are probably **on their way to** the Mexican or Canadian border. The bounty hunter (also known as a "bail enforcement agent" or "fugitive recovery agent") must find the fugitive and bring them back... preferably alive.

The bounty hunter has to work quickly. They will check up on the fugitive's friends, family and work colleagues to try to find a **lead**. They may also **get in touch with** underground criminal movements to see if anyone has any information on the fugitive. Sometimes they get lucky, other times they have to be patient. A background in law enforcement is not necessary, but it helps because fugitives may be **armed** and **unwilling** to cooperate.

Making the arrest is the most dangerous part of the job. In some cases, the fugitive has no intention of returning to the criminal justice



system. They may face the prospect of a life in prison – and will do anything to avoid that. The bounty hunter has to prepare the ground carefully so the arrest can be made as smoothly as possible, and the fugitive can be taken into custody without too much violence.

One of the most famous bounty hunters from the 19th century was John Riley Duncan (1850-1911). He was a Texas lawman who is most famous for his part in the capture of the **outlaw** Wes Hardin. Hardin (1853 to 1895) was a tough **gunman** who spent most of his life on the run after robberies and killings. He claimed to have killed 42 men, and his criminal career also resulted in the deaths of his brother and two cousins (who were hanged by a **lynch mob** seeking revenge for a Hardin killing).

Bounty hunter John Duncan was contracted to make the capture. In order to do this, he was **recruited** into the Texas Rangers in July 1877. The Texas Rangers were (and still are) a law enforcement agency with **jurisdiction to track down** fugitives and outlaws. Thanks to a **tip-off**, Duncan found out that Hardin and several of his **accomplices** had bought tickets for a train departing from Pensacola station. Duncan set an ambush and placed his men in strategic positions in the train and around the station. After a fight, Hardin was captured, but one of his companions (Jim Mann) was killed. Later, Hardin was transported by train back to Texas to **stand trial**. He eventually served 17 years in prison for his crimes. Years later, and after his release, he was killed after a confrontation over a game of cards (he was shot in the back of the head). Duncan ended his service with the Texas Rangers shortly after capturing Hardin, and spent the rest of his life as a bounty hunter, working mostly in Dallas.

One of the most famous bounty hunters of recent times is Duane "Dog" Chapman. He even had his own television reality series "Dog the Bounty Hunter". The show followed Chapman as he tried to track down and capture fugitives. Chapman's series showed us all what it's like to be a bounty hunter.

It seems that the Wild West is still just as wild! 🌵

BOUNTY HUNTING TRIVIA

Bounty hunting is legal in the United States thanks to the 1872 US Supreme Court case (Taylor versus Taintor) which established that bounty hunters have rights to recover fugitives from the law. The bounty hunter is paid a portion of the bail money. In the United States, bounty hunters catch an estimated 30,000 bail jumpers every year.

Duane "Dog" Chapman was once arrested after crossing into Mexico in pursuit of an escaped convict.



One of the best-known bounty hunters in fiction is Boba Fett from the Star Wars film series. Like the bounty hunters of westerns, Fett is rough and merciless.



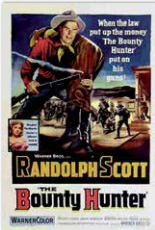
The bail agent charges for the service – usually 10 percent of the bond. So, for an \$800 bond, they get \$80. However, if the suspect doesn't appear, the bond agent has to pay the money. It's a risk, but there are rewards.

Bounty hunters in films and television.

HUNTERS

HOLLYWOOD HUNTERS

CHARACTERS PLAYING BOUNTY HUNTERS HAVE FEATURED IN MANY FILMS. HERE ARE A FEW OF THEM.



The Bounty Hunter (1954)

This western stars Randolph Scott as a bounty hunter. About a year after a violent train robbery, he's hired to find the three remaining killers. He tracks them down to the town of Twin Forks. In one scene, he's asked why he became a bounty hunter. As he's counting his cash reward he replies, "I'm counting the reasons, and they're ten short". The film is directed by André de Toth.



Wanted: Dead or Alive (1986)

This film was based on a television series that starred Steve McQueen. In the film version, ex-CIA operative Nick Randall (played by Rutger Hauer) is a bounty hunter. He's asked by his former employer to help track down a terrorist. But the terrorist is also looking for Randall. The film is directed by Gary Sherman.



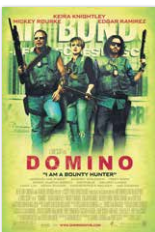
For a Few Dollars More (1967)

This spaghetti western was directed by Sergio Leone. Clint Eastwood plays the "Man with No Name," a bounty hunter who is in competition with a rival bounty hunter (played by the actor Lee Van Cleef). Both men are in pursuit of "El Indio," a wanted fugitive.



Midnight Run (1988)

This action-comedy is directed by Martin Brest. Charles Grodin plays Jonathan "The Duke" Mardukas, an accountant being chased by the FBI, the mafia and bounty hunter Jack Walsh (played by Robert De Niro).



Domino (2005)

Domino stars Keira Knightley, Mickey Rourke, and Christopher Walken. It's directed by Tony Scott (*Beverly Hills Cop II*, *True Romance*) and is based on true-life bounty hunter Domino Harvey.



The Bounty Hunter (2010)

The action-comedy stars Jennifer Aniston as Nicole Hurly and Gerard Butler as bounty hunter Milo Boyd. Milo finds out that his next target is his ex-wife, Nicole, a reporter working on a murder cover-up. The film is directed by Andy Tennant.



GLOSSARY

- a bounty hunter** *n*
a person whose job is to catch people who have escaped from the law. Literally, "bounty" refers to a reward, a gift or money
- to capture** *vb*
to catch
- a fugitive** *n*
someone who has escaped from prison or the law
- a trial** *n*
a legal process to decide if someone is innocent or guilty
- a defendant** *n*
a person who is accused of a crime
- a judge** *n*
a person whose job is to manage a trial and give advice on legal matters
- to set** *vb*
to fix/establish
- bail** *n*
money that a defendant must pay in order to stay out of prison while they are waiting for their trial
- a bail agent** *n*
a person who pays for a defendant's bail as part of a service
- a bail bond** *n*
a contract between a bail agent and a friend or family member of the defendant
- to go missing** *exp*
if someone "goes missing", they cannot be found
- on your way to** *exp*
going to
- a lead** *n*
an important piece of information or a clue that helps you discover something/someone
- to get in touch with** *exp*
to make contact with; to speak to
- armed** *adj*
with a gun or other weapon
- unwilling** *adj*
if someone is "unwilling" to do something, they don't want to do that thing
- an outlaw** *n*
a criminal who is hiding from the authorities
- a gunman** *n*
a person who uses a gun to commit crimes
- a lynch mob** *n*
a group of people who want to kill someone, often in revenge for another killing
- to recruit** *vb*
if someone is "recruited" for a company/organisation, they are selected and persuaded to join
- jurisdiction** *n*
if someone has "jurisdiction" to do something, they have the legal right to do that thing
- to track down** *exp*
to find and catch
- a tip-off** *n*
a piece of information that helps you find/do something
- an accomplice** *n*
someone who helps another person do a job / commit a crime, etc.
- to stand trial** *exp*
if someone "stands trial", a court of law determines whether they are innocent or guilty
- an operative** *n*
someone who works for a government agency such as the intelligence service
- a spaghetti western** *n*
a low-budget western produced by an Italian film company
- a target** *n*
a person that other people are trying to find or kill
- a cover-up** *n*
an attempt to hide something illegal

LEARN 21 PHRASAL VERBS WITH THE VERB *TO GET*



You've probably seen the verb "to get" a few times! It appears in lots of expressions: *get angry, get married, get lost...*; and there are several **phrasal verbs with the verb to get**: *get over, get away, get around*. In many cases, "get" means "become". For example, "to **get** angry" is "to **become** angry". But what about **phrasal verbs** with the verb *to get*? Are they connected in any way?

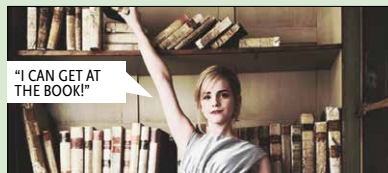
Yes, they are! In fact, a lot of phrasal verbs with the verb *to get* are about doing something difficult, such as "**getting over**" an obstacle.



Or finding the time to do something!



Or succeeding at something.



As you'll see from the following examples, many phrasal verbs with the verb *to get* are about winning or achieving something hard, managing to do something difficult, or succeeding at something! Here are some useful examples with this meaning.

1 GET OVER (ILLNESS)



If you "**get over**" an illness, you recover from it.
"It took me 3 weeks to **get over** the cold."

2 GET IN



If you "**get in**" a building or room, you enter it.
"We **got in** the secret chamber by forcing the door open."

3 GET OVER (A BAD EXPERIENCE)



If you "**get over**" a bad experience, it stops affecting you.
"She never **got over** the death of her pet parrot."

4 GET OVER (BELIEF)



If you can't "**get over**" something, it's difficult to believe.
"I can't **get over** how much money we've spent this month."

5 GET AHEAD



If you "**get ahead**", you make progress.
"I was a bit behind at work, but I managed to **get ahead** at the weekend."

6 GET AROUND TO



If you "**get around to**" doing something, you find the time to do it.
"We eventually **got around to** repairing the windows."

7 GET BY



If you can “get by” with very little money, you can survive on that little amount.
“We’re finding it hard to **get by** on just one salary.”

8 GET BACK



If you “get something back”, that thing is returned to you.
“I eventually got back all the money that I’d lent him.”

9 GET THROUGH



If you “get through” a bad experience, you survive it.
“Being lost in the mountains was frightening, but we managed to **get through** it by working together.”

10 GET TOGETHER



If you “get together”, you meet up with other people.
“We all **got together** for Frank’s birthday party.”

11 GET AROUND (IDEAS)



If an idea “gets around”, it spreads and reaches a lot of people.
“News of the scandal soon **got around**.”

12 GET AT (REACH)



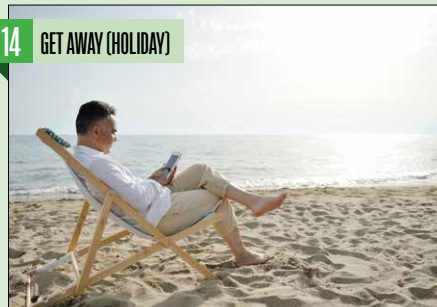
If you “get at” something, you manage to reach it.
“I couldn’t **get at** the biscuits on the top shelf – they were too high.”

13 GET AWAY (ESCAPE)



If robbers “get away”, they escape from the scene of a crime.
“The thieves tried to **get away** after robbing the bank, but the police caught them.”

14 GET AWAY (HOLIDAY)



If you “get away”, you go on a short holiday.
“I’m going to **get away** for a few days next week.”

15 GET DOWN



If something “gets you down”, it makes you sad.
“All these problems are **getting me down**.”

16 GET AROUND (A PROBLEM)



If you “get around” a difficulty, problem or obstacle, you avoid it.
“We **got around** the problem by ignoring it!”

17 GET ACROSS



If you “get across” an idea, you manage to explain it clearly, even though it’s difficult to understand.
“It was a complex process, but I think I **got** the main ideas **across**.”

18 GET AT (IMPLY)



If you “get at” something while you’re speaking, you say it indirectly.
“What exactly are you **getting at** when you say that we *have* to do the work?”

19 GET OUT OF



If you “get out of” doing something, you don’t do it.
“He said he was busy so he could **get out of** clearing up after the party.”

20 GET DOWN TO



If you “get down to” work, you find the time to do it.
“After the guests left, we finally managed to **get down to** completing the project.”

21 GET ALONG WITH / GET ON WITH



If you “get along” with someone, you have a good relationship with them.
“They have very different interests, but they **get along** very well.”

PHRASAL VERBS EXERCISES!

Now see if you can do these exercises on 21 useful phrasal verbs with the verb *to get*!



Answers on page 49

1 Word choice

Choose the correct words to complete the sentences.

1. They eventually got **around / about** to fixing the car.
2. After he left, I managed to get **up / down** to some work.
3. In the end, she got **back / through** all the money that she'd invested.
4. It took him several months to get **under / over** the loss of his beloved dog.
5. She was really behind at work, but she managed to get **out / ahead** over the holidays.
6. He said he was busy so he could get **out / at** of clearing up after the party.
7. They get **to / along** really well, even though they're quite different.

2 Gap fill

Complete the sentences with the words from below.

at **in** **together** **down** **away** **over** **around**

1. They got _____ to celebrate her party.
2. Rumours about the relationship soon got _____.
3. He couldn't get _____ the key because it was

too high.

4. This constant rainy weather is starting to get me _____.
5. Are you going to get _____ for a few days next week?
6. She managed to get _____ by smashing down the door.
7. I can't get _____ how tall they are now.

3 Sentence completion

Complete the sentences with the correct words.

1. I managed to get _____ the disaster by remaining calm.
2. It took me ages to get _____ the flu I had last month.
3. They got _____ the problem by ignoring it.
4. They're finding it hard to get _____ with so little money.
5. It was a hard process to explain, but I think I got it _____ to them quite well.
6. They stole the money, but they didn't get _____ with it as they were captured shortly afterwards.
7. What exactly were you getting _____ when you said we might regret talking to the police about it?

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MUTINY ON THE BOUNTY

HAVE YOU HEARD OF THE SHIP *THE BOUNTY*? SEVERAL FILMS HAVE BEEN MADE ABOUT THE **MUTINY** THAT OCCURRED ON IT DURING A VOYAGE TO THE SOUTH PACIFIC IN 1789. BUT WHAT HAPPENED TO THE **SURVIVORS**?

The *Bounty* was part of the Royal Navy, Britain's fleet of ships. During the 18th century, life in the Royal Navy was **tough**. Voyages were long, sometimes lasting many years to **far-flung places** on the other side of the world. British sailors came into contact with different cultures and, on many occasions, there were **hostilities**. Conditions on ships were **cramped** and dirty, and ship commanders were often **harsh**. And in this atmosphere of cruelty, isolation and fear sailors sometimes **rebelled** against their superiors.

In 1787, the *Bounty* was prepared for a mission to the South Pacific. The crew was to **set sail for** Tahiti, pick up breadfruit plants and then head for the West Indies, to Britain's Caribbean **slave colonies**. The breadfruit plant is a type of tree that produces a lot of fruit. It is native to the Pacific but the tree generally grows successfully when introduced into other tropical regions. The plan was to transport this plant to the Caribbean colonies and

use its fruit as a cheap source of food for slaves there. The idea was proposed by Sir Joseph Banks, a famous botanist and veteran of Captain James Cook's South Pacific voyages. Banks recommended Lieutenant William Bligh (another veteran of Cook's voyages) to lead the mission. Bligh was to be helped by John Fryer (the Sailing Master) and Fletcher Christian (the Master's Mate). On 23rd September 1787, forty-six men commanded by Bligh set sail for Tahiti from Spithead in the south of England.

The trip wasn't easy. The *Bounty* tried to enter the Pacific Ocean by sailing around Cape Horn at the southern tip of South America. But the weather was so bad that the ship had to turn back. Then, they sailed for the Cape of Good Hope (at the southern tip of Africa), and headed across the Indian Ocean. It took them almost a year to arrive in Tahiti but they eventually got there in October 1788. Then, they began their **task** of collecting the breadfruit plants. The crew lived on the



island for the several months that they were there and some of them married native girls. All in all, the natives and English got along very well and it was a pleasant time for everyone. It was maybe too pleasant, and this may explain what happened next.

On 4th April 1789, the ship's crew, their new wives and some other Tahitians set sail for the Caribbean. They travelled west for almost a month until they were close to a small island called Tofua. It was here, on 28th April 1789, that several

men **led** by Fletcher Christian entered Bligh's cabin and took control of the ship. The mutiny was bloodless and just under half of the crew joined the rebels. No one is really sure why they did this. In films, Bligh is often **portrayed as** a cruel commander, though many historians disagree. In fact, when three crew members **deserted** on the island, Bligh had them **flogged** when the usual sentence for desertion was hanging. Later, these men were to play an important part in the mutiny.

Shortly afterwards, Bligh and his loyal crew members (except four who were forced to stay with Christian), were then put in a small boat and **set adrift**. It was a terrible journey. Bligh tried to land in Tofua but they **ended up** fighting with the natives who were hostile (one of the crew members was stoned to death). Then, they passed through the Torres Strait between Australia and Papua (also known as New Guinea). After 47 days, they arrived in Timor from where, after

several more crew deaths, they returned to England. It is regarded as an amazing **feat of seamanship** as Bligh only had a watch and a sextant to navigate a seven-metre boat almost 7,000 kilometres. When he got back to England, he reported the mutiny. And in November 1790, the British sent HMS *Pandora* to look for the *Bounty* and the mutineers.

Meanwhile the mutineers were looking for a place to **settle**. They initially tried to live on an island called Tubuai, but the natives weren't friendly. They then returned to Tahiti. Things seemed to be going well, but a few months later, the *Pandora* arrived. Soldiers on board the ship arrested ten of the mutineers. However, Fletcher Christian wasn't one of them. He, along with several mutineers and a group of Tahitian men and women evaded the crew of the *Pandora* and escaped on the *Bounty*. It is alleged that Christian actually **kidnapped** the Tahitians by setting sail without telling them where he was going. The crew numbered 27 and included six Tahitian men, eleven women and a baby.

Unable to find Christian, the *Pandora* set sail for England. It **ran aground** on the Great Barrier Reef, off the east coast of Australia, and sank with the deaths of four prisoners and 31 crewmen. Eventually, in 1792, the remaining crew arrived back in Britain. After a trial, three of the mutineers were convicted and hanged.

Eventually, Christian and his group arrived at Pitcairn Island. This remote island lies halfway between Peru and New Zealand – right in the middle of the Pacific Ocean and about 4,000 kilometres from civilisation. This was to be their home. Within days of arriving, Christian burned the ship to prevent escape.



He became their leader but a conflict **flared up** between the Tahitians and the English. Christian and four other mutineers died, along with the six Tahitian men. But that wasn't the end of the violence. One of the surviving mutineers started brewing alcohol from a local plant and the subsequent drunkenness caused even more problems. Then, the women tried to escape and two more mutineers died. However, from about 1800, things began to **settle down**.

By this time, the only surviving mutineer was John Adams. He was the leader of a reduced group of women and children (many of whom were the children of other mutineers). He managed to create a stable and orderly society. They lived in the capital of Pitcairn, Adamstown, which is named after John Adams. The Royal Navy eventually caught up with Adams, but he was pardoned for his part in the mutiny.

And so the journey ended for the mutineers – participants in a daring and famous naval incident. These days, Pitcairn is a British Overseas Territory. The current population is about 50. They are mostly descendants of the mutineers and Tahitians, and they now live in one of the most isolated parts of planet Earth. ✨

THE PITCAIRN ISLANDS



A group of four volcanic islands in the South Pacific Ocean, approximately halfway between Peru and New Zealand, with a population of about 50 people. The islands consist of Pitcairn, Henderson, Oeno and Ducie, but only Pitcairn is inhabited. The only settlement is Adamstown, which is its capital. The current residents are mainly descendants of the crew of HMS *Bounty* and their Tahitian wives. However, it is thought that Polynesian people inhabited the Pitcairns several centuries before these people arrived in the late 18th Century. The islanders have their own creole language, Pitkern, which is a mixture of English and Tahitian. In 2004, there was a scandal involving the underage assault of youngsters. Mayor Steve Christian went on trial along with six other men. The defendants claimed that the legal age of consent on the island was twelve years of age. A legal challenge was also made to Britain's authority over the islanders but this was dismissed. In the end, six of the seven defendants were convicted of some of the charges. Sentencing was lenient as a long-term sentence would have meant the end of Pitcairn society.



VICE-ADMIRAL WILLIAM BLIH
(September 9, 1754 – December 7, 1817)

William Bligh was the commanding officer of HMS *Bounty* during its famous breadfruit mission which ended in mutiny. He has been portrayed in film versions of the event by Charles Laughton and Anthony Hopkins. His nemesis, Fletcher Christian, has been played by Marlon Brando and Mel Gibson. Bligh has been historically painted as a cruel tyrant, and Christian as a heroic rebel, although this is now strongly contested. The 1984 film *The Bounty*, starring Anthony Hopkins and Mel Gibson is considered quite accurate and is much fairer to Bligh's memory. His seafaring skills have also been praised. In the wake of the mutiny, Bligh and 18 men loyal to him sailed almost 7,000 km to Timor in a small boat with only a watch and sextant for navigation. Although a lieutenant at the time of the mutiny, Bligh rose to the rank of Vice-Admiral.



THE MUTINY ON THE BOUNTY

A famous naval mutiny on HMS *Bounty* on 28th April 1789. Led by Fletcher Christian, the mutineers took control of the ship from Lieutenant William Bligh and evaded the British authorities. Some of the mutineers avoided capture by the Royal Navy and eventually settled on the isolated Pacific island of Pitcairn where they established a society.



GLOSSARY

- a mutiny** *n*
a rebellion by a group of people (usually soldiers or sailors) against a person in authority
- a survivor** *n*
someone who doesn't die in an accident/war/disaster, etc.
- tough** *adj*
if something is "tough", it is difficult physically or mentally
- far-flung places** *n*
places that are very far away and far from civilisation
- hostilities** *n*
if there are "hostilities", there is violence/war/fighting, etc.
- cramped** *adj*
if conditions are "cramped", there is not much space
- harsh** *adj*
cruel / unkind / strict / not nice
- to rebel** *vb*
if soldiers or sailors rebel, they attack a person in authority or a government
- to set sail for** *exp*
if you "set sail for" a place, you start travelling by boat to that place
- a slave colony** *n*
a place / country where slaves (unpaid workers) worked on plantations
- a task** *n*
a job you must do
- to lead** *vb*
if someone "leads" something, they control and direct that thing
- to portray as** *exp*
if someone is "portrayed as" cruel in a film, they are shown to be cruel
- to desert** *vb*
to leave a job without permission
- to flog** *vb*
to whip (to hit with a piece of leather/rope, etc.)
- to set adrift** *exp*
if a ship is "set adrift", it is pushed into the water with no (or very little) means of controlling it
- to end up** *phr vb*
if someone "ends up" doing something, they do that thing in the end
- a feat of** *exp*
an excellent example of something that is difficult to do
- seamanship** *n*
the ability to sail and navigate skillfully
- to settle** *vb*
if people "settle" in an area, they start living there
- to kidnap** *vb*
if someone is "kidnapped", they are taken as a prisoner. Money is often demanded for their safe return
- to run aground** *exp*
if a ship "runs aground", it hits rocks and can't move
- to flare up** *phr vb*
if violence "flares up", it happens quickly and suddenly
- to settle down** *phr vb*
if things or people "settle down", they stop fighting and become more peaceful

All the Rage

Forms of anger while travelling. By Sam Gordon

ANSWERS ON PAGE 49

1 Pre-reading

Look at forms of transport rage below. Can you think of examples to illustrate each one?

- Road rage
- Bus rage
- Metro rage
- Air rage
- Train rage

2 Reading I

Read the article once and check your ideas from the Pre-reading activity.

3 Reading II

Read the article again. Then, answer the questions.

1. What examples of unusual behaviour in the air does the writer give?
2. What possible causes of transport rage does the writer offer?
3. What are some companies/ organisations doing to deal with transport rage?

4 Language focus The Second Conditional

Look at this extract from the article, "...50% of all drivers would retaliate if they were the victim of aggressive or bad driving." In this example, the speaker has used a Second Conditional construction: "If" + a past tense verb / "would" + an infinitive. Complete the following sentences with your own ideas.

1. If someone beeped their horn at me, I would...
2. If someone tried to ram me off the road, I would...
3. If someone were tailgating me, I would...
4. If someone cut me off while I was driving, I would...
5. If someone took my seat as I was about to sit down on the metro, I would...

5 Discussion

1. Have you ever witnessed any instances of transport rage? What happened?
2. Why do you think people get so angry when travelling?
3. What can be done to reduce transport rage?



Is road rage a big problem in your country? These days, it exists all over the world. But now there are other forms of transport rage.

The term "road rage" was invented in the USA during the 1980s. It can be defined as aggressive or rude behaviour by the driver of an automobile. The most common examples are **beeping horns**, abusive

gestures, **tailgating** or **cutting people off**. However, there have been many more serious incidents including **punch-ups** and **ramming**. One recent survey revealed that 50% of all drivers would retaliate if they were the victim of aggressive or bad driving.

Air rage is another form of transport anger. Again, it can take many different forms, from the person who starts throwing ice cubes around the cabin when they're **refused** their fourth cocktail, to the passenger who tries to open the emergency doors mid-flight. There are also stories of **crew members losing their tempers** and pilots **bursting into tears** at 10,000 metres. Celebrities are **susceptible to** air rage too. Naomi Campbell ended up in court after assaulting police officers when British Airways lost one of her bags. And Gillian Anderson (X-Files), Anna Kournikova and Courtney Love have all been in the news after their mid-air **tantrums**.

These days, new forms of transport rage are starting to emerge. "Metro rage" (or "Tube Rage" as it's called in England) is also increasing, as is "train rage". In a recent report, London's train **commuters** were described as "**utterly ruthless**" and "**dog-eat-dog**". There have even been instances of "bus rage". The most serious case so far involved a bus driver who was prosecuted for ramming a cyclist off the road.

So, why do people get so angry when they're travelling? There are several theories. According to a recent article, road rage is caused by "intermittent explosive disorder", a condition that causes occasional **outbursts of anger**. Others blame crowded roads, traffic jams, bad driving and being stuck in a confined space for long periods of time. On planes, changes in air pressure can **trigger** psychological changes. Other people blame the lack of oxygen, as well as **cramped** seating, claustrophobia and long queues at check-in. Alcohol is also a factor. In fact 63% of all "air rage" incidents involve drunken passengers.

Many organisations are trying to deal with the phenomenon of transport rage. Airlines teach cabin crew self-defence. Railway staff in England are given courses in "conflict avoidance", and have 24-hour telephone help-lines so they can **cope with** the stress of dealing with "rail rage". And in the London Underground there are constant warnings against assaulting members of staff. So, it seems that even though we can travel wherever we want these days, we get much more irritated doing so. Perhaps we should all remember the old saying, "Getting there is half the fun." So, just sit back and try to enjoy the ride... if you can.

It seems that these days, however we get from A to B, more and more of us are getting mad doing it. ☺

GLOSSARY

- beeping horns** *n*
a horn is an object in a car that "beeps" (makes a noise) when you press it.
- a gesture** *n*
a movement you make with your hands or another part of your body
- to tailgate** *vb*
if someone is "tailgating" you, they are driving very close behind you
- to cut someone off** *exp*
if a driver "cuts you off", they drive in front of your car suddenly
- a punch-up** *n*
a physical fight often involving punching (hitting with a closed fist)
- to ram** *vb*
if A tries to "ram" B off the road, A uses their car to push B off the road
- to refuse** *vb*
to say that you won't do something
- crew members** *n*
people who work on a plane/ship (stewards, stewardesses, etc.)
- to lose your temper** *exp*
to become angry quickly and suddenly
- to burst into tears** *exp*
to start crying suddenly and a lot
- susceptible to** *exp*
if someone is "susceptible to" something, they are easily influenced or affected by that thing
- a tantrum** *n*
if someone has a "tantrum", they get angry very suddenly, often because they can't have what they want
- a commuter** *n*
a person who travels to and from work on a regular basis
- utterly ruthless** *exp*
with no thought / sympathy / pity / consideration for other people
- dog-eat-dog** *exp*
"dog-eat-dog" people are very competitive and ruthless
- an outburst of anger** *exp*
if there is an "outburst of anger", someone gets angry very quickly and suddenly
- to trigger** *vb*
if A "triggers" B, A causes B to happen
- cramped** *adj*
if conditions are "cramped", there is very little room/space
- to cope with** *phr vb*
to deal with; to manage



Stupid People



This is another part in our mini-series on colloquial ways of referring to someone who is somewhat "lacking in intelligence" (i.e. "stupid"). Here's an example of this month's construction, "He isn't the quickest horse in the stable." This is an example of understatement – a way of saying something that suggests that the thing you are referring to is less important than it really is. So, in this case, instead of saying, "He's a slow horse," the speaker "understates" this fact by using more positive language and saying, "He isn't the quickest horse." And the "horse" and its speed are used as a metaphor for a person and their intelligence. So, a slow horse is a metaphor for a stupid person. OK, let's look at some more examples that follow this pattern.



He isn't the brightest light in the harbour.



She isn't the sharpest knife in the drawer.



He isn't the quickest bunny in the forest.



She isn't the brightest bulb in the box.



He isn't the fastest dog in the race.



She isn't the brightest crayon in the box.



He isn't the brightest bulb on the Christmas tree.



She isn't the sharpest tool in the shed.



He isn't the brightest bulb in the chandelier.



She isn't the fastest ship in the fleet.

QUIRKY NEWS & CORNY CRIMINALS
quirky news

Spelling Minister

Government minister admits the errors of his ways.

Are you good at spelling? Jim Knight, the **Schools Minister** in the UK, doesn't seem to be a very good speller, although he probably should be. Knight, 45, was left looking a bit silly after **web users spotted** a number of spelling mistakes on his blog. The university-educated MP is supposedly responsible for **raising standards** in schools. However, he appears to have a few problems with basic spelling rules.



"While my spelling is generally **pretty good**, I need to focus more on checking," the minister admitted. In one **blog entry**, he spells "received" with the "i" before the "e" ("r, e, c, i, e..."), and "maintenance" with "ai" instead of an "e" ("m, a, i, n, t, a, i..."). On another page he writes "persioners" instead of "pensioners", although he claims that this must have been a **typo**. Mr Knight was unavailable for further comment. ☺

Corny Criminals

Panther Stalking

Teens make police look stupid.

Two teens are in trouble after **making fools** of the police. "Last Saturday we were a bit bored, so we decided to play a trick on the police," said Gary Game, 15, one of the two youngsters. "So, we got this life-sized black panther that **belongs to** my sister. It's a **stuffed toy**, but it looks quite real.



Anyway, we put it near the trees at the back of the park. Once it was there, we hid in the **bushes**. Then, we phoned the police and told them there was a panther in the park. About ten minutes later, we heard a siren, and then two police cars **turned up**. Four police officers got out and started **pointing at** the "panther". They obviously thought it was a real panther because they **kept their distance**. Two of them had guns and another two were watching it through binoculars," Game added.

The elite armed unit spent nearly an hour watching the beast – only to discover it was just a life-sized **cuddly toy**. "We are not amused," said police spokesperson Nigel Fall. "We saw the creature and identified it as a black panther. But after about an hour, my officers began to suspect they were the victims of a **cat-and-mouse game** when the panther didn't move as they started to **approach** it. In our defence, from a distance it really looked like a live animal," the spokesperson added. ☺

Riddles

CAN YOU SOLVE THESE?



- How many "peas" are there in a pint?
- I've got a skin and I'm very nice when I'm done. What am I?
- My tail is long, my coat is brown. I like the country and I like the town. I can live in a house or in a shed. When I come out to play, you are often in bed. What am I? ☺

GLOSSARY

- the Schools Minister** *n*
the British minister who is in charge of education and standards at schools
- a web user** *n*
someone who uses the web (the internet)
- to spot** *vb*
to notice/see
- to raise standards** *exp*
to increase levels of something
- pretty good** *exp*
quite good
- a blog entry** *n*
a page / news item / piece of text, etc. that is posted (placed) on a blog
- a typo** *n*
a spelling mistake in printed material. A "typo" often refers to a word that is accidentally spelled incorrectly whilst writing quickly – not because the user didn't know how to spell the word
- to make fools of someone** *exp*
to do something that makes someone appear to be ridiculous or stupid
- to belong to someone** *exp*
if something "belongs to" you, it is yours
- a stuffed toy** *n*
a child's toy that is filled with a soft material or substance
- a bush** *n*
a small tree
- to turn up** *phrvb*
to arrive
- to point at** *exp*
if you "point at" something, you hold your finger towards that thing
- to keep your distance** *exp*
to stay far from something, often because you think it is dangerous
- a cuddly toy** *n*
a soft toy that children play with or may "cuddle" (hold in their arms as a way of showing affection, or for comfort)
- a cat-and-mouse game** *exp*
a series of actions designed to provoke, play with, irritate or torment someone
- to approach** *vb*
to go close to



HERE'S ANOTHER CLASSIC BUT SIMPLE DISH FROM OUR RESIDENT FRENCH COOKS, TIPHAINE AND PAULINE.

Tuna Pasta

THIS DISH IS DELICIOUS, SIMPLE TO MAKE AND VERY CHEAP. IN THE UK, VERSIONS OF IT (USUALLY MORE BASIC ONES) ARE FAVOURITES WITH UNIVERSITY AND COLLEGE STUDENTS.

Ingredients

- Two **tins** of diced tomatoes.
- Three tins of anchovies.
- Two tins of tuna fish.
- One large onion.
- One tin of black olives.
- A small bottle of capers.
- Chilli peppers (optional).
- Three cloves of garlic.
- A packet of spaghetti or vermicelli.
- Olive oil.
- Salt and pepper.
- Parsley.



Preparation

Put the chopped garlic, onions and anchovies in a frying pan with a little olive oil and cook until the onion starts to **brown**. Add the chopped chilli peppers (optional), black olives, capers, tuna fish and tomatoes. Add salt and pepper to taste. Allow the sauce to simmer for about 20 minutes. Meanwhile, boil some salted water for the spaghetti or vermicelli. When the spaghetti is ready, pour the sauce over the top and **sprinkle chopped** parsley over this. Enjoy your meal! ✨

GLOSSARY

- a tin** *n*
a metal container for food
- to brown** *vb*
when food starts to "brown", it changes colour as it is cooking and becomes brown
- to sprinkle** *vb*
if you "sprinkle" food over a dish of food, you put an amount of that food over the top of the dish
- chopped** *adj*
cut into very small pieces



The world in 30 years' time.

1 Pre-listening

ANSWERS ON PAGE 49

What do you think the world will be like in 30 years? Think of ideas for the following categories.

- work transport farming the environment
- the government music film technology
- mobilephones school food books TV

2 Listening I

You are going to listen to some people who are discussing what school food will be like in 30 years from now. Listen once to check and compare your ideas from the Pre-listening activity.

3 Listening II

Listen again and complete the sentences with the correct words.

1. I asked them what _____ there might be in school meals over the next 30 years.
2. For example, the food itself will be cooked by computer and served by _____.
3. ...lessons will be given by enormous super _____ that know everything.
4. I don't think canteen food will be terribly different in the _____.
5. I'm quite sure that someone going into a canteen in 30 years' time will find the food extremely _____.
6. In my school, the kids want egg and chips, beans on toast, _____.
7. If you give them _____ they won't eat it and it'll just be thrown away.
8. They want _____ and chips and that's what I'm going to give them – computer or no computer.

4 Language focus Future Passives

Look at this extract from the listening, "Many think that everything will be automated." In this example, the speaker has used a Future Passive construction "will be" + a past participle ("will be automated" in this example). Transform the following sentences into the Future Passive.

1. They will send the documents.
2. They will record the song.
3. They will pay the bill.
4. They will frame the picture.

5 Discussion

1. Do you think the world will be a better place in 30 years? Why? Why not?
2. What political events will take place over the next 30 years?
3. What will your country be like in 30 years?

THE UNFORTUNATE

YOU'VE PROBABLY HEARD OF THE ARMADA – THE FLEET OF SHIPS SENT BY SPAIN TO INVADe ENGLAND. BUT WHAT HAPPENED TO THE SURVIVORS OF THE ILL-FATED EXPEDITION? IT'S A STORY OF BRAVERY, ADVENTURE AND TRAGEDY.

The Armada **set off** from Spain en route to England in 1588. About 130 ships of the "Great and Most Fortunate Armada" set out to

overthrow Queen Elizabeth I, the Protestant ruler of England and a rival of Spain. The plan was devised by King Phillip II of Spain. The idea

was for the Armada to **pick up** 30,000 soldiers stationed in the Spanish Netherlands. From there, they were going to invade England and **smash** its influence in Europe and the **New World**. However, the English defeated the Spanish in the Battle of Gravelines by attacking the fleet with **fire ships**. The Spanish ships were then chased up the east coast of England as far as Scotland. They now faced a long and dangerous journey home

through the North Atlantic with an additional danger: the rugged west coast of Ireland. The battle was over but their problems were only really beginning.

The idea was to sail well clear of the **rugged** Irish west coast. However, sea currents and the winds were against them, and when the fleet was close to Rockall, a tiny north Atlantic island, some of the ships broke off. Most of the Armada consisted of merchant ships converted for the war and they had only been used in the Mediterranean Sea, which was much calmer than the stormy and freezing Atlantic. As a result, many of the ships were **taking on water** and repairs were necessary. So, some headed to the coast of Ireland. Others were pushed onshore by the strong winds.

At this time, Ireland was still not totally controlled by the English. There was a Gaelic aristocracy operating in

many places, and this was strongest in the northern province of Ulster. There were three prominent clans who periodically **sided with** the English but fought against them on many other occasions. The Clan O'Donnell was in the west of Ulster in Donegal, the Clan O'Neill from Tyrone was in the centre, and the Clan MacDonnell was in the eastern county of Antrim. The English administration in Dublin were on alert for a Spanish invasion and possible Irish support for it. Orders were given to the authorities to execute all prisoners, and anyone helping them was to be charged with **treason**.

One of the ships that landed in Ireland was the *Trinidad Valencera*. It was pushed by a storm towards the coast of County Donegal and **anchored** close to Kinnagoe Bay. Two days later the ship

sank though the crew **survived** and got to dry land. However, a few days later they were **tricked into** laying down their weapons and 300 of them were murdered by an Anglo-Irish force. The officers had been separated before the massacre and were marched to Dublin to be **ransomed**. Some managed to escape and were taken care of by the Catholic Bishop of Derry and the MacDonnells of Antrim. The survivors were then sent to Catholic Scotland, and from there to the safety of France.

Other ships suffered a similar fate. The *Santa María Encoronada* also **ran aground** on the west coast, and *La Duquesa Santa Ana* **shipwrecked** in Donegal, leaving 800 survivors waiting for assistance. The *Girona* was initially more fortunate. It managed to anchor in Killybegs harbour (in Ireland) after two other ships, the *Lavia* and *San Juan*, were destroyed trying to enter the port. The crew was helped by a local **chieftain** in Donegal and repairs were being carried out. Later, the *Girona* set off for Catholic Scotland, where it picked up more men, and then **set sail for** Spain.

The *Girona* tried to keep away from the Irish north coast but an Atlantic storm pushed it towards land. On the night of 26th October 1588, it hit Lacada Point at the Giant's Causeway in Antrim, Ireland. It is thought that there were only nine survivors. They were helped by the Clan MacDonnell. Their leader Sorley Boy had recently made peace with the English but he helped the Spanish anyway. Their **stronghold** was nearby, at Dunluce Castle, and from there Sorley Boy sent the survivors to Scotland. In total, more than 250 bodies **washed ashore**. It is thought



QUEEN ELIZABETH I



KING PHILLIP II



SANTA MARIA ENCORONADA



TRINIDAD VALENCERA



GIRONA



BATTLE OF GRAVELINES

UNFORTUNATE ARMADA

that the MacDonnells **buried** them in a local church

cemetery close to Dunluce. The clan did well from the wreck of the *Girona*,

managing to **salvage** two treasure chests and three brass cannon. The English also attempted to salvage treasure, but with less success. The *Girona* then lay undisturbed on the seabed until 1967 when divers from Belgium brought up a massive amount of gold. It is said to be one of the biggest finds of Spanish gold ever.

There are several written accounts of the survivors' ordeal. One of them was written by Francisco de Cuellar, the captain of the *San Pedro*. During the initial voyage, he was sentenced to death for disobeying orders and was transferred to the *San Juan de Sicilia*. This ship eventually ran aground on the coast of Sligo. Here, the Spanish were treated like an invading army and attacked by the locals. Cuellar hid under a piece of wood as he floated to shore. Hundreds of horsemen passed him, and he saw about 800 bodies lying on the beach. When it was safe, he moved inland, where he was sometimes helped by locals, but attacked on other occasions. At times, he had no clothes.

He eventually came to the land of Brian O'Rourke, a rebel chief who helped him (O'Rourke was later hung by the English, partly

because of the help he had offered the Spanish sailors).

Later, Cuellar moved into the land of the MacClancy's. There, he helped them defend their castle from an English attack. In thanks, the chief offered his daughter's hand in marriage, but Cuellar politely refused. Cuellar eventually got to the Bishop of Derry's house, where he was united with other Spaniards the Bishop had been helping, and they all escaped to Scotland. Cuellar finally made it back to Spain. Many months later, Cuellar was attacked again, this time by the Dutch near Calais, in France. Again he had to hide under wood as he **floated** to shore, just as he had done on the beach at Sligo.

In the end, about 24 ships were wrecked on the Irish coast. Thousands of sailors died and only a small amount survived to either return to Spain or **settle** in Ireland. They ended up at a rugged coastline which they didn't know at a violent time in Ireland's history. The Invincible Armada's doom on the island's coast is considered an important part of Irish history and the Ulster Museum in Belfast has some of the *Girona's* gold artefacts on display. The expedition is also remembered in the country's stories and placenames. The area around the *Girona* crashsite at the Giant's Causeway is known as *Port na Spaniagh* ("Port of the Spanish" in Irish Gaelic). So the story lives on in the memory of the Irish of a daring and dashing legion of foreigners whose adventure ended in disaster. ✨



DUNLUCE CASTLE

THE ARMADA



The Spanish Armada was a fleet of ships sent by King Phillip II of Spain to invade England. King Phillip II (1527-1598) had been the co-monarch of England until the death of his wife Mary I (the daughter of Catherine of Aragon – one of King Henry VIII's wives) in 1558. That same year, Elizabeth I (the daughter of Anne Boleyn – another of King Henry VIII's wives) became queen. Philip II of Spain considered Elizabeth I a heretic (she was a Protestant) and the illegitimate ruler of England. He supported her Catholic cousin, Mary Queen of Scots, but Elizabeth I (1533-1603) had Mary imprisoned and finally executed in 1587. As a result, Philip planned an expedition to invade and conquer England. The invasion was to be carried out by an Armada composed of 151 ships, 8,000 sailors and 18,000 soldiers (not to mention the 30,000 soldiers stationed in the Spanish Netherlands). The Armada was initially commanded by the Marquis of Santa Cruz, but he died before it set off. The new commander was the Duke of Medina Sidonia. The Armada set sail from Lisbon (controlled by Spain at the time) in August 1588. Medina Sidonia had very little military or naval experience and had attempted to dissuade the king from making him Commander-in-Chief of the expedition. The Armada was defeated at Gravelines (a port in the Spanish Netherlands) by the English Navy which was led by Charles Howard and Francis Drake. In total, 50 ships were lost, 24 of them off the coast of Ireland. In 1589, there was an English Armada which was sent to occupy Portugal and north-western Spain. It was also unsuccessful.



GLOSSARY





- to set off** *phr vb*
to start a journey
- to overthrow** *vb*
if a government, king, queen or leader is "overthrown", they are removed from power
- to pick up** *phr vb*
to collect
- to smash** *vb*
to destroy completely
- the New World** *n*
America
- a fire ship** *n*
a ship with a fire on it that is used to attack other ships
- rugged** *adj*
with many rocks
- to take on water** *exp*
if a ship is "taking on water", it has a hole and water is entering it
- to side with** *phr vb*
if A "sides with" B, A helps B (often in a fight / argument, competition, etc.)
- treason** *n*
the crime of doing something against your country
- to anchor** *vb*
if a ship "anchors", it drops its anchor (a heavy metal object attached to a chain) and stops in that place
- to sink** *vb*
if a ship "sinks", it goes under the water
- to survive** *vb*
if someone "survives" a war/attack, etc., they don't die in that war/attack, etc.
- to trick into** *exp*
if A "tricks B into" doing something, A lies or does dishonest things in order to persuade B to do that thing
- to ransom** *vb*
if A "ransoms" B (who is a prisoner), A offers to return B in exchange for money
- to run aground** *exp*
if a ship "runs aground", it hits land and can't move
- to shipwreck** *vb*
if a ship is "shipwrecked", it is destroyed in a storm or by hitting rocks
- a chieftain** *n*
the leader of a tribe
- to set sail for** *exp*
if a ship "sets sail for" an area, it starts to travel to that area
- a stronghold** *n*
a well-fortified defensive structure such as a fort or castle
- to wash ashore** *exp*
if objects are "washed ashore", they are carried to the beach by the sea
- to bury** *vb*
to put a dead body in a hole in the ground
- to salvage** *vb*
to collect objects from a ship that has been destroyed
- to float** *vb*
if something "floats" on the water, it remains on the surface of the water
- to settle** *vb*
if people "settle" in an area, they start living in that area



BRIAN O'ROURKE

DICTIONARY OF SLANG


HERE WE'VE GOT SOME EXAMPLES OF HOW TO SAY THINGS IN DIFFERENT SITUATIONS.

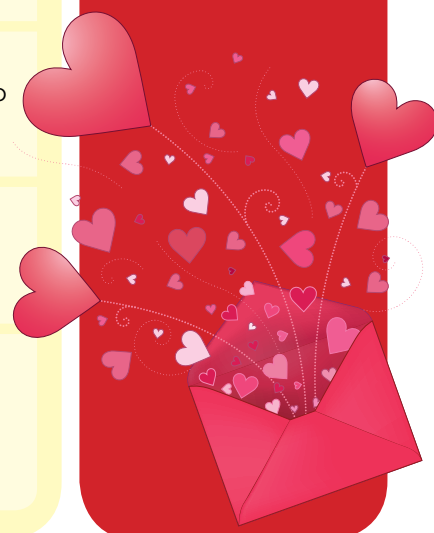
Situation	Formal	Relaxed	Informal
A friend has just finished his food really quickly.	He consumed that food most rapidly.	He ate it quickly.	He wolfed it down. 
A friend gives you a tip on losing weight. You think it's very useful.	It was of a most useful nature.	It was useful.	It was handy.
You need a taxi.	I am in need of the services of a hired vehicle.	I need a taxi.	I need a cab. 
A friend tells you it's your turn to do the cleaning, even though you've done it the last six times. You can't believe what you're hearing.	You are surely jesting with me.	You must be joking.	You've got to be kidding. 
You are in a bar and it's late at night. You want to go home.	I am considering vacating this venue.	I'm going to leave.	I'm gonna hit the road.
A friend made you a cup of coffee. It was just what you needed.	That coffee was of a most satisfactory nature.	That coffee was just what I needed.	That coffee really hit the spot. 

CHAT-UP LINES / PICK-UP LINES

(US English)

LET'S SEE IF YOU GET LUCKY.

- 1 Do you like chocolate?
- 2 I love you!
- 3 You look sad. Maybe I could cheer you up.
- 4 Have you ever considered a career in modelling?
- 5 Is there a post office near here because I'd like to send you a love letter? 



CONVERSATIONAL ENGLISH

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A look at English accents from around the world.

ACCENT ALERT

Audio Script



OUR MONTHLY LOOK AT ENGLISH ACCENTS FROM AROUND THE WORLD IN BOTH ENGLISH-SPEAKING AND NON-ENGLISH-SPEAKING COUNTRIES. THIS MONTH: THE BLACK COUNTRY ACCENT.

The Black Country Accent

The Black Country refers to an area of England in the west Midlands – in the centre of England. It is to the north and west of the city of Birmingham, but, very importantly, does NOT include Birmingham – people from the Black Country are very clear about that! A common definition of the Black Country includes the boroughs of Dudley, Sandwell, Walsall and the City of Wolverhampton, with the town of Dudley being referred to as the Black Country's capital. The population of the area is approximately 1.2 million people.

So, why is it called the Black Country? The term can be traced back to the 19th century. At that time, the area was heavily industrialised, and by the late 19th century, it had become one of the most intensely-industrialised areas in the country. The iron and steel factories all used local coal to fire their furnaces. And this produced a lot of black smoke. Another theory says that the name came from all the black

coal that appeared on the surface of the ground. In fact, there was so much coal that the soil looked black.

The Black Country is mostly famous for its association with the Industrial Revolution (between the 18th and 19th centuries). The Black Country Living Museum in Dudley recreates life in the Black Country in the early 20th century, and is a popular tourist attraction. The Black

Country also has a complex system of canals. The writer JRR Tolkien is also associated with the region, and his parents were from Birmingham. It is said that the region of Mordor from *The Lord of the Rings* novels is based on the heavily industrialised Black Country area. In "Elvish" language "Mor-Dor" means "Dark Land", and in the novel it is sometimes referred to as "The Black Country".

Now sit back and listen to Steph telling us a story in her best Black Country accent. 🇬🇧

The Black Country is about 10 miles from Birmingham. It's made up of four boroughs: Dudley, Walsall, Sandwell and Wolverhampton. But our main focus is the borough of Dudley.

The Black Country in general is famous for its industry, which is also why it received the name The Black Country. It got its name during the industrial revolution, when the sky was black due to the smog and smoke from all the factories, and also due to the blackness of the soil from all the coal. Dudley (considered, probably, the heart of the Black Country) has a history dating back to Medieval Times, and its famous castle has been there since about the 8th century.

People from the Black Country are very friendly. The area was subject to high levels of immigration in the 60 and 70s, which now means there's quite an eclectic community. The people and accents are some of the most interesting you'll find anywhere.

The accent is a very old dialect from the Medieval Era called Middle English. For example, when greeting one another, Dudley folk will ask "ow be?" This comes from the expression "How beist thou?", which is translated as, "How are you?" The response is, "Bay too bad", which comes from, "I bayn't be too bad," which means "I'm not too bad."

Other unusual words include "yo" meaning "you", and "yo am" (or "yo'm") instead of "you are". As a result, the people from the Black Country are often referred to as "yam yams".

There are some differences with the vowel sounds, too. For example, the vowel "a" is pronounced as "o". So, instead of "sand" = "sond", "hand" = "hond", "apple" = "opple", "spanner" = "sponner", and "man" = "mon". Other pronunciations are "winder" for "window", "fair" for "far", and "loff" for "laugh".

Another characteristic of the accent is the "en" word-ending in words such as "go'en" ("going") or "call'en" ("calling").

There are also many special words, phrases and expressions. For example, "ta" meaning "thanks", "ta-ra" meaning "bye", "bostin" meaning "good", "alf baerked" meaning "stupid", and "ar kid" (or "our kid"), which means "my friend".

Now, I'm going to tell you a short story in my best Black Country accent. Once, a friend from Canada once came to stay with me. We went to a local pub. I asked a man walking into the pub what time they stopped serving food, and his response was, "Yo con get sum scram ere til 5 an' 20 past 9. But if I was yo, id g darrn to the Bostin Fittle." Which can be translated as, "You can get some food here until about 9.25. But if I were you, I'd go down to the Bostin Fittle" (a local pub). I turned to my friend with my eyebrows raised, and inquired what he wanted to do. But he just shook his head in disbelief and asked if the man I had just spoken to was actually speaking English!



WAY IDIOMS

THIS MONTH, WE ARE LOOKING AT SOME "WAY" IDIOMS.



Set in your ways

SOMEONE WHO IS "SET IN THEIR WAYS" LIKES TO DO THINGS THE WAY THEY WANT TO DO THEM.
"She's so set in her ways. She won't listen to our advice or accept any help."

No way
THIS EXPRESSION IS USED TO MEAN, "NEVER! / UNDER NO CIRCUMSTANCES!"
A: Would you ever let him work here again?
B: No way! Not after the way he treated us.



(There's) no two ways about it

THIS IS SOMETHING YOU CAN SAY IN ORDER TO EMPHASISE THAT SOMETHING IS TRUE.
"She's the nicest, kindest most wonderful person I've ever met in my life. There's no two ways about it."



Find out the hard way
TO LEARN ABOUT SOMETHING THROUGH PERSONAL EXPERIENCE (OFTEN UNPLEASANT EXPERIENCES), NOT THROUGH THE ADVICE OF SOMEONE WHO KNOWS.
"If you won't listen to our advice that's fine, you'll just have to find out the hard way."



Have it your own way

IF YOU TELL SOMEONE THAT THEY CAN "HAVE IT THEIR OWN WAY", YOU ACCEPT THAT THEY CAN DO IT THE WAY THEY WANT.
"OK, have it your own way. You can use your dad's company to do the work, but don't come crying to me if it turns out badly."



Can't have it both ways
THIS MEANS THAT YOU CAN ONLY CHOOSE ONE OF TWO MUTUALLY EXCLUSIVE COURSES OF ACTION. FOR EXAMPLE, "YOU CAN HAVE A, OR YOU CAN HAVE B, BUT YOU CAN'T HAVE A AND B."
"It's your choice: you can work with me or you can go and work for Ben, but you can't have it both ways – it's either me or him."

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© TRACK 20

LISTENING

Slander Slam



The world versus British comedian Sacha Baron Cohen.

1 Pre-listening

Read about the lawsuits involving famous people. One of them is false. Which one is it?

1. David Schwimmer sued a Hollywood fund-raiser after there were claims that Schwimmer required two Rolex watches in order to attend a charity dinner.
2. A Palestinian is suing British comedian Sacha Baron Cohen after being referred to as a terrorist.
3. Cameron Diaz is suing British newspaper The Sun over claims that she was having an affair with a psychologist.
4. Sharon Stone sued a plastic surgeon for falsely telling reporters that she had undergone a facelift.
5. Robin Williams is suing a celebrity look-alike for passing himself off as the real Williams.

2 Listening I

You are going to listen to people discussing a recent lawsuit. As you are listening, answer this question: Why is Sacha Baron Cohen being sued? Make notes as you listen and provide as many details as you can.

3 Listening II

Listen again and answer this question: What is the difference between "libel" and "slander"? Make notes as you are listening and provide as many details and/or examples as you can.

4 Language focus Structural cloze

Read over the extracts from the conversation and add words to complete them. Then, listen again to check your answers.

1. The story centres _____ controversial British comedian Sacha Baron Cohen.
2. Baron Cohen is being sued _____ slander.
3. Then, as part of the promotion for the film, Baron Cohen appeared _____ the David Letterman Show.
4. Let's turn now _____ our legal expert, Gordon Houseman.
5. For example you could describe the Prime Minister _____ "a bad Prime Minister".
6. Unless, of course, you have hard evidence to back _____ what you're saying.
7. Strictly speaking, _____ Sacha Baron Cohen case is libel.
8. Due _____ this distinction, damages for slander tend to involve smaller sums of money...
9. A remark can only be slanderous if it is heard _____ a third party.
10. Celebrity Victoria Beckham recently lost _____ slander case and had to pay £150,000...

5 Discussion

1. Have there been any famous lawsuits in your country recently? What were they about?
2. Are there any famous slander or libel cases from your country? What are they about?
3. What do you think of the term "defamation of character"? Is it a justifiable reason to sue someone? Why? Why not?

ANSWERS ON PAGE 49

SLANDER SLAM

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Wacky Workouts

Fitness craze or just downright crazy?

1 Pre-reading

Look at the list of fitness crazes. What do you think they consist of? What type of exercise is involved? What are the pros and cons of each one?

1. Stiletto Strength
2. Beat up your Boss
3. Bikram Yoga
4. Plastic Wrapping
5. Hawaii Chair
6. Tweet What you Eat
7. Karaoke Spinning

2 Reading I

Read the article once to check your ideas from the Pre-reading activity.

3 Reading II

Read the article again and write mini-descriptions of each fitness craze.

4 Language focus Verbal phrases as nouns

Look at this extract from the article, "So, getting fit is easy,..." In this extract, the writer has used a verbal phrase ("to get fit") as a noun ("getting fit"). Complete the following sentence beginnings with your own ideas.

1. Doing exercise is...
2. Finding time to do sport is...
3. Trying to lose weight is...
4. Getting fit is a question of...
5. Training for a marathon would be...

5 Discussion

1. Which fitness craze from this article sounds the most interesting to you?
2. Which fitness craze sounds the most ridiculous?
3. What do you do to keep fit? How effective is it?

What do you do to keep fit? Aerobics? Jogging? Step? You might like to try a few of these wacky fitness crazes.

First on the list is "Stiletto Strength". Participants do a mixture of Pilates and strength training, but in 8-centimetre highheels. But is it safe? One expert from the American Council on Exercise says, "Stiletto heels don't really put the foot and ankle in the most advantageous position. I wouldn't recommend this sport."

But if that sounds dangerous, how about this one, "Beat Up Your Boss"? As part of this fitness routine, you and your employer undertake a rigorous two-month training course before stepping into the boxing ring to pummel one another. What happens when you get back to the office is anybody's guess. There is an old golf saying, "Never beat the boss." But then it doesn't say anything about never beating up the boss.

For those of a less violent nature, why not try a bit of Bikram yoga? Most people recommend trying to keep cool when you exercise, but in the Bikram yoga room they turn the temperature up to 40°C. Famous fans of this include Madonna, Sting and Gwyneth Paltrow. But is exercising at that heat a good idea? One yoga website lists a few of the possible risks involved: dehydration, heat exhaustion, heat stroke, and injuries resulting from fainting. What fun!

Some of today's new fitness crazes seem to dispense with any actual exercise.

Take "Plastic Wrapping". This involves enveloping yourself in cling film and sweating away any excess weight. As one fitness website recommends, "Stop immediately and unwrap the moment you feel giddy or faint." Perhaps just, "Stop immediately!" might be better.

For those who want to keep fit, but simply don't have time to leave the office there's the "Hawaii Chair". A modern version of the vibrating belt, this is a chair that spins and vibrates, supposedly giving you a workout while you look over a spreadsheet. The chair's motto is, "If you can sit, you can get fit!" So, getting fit is easy, but drinking a coffee or talking to the boss with a straight face could be more difficult.

Another idea for people who struggle to get away from the desk comes in the form of social networking site "Twitter". The latest craze is "Tweet What You Eat". It's simple. All you have to do is post a message every time you eat or drink something. Supposedly the shame of knowing that the world is aware of what you're eating will help you to reduce your calorie intake. Believe it or not, thousands of people sign up to "Twitter themselves fitter" every week. Or if that doesn't appeal to you, how about a bit of "Karaoke Spinning". Yes, you guessed it, a healthy workout on an exercise bike while you sing songs.

So there you have it. Just a few of the weirdest and wackiest fitness crazes out there today. But that's enough for now. I must run. After all, I wouldn't want to miss my "Karaoke Spinning" class. ✨

GLOSSARY

- an ankle** *n*
the joint that connects your foot and your leg
- to beat up** *phr vb*
to hit many times
- to undertake** *vb*
if you "undertake" a job or task, you start doing it and take responsibility for it
- to pummel** *vb*
to hit many times using fists (closed hands)
- to faint** *vb*
to lose consciousness
- to dispense with** *exp*
if you "dispense with" something, you stop using it because you don't need it any longer
- cling film** *n*
a thin, clear, stretchy plastic that you put around food to keep it fresh
- to unwrap** *vb*
to take off the paper/plastic that is covering something
- giddy** *adj*
if you feel "giddy", you feel unsteady and you think you are going to fall
- a workout** *n*
a period of intense exercise often in order to get fit
- a spreadsheet** *n*
a computer file with numerical data / numbers, etc. on it
- a straight face** *n*
if you have a "straight face", you have a serious look on your face, even though you may want to laugh

Let's be



friends

(if we aren't already!)

PHRASAL VERB THEMES

The News

HERE ARE SOME TYPICAL PHRASAL VERBS THAT YOU CAN FIND IN NEWS ARTICLES. MORE NEXT MONTH. COMPLETE THE SENTENCES WITH THE WORDS FROM BELOW.

- week** **witnesses** **cure** **scheme** **storm** **spending** **investigation** **servants**

Close off

IF A ROAD IS "CLOSED OFF", A BARRIER IS PUT ACROSS IT SO THAT NOBODY CAN GO THROUGH IT.

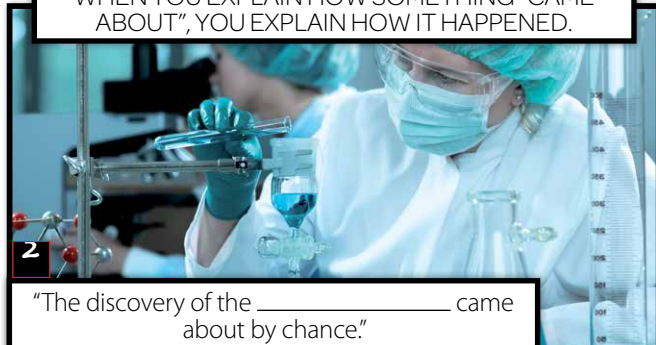


1

"The road was closed off while the police were carrying out the _____."

Come about

WHEN YOU EXPLAIN HOW SOMETHING "CAME ABOUT", YOU EXPLAIN HOW IT HAPPENED.



2

"The discovery of the _____ came about by chance."

Come down

IF SOMETHING "COMES DOWN", IT COLLAPSES OR FALLS TO THE GROUND, OFTEN FOR NO APPARENT REASON.



3

"A number of trees came down during the _____."

Come in

WHEN A GOVERNMENT "COMES IN", IT WINS AN ELECTION AND STARTS GOVERNING.



4

"When the new government came in, they promised to increase public _____."

Go up

TO INCREASE.



5

"Prices have been going up all _____."

Come forward

IF SOMEONE "COMES FORWARD" WITH INFORMATION, THEY GO TO THE POLICE TO GIVE THEM THAT INFORMATION.



6

"A number of people came forward after the police appealed for _____."

Come up (for discussion / review)

IF SOMETHING "COMES UP" FOR DISCUSSION OR REVIEW, IT IS TIME FOR THAT THING TO BE DISCUSSED OR REVIEWED, OR SOMEONE SUGGESTS THAT IT SHOULD BE DISCUSSED OR REVIEWED.



7

"The pension _____ has come up for review."

Come up against

IF YOU "COME UP AGAINST" A PROBLEM OR DIFFICULTY, YOU ARE FACED WITH IT AND HAVE TO FIND A SOLUTION TO IT.



8

"The government came up against stiff resistance when it tried to introduce the new payment scheme for civil _____."

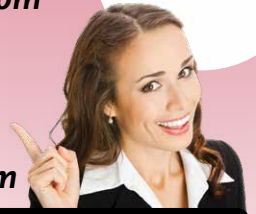
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HOME SWEET HOME TRACK 06

How to buy a flat.

Agent: Good morning, madam. Do come in and take a seat. Now how can I help you?

Mrs Posh: Well, I'm looking for a flat. It's for my children. My husband and I want them to leave home.

Agent: Oh, I see. Right. Well, let me ask you a few questions first. How many bedrooms?

Mrs Posh: Two. No, three. We've got three children. Damien, Phillipa, and David. I always forget about David. David's the youngest. He's quieter than the other two, so I don't notice him as much. So, I need 3 bedrooms. Or perhaps I should get four – there might be another child that I've forgotten about.

Agent: So, would that be three or four bedrooms?

Mrs Posh: Better make it five. Nanny will need a room. I forgot about Nanny. Her room's more important than the garage! Oh yes, we'll need a garage. For Nanny's car. Of course. Nanny drives them to work.

Agent: To work?

Mrs Posh: David's at university. Or is he at school? I don't remember. Oh, yes, David's 34. He's Professor of History at Cambridge University. Or at least I think he is. Anyway, Nanny takes him to Cambridge after she's driven the other two to the bank.

Agent: OK. What about price? How much do you want to spend?

Mrs Posh: Well, how much do flats cost? I've never bought one before. Is a flat more expensive than a car?

Agent: Well, our most expensive five-bedroom flat is on the market for £600,000.

Mrs Posh: Is that all! I'll have two of those, please. I'll need two if the children argue. Yes. If they haven't got another flat to go to, they'll come back home to the house. So, yes, I'd better have two then. Do you have two I can buy today?

Agent: Today?

Mrs Posh: Well, right now if possible.

Agent: Now?

Mrs Posh: Well, I'm in a bit of a hurry. I'm very busy this weekend. I've got tickets to the opera.

Agent: But don't you want to see any of the flats?

Mrs Posh: Oh, well I saw one last week. A lovely man here showed it to me. It was in Avenue Road. Just the round the corner from here.

Agent: Oh, yes. Did you like it?

Mrs Posh: Certainly not! It was the smallest, dirtiest, nastiest little place I've ever been in. It didn't even have a garden.

Agent: Well, most flats don't actually have gardens, but it does have five bedrooms – just what you're looking for.

Mrs Posh: Our dog's bedroom is bigger than any of the bedrooms in that place. I can't imagine what sort of person would live in a place like that.

Agent: Actually, I live there. It's my flat. I'm selling it.

Mrs Posh: Oh, dear. I am sorry. I am so sorry that you have to live in the smallest flat in Britain. Why don't you buy yourself a nicer home? A big house perhaps. Actually, maybe I should leave. I'm not sure I want to buy something from someone who doesn't live in a real house. I mean, it'd be like buying a steak from a vegetarian. Sheer madness. I suppose the children can stay at home for one more night. Goodbye!

Agent: Bye.

ANIMAL CHARITY TRACK 08

An interview with a member of an animal charity.

Newsreader: And finally tonight, good news for conservationists everywhere with the launch of a new charity: BBBB – "Bring the British Bandicoot Back from the Brink". Their aim is to stop the total extinction of the little-known British bandicoot. The British bandicoot, Moira?

Interviewer: Thanks, John. Well, I'm joined tonight by Camilla Pongleton-Jones, founder and chairperson of "Bring the British Bandicoot Back from the Brink". So, Mrs Pongleton-Jones, why the bandicoot?

Camilla: Oh, call me Camilla, Moira, darling. We're not at all formal here at BBBB. And remember, our slogan is, "Oh, please, Be, Be, Be, Be, Be generous." And people have been giving us lots of money.

Interviewer: I imagine that many people at home won't have heard of the British bandicoot. Perhaps you could tell us a bit about this very rare animal. What do they look like?

Camilla: Well, they're quite big with dark fur and a long tail. Or is it small? I never remember. Oh, yes, they're quite small with *light* fur and a *short* tail.

Interviewer: I'm sorry. Are they big or small?

Camilla: Well, they're small when they're young and then they get a bit bigger as they get older. And their fur changes colour in the winter. It's darker in summer.

Interviewer: And the tail?

Camilla: The male has a tail. And people can send donations to...

Interviewer: And what about diet?

Camilla: Well, they eat typical small, er, big, er, mammal food. Like... cheese.

Interviewer: Cheese? How do they find cheese in the wild?

Camilla: With difficulty. This is why they are nearly extinct. There's not much cheese left in the wild. This is a big problem if you're a bandicoot. I mean they can't just go to the supermarket like you and I and... As I said, people can send donations to...

Interviewer: And is the bandicoot's habitat under threat?

Camilla: Absolutely. The British bandicoot's natural home has been disappearing over the past ten years. We've been collecting money to raise enough to open a bandicoot sanctuary here in central London.

Interviewer: In central London? Isn't that a strange place to have an animal sanctuary?

Camilla: No, not at all. The bandicoot likes to spend time indoors, where it can be safe and warm... where it can watch television and read a good book. Play table tennis even.

Interviewer: I beg your pardon?

Camilla: Like all wild animals the bandicoot needs room. So we're hoping to buy a large eight bedroom house here in central London as headquarters for our charitable work. Once we've got a safe comfortable home where we can live and work, we can start looking for a Bandicoot to save. It's all been planned scientifically. We've been campaigning for the bandicoot for two or three weeks now and we hope to raise the £1 million necessary for the house in London very soon. People can send donations to...

Interviewer: Now, I Googled the British bandicoot

this afternoon and I must say I couldn't find anything about it.

Camilla: No, no. You've been looking at the wrong websites, Moira.

Interviewer: So, do you have a picture of the animal?

Camilla: We've been trying to find one for a couple of weeks now but none exist. Photographs, not bandicoots, I mean. They're terribly shy animals. No one knows where to find one.

Interviewer: So, how are you going to find any to save, Mrs Pongleton-Jones?

Camilla: That's step two of our programme, Moira. One step at a time. Step one is buying a large comfortable house in central London first. We haven't started planning step two yet.

Interviewer: Back to you in the studio, John.

SCHOOL FOOD TRACK 15

The world in 30 years' time.

Peter: Good evening and welcome to *30 Years Into The Future*, our weekly look at how the world will or will not be different in 30 years' time. Tonight we're looking at the future of canteen food. Will school meals be healthier? Will canteens at work still exist? Will food be cooked in the same way? I'm talking to a number of experts on the matter. They are: nutritionist, Dr Muriel Bancroft; educational psychologist, Horace Vole; and school dinner lady, Mrs Rita Mange. Good evening, everyone. Perhaps we can start with you, Horace Vole. Canteen meals of the future – same or different?

Horace: Well, it doesn't really matter what I think, Peter, I'm just a psychologist, you know. However, I did do some research and carried out a number of surveys with school children. Now, some of their findings were most interesting. I asked them what changes there might be in school meals over the next 30 years. Many think that everything will be automated. For example, the food itself will be cooked by computer and served by robots. I suspect that most school dinners in the future will be made, served, and eaten at home. Modern technology means that children will be educated differently, you know. Teachers will have been made redundant and all the lessons will be given by enormous super computers that know everything. It's inevitable. So, school dinners will have to change too. Many think the food they'll be given will be much more international. And many said that all the food will probably be made from insects because there won't be any other animals left but there will be too many insects, so we'll have to...

Peter: Fascinating. Well, thank you, Horace Vole. Dr Bancroft? Do you agree with Horace's views?

Dr Bancroft: Well, not really, Peter, no. I don't think canteen food will be terribly different in the future. If we look back 30 years into the past, we can see that the food served in canteens then was very similar to the food that's being served now. We eat a bit more salad perhaps but in most canteens the food is very traditional. There's no evidence to suggest that such radical changes in education are going to be carried out in the near or distant future. The same is true of eating habits. I'm quite sure that someone going into a canteen in 30 years' time will find the food extremely familiar.

Peter: Let's see what someone who actually works in a canteen thinks. Mrs Mange, you're a school dinner lady. What do you think?

Mrs Mange: Well, I think we've got to give the kids what

they want. They don't want to eat insects. In my school, the kids want egg and chips, beans on toast, beef burgers. Plenty of ketchup. White bread. Puddings. If you give them salad they won't eat it and it'll just be thrown away. It's a waste. And another thing. You're not replacing me with a robot. And all I know is that I'm not going to start serving spiders on toast, locust and chips, or ant burgers just because some government report tells me too. And the same goes for this so-called international food. We have pizza once a week. That's international and the kids love it. My kids don't want tagliatelle primavera, beef stroganoff, or lobster thermidor. They want egg and chips and that's what I'm going to give them – computer or no computer.

Peter: Well, on that thoughtful note, I'm afraid we've run out of time. Join us next week when we'll be discussing whether The Rolling Stones will still be touring in 30 years' time.

SLANDER SLAM TRACK 20

The world versus British comedian Sacha Baron Cohen.

Roberta: Good evening and welcome to "The Story Behind the Story", our daily look at some of the issues behind current news stories. In today's programme, we're looking at slander. First, to take us through the story, here's Ken.

Ken: Thanks, Roberta. Well, the story centres on controversial British comedian Sacha Baron Cohen, the creator of Bruno and Borat. Baron Cohen is being sued for slander by a Palestinian shop keeper from Bethlehem, Ayman Abu Aita. In the film Bruno, Mr Abu Aita is interviewed by Bruno, who is played by Baron Cohen. During one of the interviews, Bruno asks Abu Aita to kidnap him, and a caption appears on the screen telling the viewer that Abu Aita is a member of the militant al-Aqsa Martyrs' Brigade, a coalition of Palestinian nationalist militias in the West Bank which has been designated as a terrorist

group by certain countries. A claim Mr Abu Aita denies. Then, as part of the promotion for the film, Baron Cohen appeared on the David Letterman Show, the popular US talk show. During his interview, Baron Cohen told Letterman that finding a "terrorist" to interview took several months and help from a CIA contact. Now, Mr Abu Aita claims that this "terrorist" reference is to himself. So, he's suing Baron Cohen, David Letterman, the film's director, Larry Charles, and NBC Universal, the film's distributor, for \$110 million. Back to you, Roberta.

Roberta: So, there's a lot of money involved here. Let's turn now to our legal expert, Gordon Houseman. Gordon, can you tell us what exactly slander is?

Gordon: Certainly, Roberta. Well, slander is one aspect of the legal area that is called "defamation of character".

Roberta: And what's that?

Gordon: Basically, defamation of character is the saying or writing of anything that could harm a person's or an organisation's reputation. The most obvious example would be claiming that a person or an organisation has done something illegal.

Roberta: But what about freedom of speech? Don't we have the right in a democracy to express our opinions?

Gordon: Yes, we do. But not if our opinions are untrue and malicious.

Roberta: Malicious?

Gordon: It's one thing to say something that is your subjective opinion and that you have no evidence to support it. For example you could describe the Prime Minister as "a bad Prime Minister". That's OK. What you should be careful of saying is that he or she is "a criminal Prime Minister". Unless, of course, you have hard evidence to back up what you're saying. Describing someone's behaviour as criminal or illegal can be described as malicious – designed to harm their reputation and what is often referred to as their "good name". As Shakespeare wrote in his play, Othello, "He that filches from me

my good name, robs me of that which not enriches him, and makes me poor indeed."

Roberta: Yes, quite. Erm, you said earlier that slander is one aspect of defamation of character?

Gordon: Yes, the other is libel. Slander is making spoken defamatory remarks about a person or organisation. Libel is making written remarks. In fact, the important distinction is that with libel the remarks are permanent. Strictly speaking, the Sacha Baron Cohen case is libel, because although the remarks about terrorists were spoken they have been recorded and are, therefore, permanent. Due to this distinction, damages for slander tend to involve smaller sums of money than those for libel. The permanent word does more damage, so you pay more.

Roberta: I imagine that slander would be extremely hard to prove.

Gordon: Yes, it is. We should remember, of course, that slander and libel laws vary from country to country, just as all laws do. However, in Britain, at least, proving slander is difficult. A remark can only be slanderous if it is heard by a third party. And the evidence of this third party provides proof of whether the remark was made. Celebrity Victoria Beckham recently lost a slander case and had to pay £150,000 in damages and costs when she said that a signed photograph of her husband, footballer David Beckham, was not genuine. The photograph was for sale in a shop and her comment was heard by journalists who were following her. The shopkeeper, who claimed that her remark had harmed his business, sued her for slander and won because the journalists provided evidence that Victoria Beckham had made the comment.

Roberta: I see. Well, that's very interesting. And do you think Abu Aita has a chance against Sacha Baron Cohen? Will he get his \$110 million?

Gordon: Who knows? What is known is that other people have tried to sue Baron Cohen before and, so far, no one has won.


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COVER FEATURE
TRACK 12: ENGLISHMAN & ENGLISHWOMAN

STAY MOTIVATED WITH THESE QUOTES!

Studying a language is never easy. There are times when you'll feel frustrated because you don't seem to be making any progress. But you've got to keep going and remember that language acquisition is a long, slow process with lots of ups and downs. Above all, it's important to have a positive, can-do attitude. These famous quotes should help keep your spirits up. [Complete the quotes with the verbs from below. Then, listen to check your answers.]

try set making returns make see want end do not

- "Nothing is impossible, the word itself says 'I'm possible'."
(Audrey Hepburn (1919-1993), actress)
- "Either I will find a way, or I will die."
(Philip Stiles (1554-1586), soldier)
- "If you can dream it, you can do it."
(Walt Disney (1901-1966), cartoonist)
- "You are never too old to dream or to dream a new dream."
(CS Lewis (1898-1963), novelist and poet)
- "Always do your best. What you do your best."

January 2015 issue

Preview tap to enlarge



Details
18 quotes to help you learn English! 13 top tips on how to improve your spoken English. 12 useful words and expressions

BODY LANGUAGE (PAGE 4)

1 Pre-reading

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

2 Reading II (answers will vary)

1. series; 2. signals; 3. attitude or state of mind; 4. 7%; 5. happiness and a friendly attitude; 6. equal; 7. face.

USEFUL VOCABULARY (PAGE 8)

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

GRAMMAR FUN (PAGE 12)

- I've been to New Zealand. I went there two months ago.
- Jenny has spoken to her uncle. She spoke to him yesterday.
- Bob has given us the money. He gave it to us ten minutes ago.
- The Bakers have arrived. They arrived a few minutes ago.
- Abigail has lost her bag. She lost it last night.
- We've sent the e-mail. We sent it two days ago.

ERROR CORRECTION (PAGE 15)

- There isn't much milk in the fridge.
- There aren't many chairs in the room.
- Are there many pens on the table?
- Is there much sugar in the coffee?
- There is not much salt in this food.
- We don't have much money.

HOME SWEET HOME (PAGE 15)

1 Pre-listening

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

2 Listening II

- three; 2. five; 3. Cambridge University;
- £600,000; 5. opera; 6. no

PAMPERED PETS (PAGE 16)

2 Reading II (answers will vary)

- The Bow-Lingual Dog Translator = a gadget to translate dog talk into human words.
- I-Paw = a sort of iPod for dogs. It plays songs.
- American Barxpress Card = a toy credit card.
- Doggone Doggy Thong = a thong for dogs to wear on the beach.
- Petattoos = tattoos for dogs.
- Happy Tail Ale = a non-alcoholic beer for dogs.
- Bubble Buddy = a water pistol that fires chicken- or bacon-flavoured soap bubbles.

3 Language focus

- The e-mails are sent.
- The rooms are cleaned.
- The paper is cut.
- The cars are made.

ANIMAL CHARITY (PAGE 16)

2 Listening II

- generous; 2. a tail; 3. cheese; 4. London;
- a house; 6. a couple of weeks

3 Language focus

- They have been eating.
- She has been finishing.
- We haven't been watching it.
- He has been running.
- They have been washing the car.

LEARN 21 PHRASAL VERBS WITH THE VERB TO GET (PAGE 27)

1 Word choice

- around; 2. down; 3. back; 4. over;
- ahead; 6. out; 7. along

2 Gap fill

- together; 2. around; 3. at; 4. down;
- away; 6. in; 7. over

3 Sentence completion

- through; 2. over; 3. around; 4. by;
- across; 6. away; 7. at

ALL THE RAGE (PAGE 30)

2 Reading II

- Throwing ice cubes around, trying to open the emergency doors, crew members losing their tempers and pilots bursting into tears.
- "Intermittent explosive disorder", crowded roads, traffic jams, bad driving, being stuck in a confined space, changes in air pressure, a lack of oxygen, cramped seating, claustrophobia, long queues and alcohol.
- Training in self-defence; courses in conflict avoidance, 24-hour help-lines and putting up warning signs against assaulting members of staff.

RIDDLES (PAGE 32)

- There is one "p" in a "pint".
- A potato
- A mouse

SCHOOL FOOD (PAGE 38)

2 Listening II

- changes; 2. robots; 3. computers;
- future; 5. familiar; 6. beef burgers;
- salad; 8. egg

3 Language focus

- The documents will be sent.
- The song will be recorded.
- The bill will be paid.
- The picture will be framed.

SLANDER SLAM (PAGE 397)

1 Pre-listening

Number 3 is false.

2 Listening I

Because he has claimed that someone is a member of a terrorist organisation.

3 Listening II

Libel is making written defamatory remarks about a person or organisation. Slander is making spoken defamatory remarks about a person or organisation.

4 Language focus

- on; 2. for; 3. on; 4. to; 5. as;
- up; 7. the; 8. to; 9. by; 10. a

WACKY WORKOUTS (PAGE 40)

2 Reading II (answers may vary)

- Stiletto Strength = Pilates and strength training in 8-centimetre highheels.
- Beat Up your Boss = a boxing match with your boss.
- Bikram Yoga = yoga in a room with the temperature up to 40°C.
- Plastic Wrapping = wrapping yourself in cling-film.
- Hawaii Chair = a chair that spins and vibrates.
- Tweet What you Eat = sending messages via Twitter every time you eat or drink.
- Karaoke Spinning = simultaneously singing songs and working out on an exercise bike.

PHRASAL VERBS (PAGE 42)

- investigation; 2. cure; 3. storm;
- spending; 5. week; 6. witnesses;
- scheme; 8. servants.

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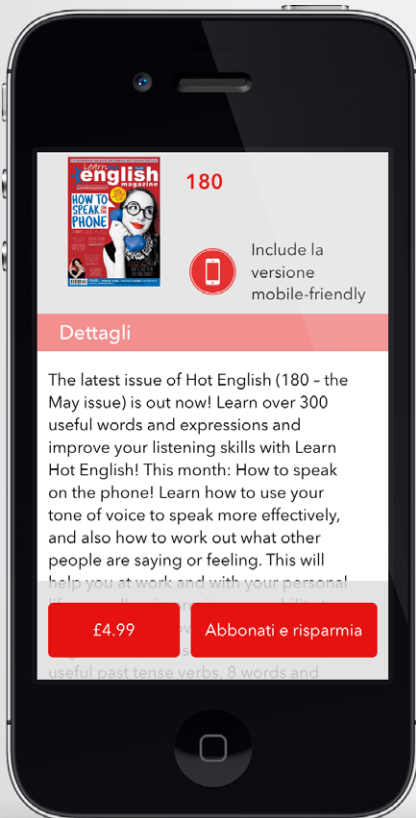
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WORD OF THE MONTH

IRONY

THIS MONTH'S WORD OF THE MONTH IS... "IRONY".

Read the following dialogue. Did speaker B have a good time on her trip?

A: Hey, how was the trip?

B: Oh, great. It rained every day, we missed our flight and Oscar was sick for most of the time. We had a fantastic time!

Speaker B is using irony. Although she's saying she had a good time, she didn't really. Irony is a subtle form of humour which involves saying the opposite to what you mean. For example:

A: What did you think of the show?

B: It was great. Wonderful. Marvellous. In fact, I couldn't think of a better way to spend my time.

A: You really liked it?

B: No, of course not! It was rubbish!

When you make an "ironic" remark, you say something that you do not mean, often as a way of joking or being funny. In this example, Speaker B is making an ironic comment:

A: What do the staff think of him?

B: Oh, they love him. In fact they call him Mr Popular behind his back.

And if you say something "ironically", you are saying it as a joke, or in an attempt at humour. For example:

a) "This is their nicest wine," he said ironically.

b) "I'm having a great time," she said ironically.

In many cases, it may be hard to detect the irony. So, you have to pay careful attention to the tone of voice and any body language. Quite often, when people are making an ironic comment, they will have a smile or smirk on their face. Other times, their voice may sound dull or boring even though they are saying something apparently positive.

So, what's the difference between irony



and sarcasm? Irony and sarcasm are similar – they're both ways of saying the opposite to what you think. However, with sarcasm the speaker's objective is to harm, hurt or ridicule someone; whereas irony is less hurtful and more of a means of commenting on something. Look at these examples:

Irony

A: So, what did you think of the meal?

B: Oh, it was delicious!

Sarcasm

A: What did you think of my song?

B: Great. You've got a real talent there!

So, what did you think of this article? Now try to answer that question ironically!

Next month, we'll be looking at "situational irony". 🍀

Directors

Managing Director

Thorley Russell (00 34 91 543 3573)
thorley@learnhotenglish.com

Editorial Director

Andy Coney (00 34 91 543 3573)
andy@learnhotenglish.com

Finance

Financial Director

Leigh Dante (00 34 91 549 8523)
leigh@learnhotenglish.com

Classes Department

(00 34 91 455 0273)
classes@learnhotenglish.com

Teacher Coordinator

Rocío Herrero
teacherinfo@learnhotenglish.com

Accounts manager

Rocío Herrero
classes@learnhotenglish.com

Administration Department

Subscriptions (9:30-13:00)

Jose Lobo (tel / fax) (00 34 91 549 8523)
Skype: hotenglishgroup
subs@learnhotenglish.com
payments@learnhotenglish.com
Credit control and administration
9:00 - 2pm (by e-mail thereafter)
Office hours 10am to 6pm (Spanish time)

Barcelona office (Hot English)

barcelona@learnhotenglish.com

Seville office (Hot English)

classes@learnhotenglish.com

Editorial Department

James Blick **assistant editor**
Philip McIvor **art director**
Patrick Howarth **writer**
Steve Brown **writer**
Christine Saunders **writer**
Louisa Glancy **writer**

Contributors

Blanca San Roman **translation**
Magnus Coney **proof reading**
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Printing

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Phone: (00 34) 91 549 8523
Fax: (00 34) 672 317 912

info@learnhotenglish.com
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