

# IELTS *Express*

Upper Intermediate Coursebook

Second Edition

Richard Holloway Martin Lisbray Mark Urry

INCLUDES  
COMPLETE  
PRACTICE  
TEST



Unit and topic	Exam focus	Exam tasks	Skills
<b>1</b> Leisure Activities Page 10	<b>READING</b>	Matching headings to paragraphs Summary completion Short-answer questions	Approaching the text Skim reading for main ideas Scan reading for keywords
	<b>SPEAKING</b> Part 1: Introduction and interview Part 2: Individual long turn	Introduction and interview Individual long turn	Giving personal information Providing additional information Organising your talk
<b>2</b> Education Page 18	<b>LISTENING</b> Section 1: Non-academic dialogue	Form completion Multiple-choice questions with single answers	Anticipating what you will hear Following instructions carefully Identifying keywords and paraphrasing
	<b>WRITING</b> Task 1 (Academic)	Report	Understanding visual information Writing the introduction Organising the main body text Comparing graphs
<b>Progress test 1</b> Page 26	<b>Listening</b> page 26	<b>Reading</b> page 28	<b>Writing – Speaking</b> page 31
<b>3</b> Technology Page 32	<b>READING</b>	Labelling a diagram Table completion Classification	Locating information in the text Linking visual information to the text
	<b>SPEAKING</b> Part 2: Individual long turn Part 3: Two-way discussion	Individual long turn Two-way discussion	Introducing the topic Expressing opinion Comparing and contrasting information
<b>4</b> The Workplace Page 40	<b>LISTENING</b> Section 2: Non-academic monologue	Flowchart completion Label completion	Identifying signpost words Following a description
	<b>WRITING</b> Task 2 (Academic)	Essay	Recognising different approaches Writing the opening paragraph Presenting and justifying your opinion Expressing disagreement Writing the conclusion
<b>Progress test 2</b> Page 48	<b>Listening</b> page 48	<b>Reading</b> page 50	<b>Writing – Speaking</b> page 53

Unit and topic	Exam focus	Exam tasks	Skills
<div>5</div> <div>Climate and the Environment</div> <div>Page 54</div>	<div>READING</div> <div>Part 2: Individual long turn</div> <div>Part 3: Two-way discussion</div>	<div>Yes/No/Not given</div> <div>Sentence completion</div> <div>Individual long turn</div> <div>Two-way discussion</div>	<div>Analysing meaning</div> <div>Identifying paraphrases</div> <div>Describing and explaining</div> <div>Speculating</div> <div>Communicating your ideas clearly</div>
<div>6</div> <div>Globalisation</div> <div>Page 62</div>	<div>LISTENING</div> <div>Section 3: Academic dialogue</div> <div>WRITING</div> <div>Task 1 (Academic)</div>	<div>Classification</div> <div>Sentence completion and notes completion</div> <div>Report</div>	<div>Listening and writing simultaneously</div> <div>Identifying distractors</div> <div>Understanding meaning</div> <div>Describing trends</div> <div>Describing a process</div>
<div>Progress test 3</div> <div>Page 70</div>	<div>Listening</div> <div>page 70</div>	<div>Reading</div> <div>page 72</div>	<div>Writing – Speaking</div> <div>page 75</div>
<div>7</div> <div>Communication</div> <div>Page 76</div>	<div>READING</div> <div>Part 2: Individual long turn</div> <div>Part 3: Two-way discussion</div>	<div>Multiple-choice questions with multiple answers</div> <div>Multiple-choice questions with single answers</div> <div>True/False/Not given</div> <div>Individual long turn</div> <div>Two-way discussion</div>	<div>Identifying distracting information</div> <div>Identifying arguments</div> <div>Visualising the scene</div> <div>Hypothesising, speculating and evaluating</div>
<div>8</div> <div>Growth and Development</div> <div>Page 84</div>	<div>LISTENING</div> <div>Section 4: Academic monologue</div> <div>WRITING</div> <div>Task 2 (Academic)</div>	<div>Short-answer questions</div> <div>Multiple-choice questions with multiple answers</div> <div>Summary completion</div> <div>Essay</div>	<div>Identifying features of speech</div> <div>Using features of speech</div> <div>Deciding the approach</div> <div>Providing supporting evidence</div>
<div>Practice test</div> <div>Page 92</div>	<div>Listening</div> <div>page 92</div> <div>Reading</div> <div>page 96</div>	<div>Writing</div> <div>page 105</div> <div>Speaking</div> <div>page 107</div>	
<div>Writing bank</div> <div>Page 108</div>	<div>Unit 2</div> <div>page 108</div> <div>Unit 4</div> <div>page 109</div>	<div>Unit 6</div> <div>page 110</div> <div>Unit 8</div> <div>page 111</div>	
<div>Answer key</div> <div>Page 112</div>	<div>Listening scripts</div> <div>Page 120</div>		
<div>Speaking DVD worksheets and answer key page</div> <div>Page 132</div>		<div>Sample IELTS answer sheets</div> <div>Page 138</div>	
<div>Language bank</div> <div>Page 139</div>			



# 1

## READING

# Leisure Activities

**Exam tasks** Matching headings to paragraphs; summary completion; short-answer questions  
**Skills** Approaching the text; skim reading for main ideas; scan reading for keywords

## 1 Introduction

**A** Discuss these questions with a partner.

- When was the last time you went on holiday?
- What did you do on holiday?
- Was your holiday stressful or relaxing? Why?
- What would your perfect holiday be?

**B** Categorise the following into three groups. Label the words: calm (C), quite stressed (Q) or stressed (S).

a little frustrated	pretty anxious	somewhat nervous	slightly edgy
relaxed	really stressed out	incredibly uptight	utterly unstressed

**C** Think of situations or activities that make you feel some of the above emotions. Compare your ideas with a partner. Then ask questions to find out more about your partner.

## 2 Approaching the text

**A** Look at the title, subtitle, photo and first paragraph of the passage on the opposite page. Tell your partner what you think the text is about. Then skim the passage to decide the main theme. Were your predictions correct?

**B** Who do you think the article is aimed at? Where might you see this type of text? Discuss your ideas with a partner.

### IN THE EXAM

#### Academic Reading module

The IELTS Reading module consists of three passages taken from books, magazines, journals or newspapers. The passages cover a variety of topics from scientific to historical interest, though the material will be targeted at a general, non-specialist audience.

The text will include titles and sometimes captions, photos and illustrations, which can help you to grasp the general meaning of the text. The total word length of all the texts can vary between 2,000 and 2,750 words.

There are 40 questions in total, based on a variety of task types, such as matching headings to paragraphs, short-answer questions, multiple choice and sentence completion.

The Reading module lasts one hour. No extra time is allocated at the end of the exam for transferring your answers onto the separate answer sheet, so it is recommended that you fill in your answers on the answer sheet as you complete each question. Pay careful attention to completing your answers in the correct order.



# The getaway blues

## Formula explains why it takes so long to relax on holiday



**A** With so much to do, going on holiday is certainly no vacation. First there's the flight to arrange, then the hotel or villa to book, and that's before you've sorted out the delicate matter of the beach outfit, evening wear and reading material.

**B** For much of the year we fantasise about a long break from the relentless drive of the everyday grind. But making our dream holiday a reality is what makes the stress really kick in, so it is little wonder it takes most holidaymakers a good few days to relax after their arrival. No matter how idyllic the surroundings, there's no immediate way to simply forget all about work, the children's schooling, the leaking roof and all those other domestic issues we long to escape.

**C** Susan Quilliam, psychologist, body language expert, and regular TV and radio commentator, states that stress creates actual changes in the body's hormonal balance, which in turn leads to a changed psychological state. She continues by pointing out that stress caused by trying to arrange a holiday can be responsible for these hormonal changes in the body and that this can lead to dramatic mood alteration. These changes in mood can range from anxiety and irritability to a range of more serious psychological problems including mild depression.

**D** As if that weren't bad enough, Ms Quilliam goes on to say that these hormonal changes do not rectify themselves immediately when the stressful situation is removed. It can take the body a certain amount of time to regain its hormonal balance and for the individual to become relaxed again. That is why if we get stressed before the holiday, we may not be able to relax sufficiently to enjoy ourselves – often for several days after our arrival. We can be lying on a beach in the sunshine, but feeling stressed!

**E** So how many days of our holiday are going to be wasted recovering from going on holiday? Is it worth going on holiday at all? To answer these questions we now have a formula to calculate the amount of holiday time needed to recover from the stress of preparing for what should be our annual period of rest and recuperation. The formula, devised by Ms Quilliam, is calculated thus: time spent preparing for the holiday, multiplied by the level of stress caused by the preparation (on a scale of 0 to 9), then divided by the stress level of the holiday (on a scale of 1 to 15). The result is the number of recovery hours needed before relaxation is possible.

**F** Ms Quilliam points out that today's pressurised lifestyles mean that going on holiday is a lot more stressful. Taking a holiday is no longer a question of catching a bus to the nearest seaside resort with your bucket and spade. We not only have to organise foreign travel and negotiate long, complex journeys, we also have to settle our home and work matters before we go. Add in

potential tension with travel partners and the psychological pressures of high expectations, and by the time we arrive at our destination, we're stressed to the max!

**G** So according to Ms Quilliam, the secret to a stress-free holiday is planning, choosing the right kind of holiday and having realistic expectations. This means concluding any unfinished work in the office and ensuring the little ones are sufficiently entertained during the trip. You must prepare and plan well in advance, don't leave things to the last minute, make a list of the things that you need to do, and cross them off one by one. If you feel it's all too much, then book an all-inclusive holiday where you are transferred to the hotel, you don't have to negotiate lots of different restaurants with the children, and you have a travel rep on hand to help you with any problems.

**H** The results of a survey commissioned by Lloyds TSB bank and carried out by Ms Quilliam have confirmed her theories; today's holidaymakers really are stressed out. More than 83 percent of people surveyed admitted to getting 'severely stressed' in the run-up to their holiday. More than a quarter of people admitted to needing the first few days of their holiday to recover. Some became so anxious they left without making essential arrangements and forgot things such as feeding the cat (11 per cent), taking out travel insurance (20 per cent), and cancelling the milk (12 per cent). Amazingly, a tiny minority of travellers (a little over 1 per cent) actually forgot to tell their bosses they were going on holiday!

### Adding up the stress

$$\frac{P \times S}{H} = R$$

#### KEY

**P = Time spent preparing (hours)**

**S = Stress level of preparation (scale 0–9)**

<b>0:</b> utterly unstressed	<b>5:</b> somewhat nervous
<b>1:</b> relaxed	<b>6:</b> pretty anxious
<b>2:</b> reasonably calm	<b>7:</b> really stressed out
<b>3:</b> a little frustrated	<b>8:</b> incredibly uptight
<b>4:</b> slightly edgy	<b>9:</b> stressed to the max

**H = Stress level of the holiday**

If your holiday is a high-pressure tour, divide by 5; if medium stress, by 10; if laid back, by 15.

**R = Time needed before you can relax enough to enjoy the holiday (hours)**

Source: *London Evening Standard*, copyright © Solo Syndication



### 3 Skim reading for main ideas

#### Express Tip

Skim reading involves 'running your eyes over the text' quickly to get a general idea of the text. Read the topic sentences more closely – these sentences will give you an overview of the text.

#### Express Tip

Write keywords that summarise each paragraph to the left of the text. These words then become a 'map' to the text and will help you find your way to the answers more easily.

**A** Skim the passage a second time and focus on the highlighted sentences in paragraphs A–D. These are known as topic sentences as they contain the main idea or 'topic' for each paragraph. Underline the topic sentence in each of the remaining paragraphs E–H.

**B** A good topic sentence is a paragraph summary which gives the general meaning of the paragraph.

1 Select the sentences that best summarise the following four paragraphs.

#### Paragraph A

- a Preparing for a holiday is hard work.
- b Holidays can be fun.

#### Paragraph B

- a With so many things to worry about, it's impossible to relax immediately on holiday.
- b People dream about the perfect holiday.

#### Paragraph C

- a Hormonal changes in the body cause stress and moodiness.
- b The stress of arranging a holiday creates hormonal changes in the body that cause moodiness.

#### Paragraph D

- a If we get stressed on holiday, we might not be able to relax for several days.
- b There can be a time delay between arriving on holiday and feeling relaxed.

2 Write sentence summaries for paragraphs E–H in the passage.

**C** The topic sentence is generally supported by an explanation, examples or facts that support the main idea of the paragraph. The IELTS exam tests your ability to distinguish between the main ideas and supporting ideas.

Here are the supporting examples for the main idea of paragraph B. Find the supporting ideas for the other paragraphs. Write them in your own words.

#### Paragraph B

##### Main idea

With so many things to worry about, it's impossible to relax immediately on holiday.

##### Supporting idea

- Examples of the stresses we take with us on holiday: work problems, leaking roof, children's schooling.

**D** Using the formula in the passage, calculate how much time you would need before you could enjoy a holiday.

### 4 Scan reading for keywords

When looking for specific information to answer questions, you need to scan the passage to locate relevant keywords. Don't expect to find an exact word match between the passage and the exam question – look for synonyms, too.