Return to nature

1. I enjoy living here • I've been doing some research • I moved here for the fresh air • It's a fascinating idea!

Talk in groups. Which words do you associate with the places above?

- romantic sunset
- pollution
- rocky landscape
- fresh air
- sunshine
- remote village
- beautiful scenery
- annoying mosquitoes
- hills
- woods
- interesting architecture
- exciting nightlife
- safe neighbourhood
- good public transport
- quiet
- noisy

b. Which of the words in 1a describe the area where you live?

c. What do you think about your area? Compare your ideas in groups.

I enjoy ... I can't stand ...
I can imagine ... I can't afford ...
I don't mind ...

I enjoy living in the city. My flat is in a safe neighbourhood and there are so many things to do, but I can't stand the pollution.

I can't afford to live in the city and it's too noisy for me. I like the fresh air and I don't mind going into the city for the nightlife.
2 I’ve been doing some research ➔ EP 2–3

a What do you think “green” projects are? Are there any in your area? Have you ever taken part in them? Discuss in small groups.

I think a green project is something like recycling or planting trees in a city.

b What do you think a “green hero” does? Read the magazine advert and find out.

Kent County Council sponsors new Green Hero Award

Are you a “green hero”? Have you helped to green up the area you live in, to bring nature back, and to make it more attractive? Share your success stories with us at Home@Garden magazine. We’re running a new Green Hero competition with the local council, so we’re looking for green heroes who can tell us about their local community projects and share their experiences. If you think you have the right profile to win the Green Hero Award, email your application to our reporter Robyn Wilson and join the competition.

c Read the email. What does Robyn do and why is she writing to Alex and Sam?

To: Alex Turner; Sam Chapel
Subject: Green Hero Award

Dear Alex, Dear Sam,

Thank you for sending your applications for the Green Hero Award. I am delighted to confirm that we would like to interview you for our special Home@Garden article.

I’ve been writing articles for the magazine for six years, but this is the first time I’m reporting on “green” community projects. I’ve been doing some research on different green projects recently and I’m really looking forward to hearing about your community projects. Kent County Council and Home@Garden have been planning this award for over two years, and I hope we can inspire more people in Kent to set up their own green community projects.

During the interview I’d like to focus on these points:
What is your green community project?
How long have you been running the project for? Have you had any problems?
What are the benefits of your project for the area?

My apologies for the late reply. I’ve been trying to organise the interview since last week, but I’ve been waiting for the photographer to contact me. He’s free on Friday, 17th August at 2 p.m. Is that possible for you? If necessary, he’s available on the 20th as well. I’m looking forward to meeting you both.

Best regards,
Robyn Wilson
d What has Robyn been doing? Use the words below to write sentences.

1 She / write articles for the magazine / for six years

   She's been writing articles for the magazine for six years.

2 She / do research on green projects / recently

3 She / plan the award / for over two years

4 She / try to organise an interview / since last week

e Play a chain game: Complete the sentence. Then take turns around the class
to say your sentence and repeat what other students said, like in the example.
Repeat the game using the sentences below.

I've been __________________ for about a year.

□ I've been learning English for about a year.
○ Hans has been learning English and I've been playing tennis for about a year.
△ Hans has been learning English, Conny's been playing tennis and I've been doing t'ai chi for about a year.

I've been __________________ for more than 5 years.
I've been __________________ since I was a child.
I've been __________________ since last summer.

f What can you remember from the chain game?
Test your partner.

□ How long has Hans been learning English?
○ He's been learning English for about a year.

g Choose one of your ideas from 2e and prepare to tell
your classmates at least three details about your
experience, for example, when and why you started,
and why you like it. In groups, tell your stories and
ask follow-up questions.
Read the introduction to the article and label the photos with the correct name.

Kent County Council sponsors new **Green Heroes**
by Robyn Wilson

This month, we find out how the two finalists for the Green Hero Award brought more nature into their communities: Alex Turner, who runs a community allotment, and Sam Chapel, who started a petting zoo.

Work in two groups. Group A reads about Alex and Group B reads about Sam.
First underline the most important information for each question in the article.
Then tell a person from the other group what you read about.

**Alex Turner, Ashford**

*What is your green community project?*

I run a community allotment on a piece of land next to an old factory. We’ve created a wonderful garden for local people to grow fruit and vegetables. It’s a great idea because some people don’t have a garden or don’t know how to grow food. Anyone who is interested in growing fruit and vegetables can sign up, and because we share the work, we share the results. Our products are organic, so they’re good for the environment too. We’re thinking about starting a beekeeping project in the garden so that we can also make honey.

*What are the benefits of your project for the area?*

Older people come to meet friends and to share their interest in healthy food. Two years ago, a mum suggested doing something for local children, so we started the Grow2School project. Schoolchildren have been learning about different types of fruit this year, and a few weeks ago, they sold their own jam at a farmers’ market.

*How long have you been running the project for? Have you had any problems?*

I started the project about twelve years ago. In the beginning, it wasn’t easy because of the work we had to do to prepare the allotment. We’re a small team, so we had a lot of work, but we achieved a lot together and the results are definitely worth it!
Sam Chapel, Yarling

What is your green community project?
I run a community petting zoo in the lovely Kent countryside. I moved here for the fresh air and beautiful sunrises and sunsets over the fields. I noticed that some children didn't spend any time outdoors, so I started the zoo to encourage the children to reconnect with nature. We have domestic animals like goats, sheep, chickens, a few cows and some horses. And there's Felix, my cat, who helps me to run the zoo.

How long have you been running the project for? Have you had any problems?
I've been running the zoo since 2013. We've been working closely with local schools for two years, and the kids have been taking care of the farm animals recently. Yes, we had a big problem in 2014 because of the terrible flood, but in the end it was all OK. We live in a wet climate, so we have a good plan for floods.

What are the benefits of your project for the area?
People are more interested in domestic and wild animals now. We've created some information packs so that people can help wild animals like squirrels and hedgehogs during this heatwave. And children spend a lot of their free time outdoors at the zoo. They've been writing info packs recently to teach visitors about the plants and birds in the area. Hiking here's great because of the inspiring landscape and the wildlife.

c  Read the two articles in 3b again. Then fill in the gaps with the words below.

because because of for so so that to

1 Alex used the land next to the factory for a community allotment.
2 The gardeners had a lot of work because they are a small team.
3 Some people don’t have a garden, so community gardens are a great idea.
4 Sam moved to Yarling for the fresh air and beautiful sunrises.
5 Children go to Sam’s petting zoo to learn about animals.
6 They’ve been writing info packs to help visitors can learn about the area.

I love the fresh air, so I live in the countryside.
I live in the city because I love the nightlife / because of the nightlife.
I moved here for the fresh air / so that I can go hiking.

d  With your partner from 3b, answer these questions about the community projects.

1 How do they feel about their projects today?
2 Do you think the two projects have been successful so far?
3 What other benefits do you think the projects might bring to the community?

e  Talk in groups. Which of the two ideas in 3b do you find most interesting and why?

I like the sound of the community allotment because ...
And I love the fresh air, so I think ...
4 It’s a fascinating idea! → EP 8 – 12

a Which radio phone-in shows do you know? Have you ever phoned in to a radio show?

b Look at the list of “green” projects below. What do you think they are?

- rooftop garden
- river rubbish patrol
- wildlife food stations
- beekeeping
- butterfly flower garden
- garden and seed exchange

c Listen to the radio phone-in show. Who’s the special guest? Which of the “green” projects does she mention? ► 1/26

d What do the callers Alina and Noah say about their “green” projects? Listen and complete the table in your notebook. ► 1/27

<table>
<thead>
<tr>
<th></th>
<th>Alina</th>
<th>Noah</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 city or countryside?</td>
<td>city</td>
<td>countryside</td>
</tr>
<tr>
<td>2 his / her project</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 the benefits</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

e Tick the correct word in the following sentences, then listen and check. ► 1/28

1 Alex feels □ excited □ exciting to be a guest on the show.
2 Alex was very □ surprising □ surprised when she won the award.
3 Alina enjoys doing the gardening when she feels □ bored □ boring.
4 Noah loves his project and finds it very □ satisfied □ satisfying.
5 Paul is □ disappointed □ disappointing that there’s no garden exchange in his area.

INFO
adjectives
Use -ed to say how you feel: I’m excited.
Use -ing to say what something or someone is like: The film’s exciting.

f In groups of three, prepare to role-play a radio phone-in show. First read the tapescript on Pages 216 – 217 aloud. What do you think about Alina and Noah’s projects? Make notes, then take turns to play the role of the caller, but give your own opinions.
Go for it!

A community project

a  Work in two teams. Write a quiz about your area and test your classmates’ knowledge. Use the ideas below to write five questions about your area.

- playgrounds
- allotments
- canals
- nature projects
- squares
- parks
- woods
- fountains
- fields

1. What can you find at the corner of Parkstrasse and Wienerstrasse?
2. What’s the biggest park in our city?
3. What kind of project started last year in the west of the city?

b  Take turns to read out your questions to the other team. You win one point for each correct answer. Which team has the best local knowledge?

c  Talk in small groups. Which of the things in a are there already enough of in your area? What would you like more of?

- Children love playing in water. I’d like more fountains.
- I’ve been going to our neighbourhood playground for years and there’s a lovely fountain there. The children love it, so I think it’s a great idea.

d  Your local council wants suggestions for new green community projects. In groups, discuss what kind of community project you would like to have in your area and make a list of reasons.

- We think a community allotment is good because not everyone has a garden.
- Yeah, and we can grow organic vegetables. That’s really satisfying. What do you think?
- It’s a good idea because children can learn how to …

e  Prepare a presentation. Think about the following things.

- What kind of project is it?
- Why is this project a good idea?
- Who will run the project?
- What are the benefits for your area?

f  Present your project idea to the class. Your classmates can ask you questions.

g  As a class, vote for the project you like the most and the one you’d like to have in your area.
Extra practice

after CA 1

1a Match the sentence halves.

1 In the Cotswolds there were green
2 We enjoyed some beautiful, natural
3 Alaska is full of annoying
4 In the western USA the rocky
5 It takes four hours to drive to the remote
6 On our honeymoon the most romantic
7 We were worried about the dangerous

1b Listen to Robyn describe her favourite green area. 
Tick what she dislikes. ► 1/29

[ ] noisy nightlife  [ ] rocky landscapes  [ ] annoying mosquitoes

1c Now write a few sentences in your notebook about your favourite local outdoor area.

after CA 2

2a Read the dialogue between Robyn and her boss. 
Then complete the rules.

present perfect continuous

Robyn, how long have you been doing research for the community project article?
I've been doing research all month. It's quite fascinating.
And how has it been going recently?
Well, I've already found a few interesting people and interviewed them.
And how much have you written so far?
I haven't been working on it much this week.
I've only written a page so far.
Humph. But you know I've needed the article since Tuesday. It needs to be on my desk before you leave today!
Das **present perfect continuous** wird mit *have / has been* und dem **past participle** der –ing-Form des Hauptverbs gebildet.

Das **present perfect continuous** beschreibt, genau so wie das **present perfect simple**, einen **bereits abgeschlossenen** oder **nicht abgeschlossenen** Zeitraum.

Eine Handlung im **present perfect continuous** beginnt in der **Gegenwart** und dauert in der **Vergangenheit** und **Zukunft** noch an.

Im Gegensatz zum **present perfect simple** betont das **present perfect continuous** vor allem **den Verlauf** des Ergebnisses einer Handlung und steht oft mit Signalwörtern wie *all day, the whole evening, recently*.

Manche Verben, wie z. B. *(dis)agree, believe, cost, know, mean, need, remember, wish* und *understand*, verwendet man in der Regel nicht in der Verlaufsform.

### 2b Complete the sentences using the **present perfect continuous**.

**NORFOLK COUNTY COUNCIL**

**GREEN HERO OF THE MONTH:** Jimmy Young

Ever since I was a child, I **1** (take) care of the environment around me.

Since last May I **2** (run) my own project sponsored by the local council.

We **3** (bring) nature back into the empty spaces in the city all summer. We have a lot of work, but so far the results have been worth it. I now see children throw rubbish they find on the street into the bin. So our project **4** (inspire) others to take care of their community spaces.

It’s quite encouraging! And we **5** (get) a lot of positive feedback recently, which is really motivating.

### 3a Unjumble these sentences.

1 all month / been / their / they / application / have / working on

2 running / has / very long / community project / he / the / been / not / for

3 been / you / have / recently? / what / reading

4 you / long / favourite hobby? / how / have / doing / been / your

### 3b What about you? Bring your answers to the next class.

Now I can ... describe how long I've been doing something, e.g. a project or a hobby.
4a Read the interviews on Pages 54 – 55 again and tick the correct option below.

1  □  a Alex and Sam are the last two people in the Green Hero competition.
  □  b Alex and Sam are not competing to win the Green Hero Award.

2  □  a All the fresh food from Alex’s allotment is sold at the farmers’ market.
  □  b Every member of Alex’s allotment can grow and take home fresh food.

3  □  a Everyone has been working together to make the allotment successful.
  □  b There is too much work for such a small group.

4  □  a Schoolchildren come to the allotment to sell jam to the members.
  □  b Schoolchildren come to the allotment to learn about growing fresh food.

5  □  a Sam moved to Kent because he wanted to start a petting zoo.
  □  b Sam moved to Kent to spend more time outdoors.

6  □  a Horses, cows, goats, sheep and chickens are all wild animals.
  □  b Squirrels and hedgehogs are not domestic animals.

7  □  a Sam and the petting zoo were well prepared for the flood.
  □  b The flood was a serious problem because they didn’t know what to do.

8  □  a The positive results of Sam’s zoo are mainly with the older adults.
  □  b Children have reconnected with nature because of Sam’s zoo.

4b Which community project would you like to join? Who should win the Green Hero award? Write a letter to Robyn’s magazine and bring it to your next class.

Dear Editor,
I am writing about the Green Hero article …
I’d like to join …
In my opinion / I think / I feel … because …
Regards.

Now I can …
write a simple text giving my opinion,
e.g. commenting on a magazine article.
5a Read the dialogue and complete the rules.

**conjunctions**

- Why did you start your organic farm?
  - I started it because of my worries about dangerous pesticides / because I worry about dangerous pesticides.

- And what do you hope to achieve with it?
  - Well, I do it for the health of my community / to help my community get healthier.

- Have you seen any results so far?
  - We had a summer camp for the local children so that they could learn about how plants grow. Parents have told me their children eat more vegetables now, so it’s been a great success in my opinion.

- Um auszudrücken, mit welchem Ziel oder aus welchem Grund man etwas macht, gibt es verschiedene Möglichkeiten. Häufig werden die Konjunktionen because, because of, for, to, so und so (that) verwendet.

- Auf because (weil) und so (that) (damit) folgt ein Satz ein Nomen (mit Begleiter).

- For (wegen) und because of (wegen) stehen stets vor einem Nomen (mit Begleiter). Mit for drücken Sie eine Folgerung einen Zweck aus, mit because of einen Grund eine Folgerung.

- Mit so (also, daher) folgt ein Hauptsatz, der eine logische Folgerung ausdrückt. Vor so in dieser Funktion steht immer ein Komma.

5b Rewrite the sentences into one sentence with the conjunction in brackets.

1. I live in the countryside. I hate pollution. (because)
   - I live in the countryside because I hate pollution.

2. I want a big garden. I can grow my own vegetables. (so that)

3. I go to the farmers’ market. I buy organic fruit. (for)

4. I enjoy walking in the city. The architecture is interesting. (because of)

5. The council bought some local land. They want to build a playground. (to)

6. Our son is allergic to bees. We can’t live next to beekeepers. (so)
Put the correct conjunctions into the flyer below about a local beekeeping class.

**Become a Beekeeper – Beekeeping Basics**

Our instructor Beth Livingstone tells her story of how she became a beekeeper.

<table>
<thead>
<tr>
<th>because</th>
<th>because of</th>
<th>for</th>
<th>to (2x)</th>
<th>so</th>
<th>so that</th>
</tr>
</thead>
</table>

I’ve been working as a beekeeper for ten years. I started this hobby 1 my family could enjoy our own honey. Then I began giving some of it to my friends 2 we had so much! They loved it so much that I decided to sell it at the farmers’ market 3 make extra money. After a while I had to add ten new hives 4 all the new business. In the spring I also lend my bees to the farmers 5 their flowering fruit trees. There aren’t a lot of wild bees these days, 6 my bees help the farmers’ fruit trees produce enough fruit. Bees are very important for the environment and even one small hive can make a big difference! Come to my class and get some hands-on experience 7 decide if beekeeping is right for you.

Call or visit our website today to sign up for the autumn semester!

---

**Complete the crossword with words from Unit 4.**

1 an event where one person or group tries to win
2 a positive result of something
3 to finish something successfully
4 high water because of too much rain
5 dirty air or water
6 the world around you
7 food that grows without pesticides
8 to agree to do or join something
9 far away from other places
10 to motivate and support

---

Now I can …

give reasons and explanations, e.g. why I decided to do something.
Read Noah's email and fill in the gaps with the correct words from below.

To
Z Chill
Subject
New York City weekend

Hey Zach,
I've just returned from an __________ 1 trip to NYC to visit
my friends there. The whole trip was so __________ 2 ! Well,
I'll be honest, all the sights were really __________ 3 but the
sightseeing was very __________ 4. There were long queues
and we walked everywhere. By the end of the week I was
____________ 5 with all the other tourists.
But NYC is definitely a __________ 6 city, full of surprises!
The best part was seeing my friends. I __________ 7 them
since we were at school. Four years ago they set up a small rooftop garden for organic vegetables
at their apartment building __________ 8 the vegetables at the local supermarkets were very
____________ 9. This weekend their group, the Williamsburg Climate Watchers, won a(n)
____________ 10 for the most __________ 11 green community. I'm not at all __________ 12!
After this weekend I felt __________ 13 that I'm not doing more to help the next generation.
I'm really __________ 14 to see if it is possible for the garden exchange to start a butterfly garden
for children.
Hope you are well.
Noah

1 a amazed  b amazing  c bored
2 a shocking  b excited  c exciting
3 a interested b interesting c pleased
4 a tiring  b shocked  c tired
5 a annoying  b shocked  c annoyed
6 a boring  b fascinating  c fascinated
7 a 've known  b 've been knowing c know
8 a because b so c with
9 a boring  b disappointing c disappointed
10 a award  b finalist  c senior
11 a boring  b inspiring  c disappointing
12 a inspired  b surprised  c surprising
13 a embarrassed  b relaxed  c tiring
14 a annoyed  b interesting  c motivated
Choose the correct forms in the sentences below.

1. My friends think I’m [bored] [boring] because I don’t go out with them at weekends.
2. He was [bored] [boring] during the film, so he fell asleep.
3. This is the most [relaxed] [relaxing] I’ve ever felt.
4. There is nothing more [relaxed] [relaxing] for me than doing a bit of gardening.
5. It’s very [tired] [tiring] work whenever I help with the rooftop garden, but I always leave feeling [satisfied] [satisfying].
6. Beekeeping is [satisfied] [satisfying] work that doesn’t make me too [tired] [tiring].

Listen and repeat. ► 1/30
/dʒ/ encourage, generous, generation
/ju/ confusing, evacuate
/æə/ fire, tiring, tired, inspire
/a/ award, achieve, climate, disappointed, pollution, successful, surprised

Useful expressions. Listen and repeat. ► 1/31

What do you think of your new neighbourhood?
- I enjoy living here. It has beautiful scenery and quiet woods for walking.

I’ve been doing some research on beekeeping. I’ve already read three books.
- Really? That’s interesting.

What do you think about Jimmy’s new community project?
- Well, it’s a fascinating idea, but I don’t have time for it.

Did you come here because of the exciting nightlife?
- No, actually I moved here for the great schools.

I find pollution so depressing. It’s a really bad problem these days.
- I heard there’s a community project to clean up the river. Why don’t you sign up?

Congratulations! It’s the end of Unit 4. You can find a song and a worksheet at www.hueber.de/go-for-it. To listen to the song, you can also use the QR code. Enjoy! ► 1/32 🎵
Have you heard about the newest green trend? It's called 'zero waste' and it encourages people to buy less, recycle everything and throw nothing away. Does this sound impossible? Well, many people thought the same thing. But now they can fit all of their waste for the year into a small jar! It has become very popular and even whole cities, like Boulder, Colorado, are signing up for zero-waste programmes.

I travelled there to see what a zero-waste city looks like and wasn’t disappointed. Boulder is a university city in the heart of the Rocky Mountains. Because of this special location the locals have always felt very connected to the environment. So a few years ago they were shocked to find out that other cities, like San Francisco and Portland, put most of their rubbish into the organic or recycling bin, but in Boulder almost everything went straight into the waste bin.

As someone who grew up with recycling in Germany, I remember being shocked when I did a school exchange programme in the US years ago. My host mum didn’t recycle anything, not even glass! So I was surprised and pleased to see three bins in shops, restaurants and on every street corner in Boulder. Things have definitely changed since my first visit!

The project doesn’t just encourage people to sort their rubbish better, but also to reduce what they recycle. This means there isn’t any plastic cutlery or crockery in fast food restaurants. Everything is made of plants and can go in the organic bin.

Boulder wants to be an environmental leader for the nation. By 2025 they want 85% of their total rubbish to be organic or recycled. They also hope to show how zero waste can become an easy part of our daily lives and how small changes can make a big difference. After my visit, I think they’ll definitely achieve their goals.

Hannah Schmitt

is a travel writer from Hamburg who has lived and worked in London for 10 years.

---

c  Read the text again and answer the questions.

1. What did the locals in San Francisco and Portland do differently to those in Boulder?
2. What was Hannah’s experience the first time she visited the US? And this time?
3. What does the town do to use less plastic?

d  Have you ever heard of any zero-waste communities in your own country? What are the greenest cities you know about? Talk in pairs.
The radio station at the University of Colorado Boulder is interviewing people to find out what they think about the zero-waste changes. Work in pairs. Match the words below to the photos.  

**PRE-LISTENING**

a  bottle return machine   b  bulk-food store   c  recycling bin

---

Listen to the interviews. Write the number of the matching photo next to the name.  

Becca  □  Dylan  □  Amber  □

Listen again. Name three things people in Boulder do to go zero waste.  

---

Read the sentences below. What do the people think? Listen again and write the names in the gaps.  

1  _________ feels the zero-waste project is much easier than people think. Everyone can take back cans and bottles to the supermarket.

2  _________ thinks the project is easier in communities where other people set a good example and encourage others to do the same, e.g. buy products with less plastic and packaging.

3  _________ feels it is a good first step, but there is more to do. Recycling rules should be clearer and people should learn how to recycle better.

---

What about you? Would you like to try going zero waste? Look at the sentences in d again. Who do you agree with the most? Who do you disagree with? Discuss in groups.  

- It’s really not difficult to take plastic bottles back to the supermarket. So I agree with Becca.
- You’re right, but there’s definitely more to do. We need less packaging. So I agree with Amber and Dylan the most.
Dear Christa,
It was very nice to (1) see you again at the organic gardening conference in Cardiff last week and to discuss learning holidays in Anglesey. I'm delighted to (2) confirm your booking of a learning holiday at Sunrise Organic Farm for two people from 16th to 26th August.

As we discussed at the conference, Sunrise is a family farm. My wife, Sally, runs the accommodation at the farm, (3) so that she can answer all your questions about your room. Our son, Mark, prepares the regional organic meals including homemade bread and cakes. Our daughter, Lucy, organises tours of the area. I recommend a guided cycling tour (4) so that you can see the beautiful (5) countryside and visit a cheesemaker and a beekeeper. You can rent a bicycle for the whole week in the local bicycle shop or you can (6) borrow one of ours for the day. Please email Lucy at Lucy@Sunrise.co.uk to (7) reserve one.

(8) Everyone at Sunrise Organic Farm is looking forward to (9) seeing you. I hope you will enjoy your (10) stay in lovely Anglesey.

Regards,
Jim Smith
b Reading comprehension: Read the five texts, Items 1 – 5. Then read the headlines a – j. Decide which headline a – j goes best with which text.

a Are how-to videos more exciting than the classroom?
b Getting their hands dirty for the community
c Grandparents learn from children
d Hands-on learning with the older generation
e Learning a language? There’s an app for that.
f Schoolchildren work at the Leeds community allotment
g Step by step: that’s the road to success
h Students offer their time to teach
i The same job for 30 to 40 years
j Want to change jobs? Read this first!

1 How do you learn new things? Do you like trying it yourself or reading the instructions first? Some schools think a good way to learn is with grandparents from the community who show the children a new skill. The children love trying something new and the grandparents enjoy teaching children things their own parents taught them.

2 Everyone has something they’d like to accomplish. But some people can’t imagine having time to do it. Some say the best way to become successful is to take one small step every day. For example, if you’re learning a foreign language, learning a few words every day is better than learning a long list once a month.

3 A community allotment in Leeds has been getting a lot of attention recently because the people who work there give all of their fruit and vegetables to local schools for the school dinners. Now all the children are enjoying healthy, locally grown food at school and some of them have visited the garden to see where it comes from.

4 It seems that the youngest generation is always online. So it’s not surprising that they prefer using the Internet to learn a new skill. Because there are many websites and videos that explain things quickly and easily, teachers have to work hard to be as interesting.

5 Many people between the ages of 30 and 40 have been working for ten or more years in the same job and are becoming bored with it. Some people consider looking for a new job. But studies show that even small changes at work, like a new desk or a different team, make people more motivated.