

### Task 1

Listen to the story:

<http://www.ello.org/english/1051/1092-Gareth-Routine.htm>

### Task 2

Complete the sentences with the words below:

irregular • sixish • night owl • nostalgic • zombie

1. After working ten hours I feel like a **zombie** .
2. Come to my house around **sixish** for dinner.
3. He has an **irregular** work schedule.
4. I used to be a **night owl** but now I go to bed early.
5. I am **nostalgic** for my childhood.

### Task 3

Answer the following questions about the interview:

- 1) He mentions what they \_\_\_\_\_.  
**a) eat**  
**b) watch**  
c) talk about
- 2) What does he say about his routine?  
**a) He takes public transport.**  
b) He works nine hours.  
**c) He gets home late.**
- 3) He says he prefers \_\_\_\_\_ ..  
**a) evenings**  
b) mornings
- 4) He says he usually takes \_\_\_\_\_.  
a) a bath  
**b) a shower**
- 5) How does he feel about the books?  
a) Childish

**b) Reattached**

**c) Nostalgic**

Task 4

Listen to the story:

<http://www.ello.org/english/Mixer001/T025-MorningRoutine.htm>

Task 5

Complete the sentences with the words below:

flip over • like everybody • off to • out the door • squeeze

1. I know you are really busy, but it would be great if you could **squeeze** in some time to get coffee with me.
2. When you see the little bubbles form you know it is time to **flip over** the pancake.
3. We'll be on the way **out the door** in ten minutes.
4. Well, I'm **off to** the gym. I'll be home in two hours.
5. She bikes to work just **like everybody** else.

Task 6

Answer the following questions about the interview:

1) How does Akane make her breakfast?

**a) on the stove**

b) in a toaster

2) What does Martin do first in the morning?

**a) Reads the news**

b) Eats breakfast

3) What does Naomi do after breakfast?

a) Drinks coffee

**b) Prepares lessons**

4) What does Jeyong do last?

a) Dry his hair

**b) Eat something**

5) Why does Mark wake up early on the weekend?

a) He has to work.

**b) He wants to enjoy his day off**

6) What are Jeannie's mornings like?

a) Relaxed

**b) Rushed**

7) What do most people do in the morning?

a) exercise

**b) have breakfast**

c) clean the house

**d) take a shower**

Task 7

Listen to the story:

<http://www.ello.org/english/0301/344-Eli-Japan.htm>

Task 8

Answer the following questions about the interview:

1) In England, where would she eat breakfast?

a) At home

b) In a cafe

**c) At work**

2) Where did she do a lot of walking?

a) England

**b) Japan**

c) Both

3) Where does she live in Japan?

a) City center

**b) The suburbs**

c) The countryside

4) How is her routine here different?

**a) She gets up early.**

b) She has a job.

c) She studies all the time.

5) How are the trains in London different than the trains in Japan?

a) They are cleaner.

b) They run on time.

**c) They are less crowded.**

#### Task 9

Complete the sentences with the words below:

scooters • hassle • feet • bed town • like sardines

**1.Scooters** are great for transportation, as long as it's not raining.

2.Can we meet there a little earlier? Driving around in the city at that time of day is a **hassle**.

3.When I see everyone **like sardines** on the public bus I usually decide to walk.

4.He spent a few years living in a **bed town** when he was trying to get a promotion at his company.

5.There are so many interesting things to see here that I practically walked my **feet** into the ground during the first few days.