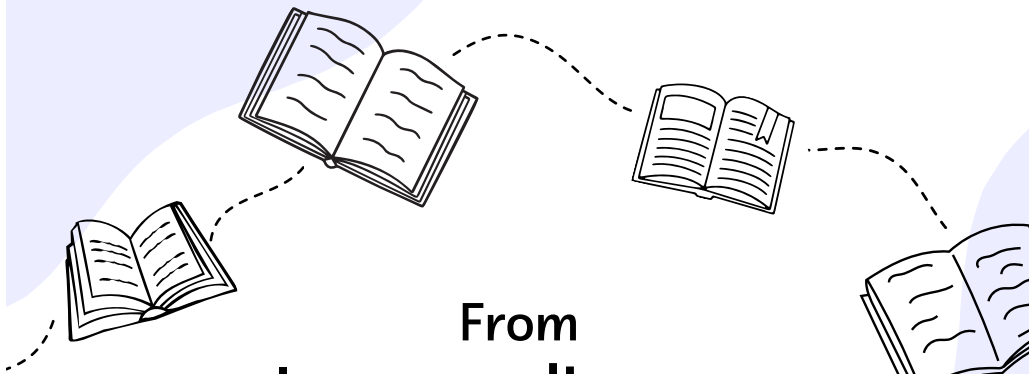


English  
with *Lucy*



From  
Intermediate to  
Advanced

*The Ultimate Guide to*

**B1 → B2 → C1**  
**GRAMMAR &**  
**VOCABULARY**

YOUR STRAIGHTFORWARD PATH TO ENGLISH FLUENCY



## FROM INTERMEDIATE TO ADVANCED: THE ULTIMATE GUIDE TO B1, B2 & C1 GRAMMAR AND VOCABULARY

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Hello lovely students, and welcome to this ultimate guide that I've put together for you to help you better understand the language you'll need to master in order to reach different levels of English proficiency!

In this guide, we'll focus mainly on grammar and vocabulary.

Contained in this ebook is a full guide to the grammar structures and vocabulary you'll need to know at the B1, B2 and C1 levels of the CEFR.

At each level, we have a comprehensive checklist, which means you will be able to use this book to work out your current level, discover what you need to improve and choose the right course level to suit your needs!

Whether you're studying for an exam or want to get better at English for other reasons, this guide will help you on your way to success!

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## WHAT ARE THE CEFR LEVELS OF ENGLISH?



### **BEGINNER - THE A1 ENGLISH LEVEL**

The A1 level of English is the beginner level of language proficiency. Learners at this level can use simple phrases and expressions to participate in everyday situations. They can introduce themselves, ask and answer basic questions and have simple conversations.



### **PRE-INTERMEDIATE - THE A2 ENGLISH LEVEL**

The A2 level of English relates to learners who can handle routine conversations using basic vocabulary. They understand sentences about common topics like personal life, shopping and work, and can discuss their past and immediate needs.



### **INTERMEDIATE - THE B1 ENGLISH LEVEL**

At B1, learners become more independent users of English who can understand clear texts about familiar topics. Learners at this level can handle most situations when travelling to areas where English is used. They can produce simple and coherent texts about topics they know about or are personally interested in. They can describe experiences, events, wishes and aspirations, as well as explain plans and briefly justify opinions. We'll cover the B1 level in more detail in the next section of this ebook!



## UPPER-INTERMEDIATE - THE B2 ENGLISH LEVEL

B2 learners can comprehend complex texts on concrete and abstract topics, including detailed discussions in their area of speciality. Learners at this level can interact fluently and spontaneously with proficient speakers without difficulty for either party. They can produce clear and detailed texts on a wide range of subjects and express their opinion on various topics, giving reasons and highlighting advantages and disadvantages.



## ADVANCED - THE C1 ENGLISH LEVEL

Learners who have a C1 level of English can comprehend a wide range of demanding and lengthy texts, including implicit meanings. Learners at this level can express themselves fluently and spontaneously with little hesitation. They can utilise the language with versatility and precision across various social, academic and professional settings. They can generate coherent, well-organised and elaborate texts on diverse topics, displaying accurate use of organisational structures, connectors and other elements to ensure cohesion.



## PROFICIENCY - THE C2 ENGLISH LEVEL

The C2 level of English is the highest level of proficiency recognised by the CEFR. At this level, learners can effortlessly comprehend almost anything they read or hear and are capable of summarising information and arguments from multiple sources, both spoken and written, and presenting them coherently and precisely. They can express themselves spontaneously, fluently and precisely, even in complex situations where finer shades of meaning must be discerned.

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**B1 LEVEL**

**All the grammar  
& vocabulary you  
need to learn!**



## AN OVERVIEW OF B1 ENGLISH

The B1 level is a significant milestone in your journey towards mastering the English language. At this level, you've moved beyond the basics and can manage to hold conversations on familiar topics, communicate in English without difficulty while travelling and express your opinions and plans.

In terms of vocabulary, you should continue learning words and phrases for everyday interactions, building on vocabulary learnt at A2.

For example, at B1 you would be able to say

*I am keen on travelling.*

*I like travelling.*

rather than



The emphasis at B1 is on **functional language**. You'll learn the necessary language to perform tasks like making reservations, giving directions or offering advice. Your vocabulary and grammar knowledge will help you effectively communicate in English conversations.

Understanding idiomatic expressions or subtle jokes may still be challenging at this stage, but you should be able to grasp the main points of clear, standard speech or writing.

At B1, you'll gain more confidence in social and educational settings. This is the stage at which you are building a solid foundation of new grammatical structures while reinforcing concepts you have already learnt at A2 level. The focus is on expanding your ability to speak comfortably in English.

The next section of this e-book will guide you through some of the essential grammar and vocabulary you need to know to reach the B1 level of English.

## GRAMMAR - B1 LEVEL

### 1 Present Tenses

For those at B1 level, mastering the present tenses is crucial for effective communication. The **present simple**, **present continuous**, **present perfect simple** and **present perfect continuous** should all be at your fingertips.

#### Present Simple

- She often *plays* tennis at the weekends.

#### Present Continuous

- Right now, she's *practising* her serve at a local tennis club.

#### Present Perfect Simple

- Jasper *has written* several books on the subject.

#### Present Perfect Continuous

- Dad *has been cooking* all afternoon.

You should also start incorporating **specific adverbs** like 'already', 'yet' and 'ever' with the present perfect tenses to clarify your sentences.

#### Examples:

- I've **already** finished the project.
- She's **never** been to the United States.

### 2 Past Tenses

You will also need to get comfortable with the various past tenses, including **past simple**, **past continuous**, **past perfect simple** and **past perfect continuous**. They allow you to talk about things that happened in the past with more accuracy and detail.

#### Past Simple

- We *visited* a museum last week.

#### Past Continuous

- What *was* Ben *doing* at lunchtime?

#### Past Perfect Simple

- While we were there, we learnt that the museum *had added* a new exhibition.

### Past Perfect Continuous

- She was exhausted because she **had been gardening** all morning.

As a B1 learner, it's important to be familiar with irregular verbs, which don't adhere to the standard '-ed' pattern for past forms.

#### Examples:

- We **ate** dinner in a really fancy restaurant.
- I **read** that book when I was at secondary school.

## 3 Future Tenses

At the B1 level, it is essential to be able to use different verb forms to refer to the future to discuss upcoming events, plans, arrangements and predictions. You should be familiar with using **will**, **to be going to**, **present simple** and **present continuous** to talk about the future.

#### Will

- Athena **will** pick up the kids tonight.

#### To Be Going To

- It's **going to** rain this afternoon.

#### Present Simple

- My bus **leaves** at 8am.

#### Present Continuous

- My brother and his girlfriend **are coming** to visit on Friday.

## 4 Modal Verbs

Modal verbs allow you to talk about ability, possibility and obligations, make suggestions and much more.

#### Ability

- **Can** everyone swim?

#### Possibility

- I'm not sure where Alex is, but he **might** be at home.

#### Obligation

- You **must** wear your seatbelt at all times.

#### Suggestion

- We **should** go to the cinema this weekend - we haven't been for ages.

## 5 Conditionals

As a B1 level student, you'll find that conditionals become essential tools for discussing everything from general truths using the **zero conditional** to hypothetical situations in the present with the **second conditional**. You will also be aware of the **third conditional**.

### Zero Conditional

- If you *touch* fire, it *burns* you.

### First Conditional

- If it's sunny tomorrow, we'll *go* for a long walk.

### Second Conditional

- If I *won* the lottery, I *would go* to New Zealand.

### Third Conditional

- If I *had studied* harder, I *would have passed* the exam.

## 6 Phrasal Verbs

You will also need to start understanding common phrasal verbs as they become increasingly important. These idiomatic expressions are important for English fluency.

### Examples:

- She *ran into* an old friend at the market.
- He's trying to *cut down on* sugar.

## 7 Order of Adjectives, Comparatives & Superlatives

At this level, it's important you understand the proper order of adjectives in order to produce natural descriptions.

### Examples:

- She has a *big, old, wooden* desk.
- They adopted a *small, fluffy, white* dog.

Being able to use comparatives and superlatives is key for drawing clear and specific comparisons, a commonly required skill in both conversational and written English.

Examples:

- *This season of Friends is **better than** the previous one.*
- *She is **the youngest** in her family.*

## 8 Passive Voice

At this stage, you should feel comfortable using the passive voice to focus on the person or thing that receives the action of a sentence rather than the person or thing that performs the action.

Examples:

- *My house **was built** in the 16th century.*
- *I think the wall **has been painted** the wrong colour.*

## 9 Reported Speech

As a B1 level student, you should be able to use reported speech in various tenses to recount someone else's words. This is a key communication skill for storytelling or relaying messages. You should be able to report statements and questions.

Examples:

- *He **said** Tim had moved house the week before.*
- *My grandparents **asked** me if I would help them.*

## 10 Question Tags & Indirect Questions

Once you're at a B1 level, you should be using question tags to turn statements into **yes/no questions**, which help you confirm information.

Examples:

- *You like coffee, **don't you?***
- *She's not coming to your party, **is she?***

You will also learn how to use indirect questions using phrases like 'Could you tell me' and 'Do you know' to make your questions more polite.

Examples:

- *Could you tell me* how to get to the pool?
- *Do you know* where the post office is?

## 11 Verb Patterns

Verb patterns is another important topic at B1. Knowing which verbs are followed by the gerund or the infinitive enables you to be more accurate. In some cases, choosing the gerund or infinitive can change the meaning, so you need to know the difference.

Examples:

- *She considered taking* English lessons.
- *I promised to call* her when I arrived.

## 12 Prepositions of Place & Time

You should also have a firm understanding of prepositions of place and time like 'in', 'at' and 'on'. They help you specify where something is located, when an event happens, or in which direction something is moving.

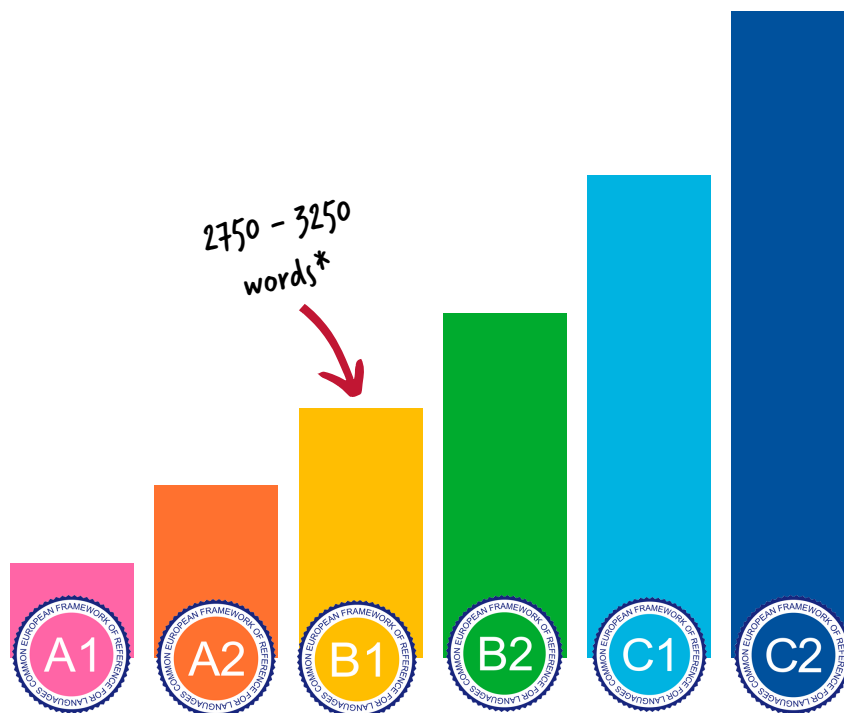
Examples:

- *He works in* London.
- *We have a meeting at* 3pm.

## VOCABULARY - B1 LEVEL

At B1 level, you can understand and use everyday language quite well. You should know words that help you talk about things like family, work and hobbies. You'll also start to use more adjectives and adverbs to make your sentences interesting. Knowing more words helps you feel more confident when you speak or write in English. It also makes it easier for you to understand what people are saying or what you're reading. In this section, we show you some of the common topics you should be able to speak about freely as a B1 student.

### CEFR Vocabulary Requirements



\*Based on *Vocabulary size and the common European framework of reference for languages* by James Milton, Thomai Alexiou, 2009.

## FAMILY & RELATIONSHIPS

Discussing family and relationships is a key element in social interactions. It helps in forming connections and understanding people's backgrounds.

### THEME VOCABULARY

1. **relative** n /'relətɪv/ - a person connected by blood or marriage  
*My aunt is a close relative of mine.*
2. **sibling** n /'sɪblɪŋ/ - a brother or sister  
*I have two siblings: one brother and one sister.*
3. **mother-in-law** n /'mʌðər ɪn lɔː/ - the mother of your husband or wife  
*My mother-in-law is an excellent cook.*
4. **partner** n /'pɑːtnə/ - a person in a romantic relationship but not married  
*We've been partners for five years now.*
5. **engagement** n /ɪn'geɪdʒmənt/ - the period between proposing and marriage  
*Their engagement lasted for two years.*

### PHRASAL VERBS

1. **to fall out** (i) /fɔːl aʊt/ - to have a disagreement that ends a relationship  
*They fell out over something trivial and stopped speaking.*
2. **to grow up** (i) /grəʊ ʌp/ - to become mature or an adult  
*She grew up in a small village.*

### IDIOM

**to tie the knot** /taɪ ðə nɒt/ - to get married  
*They finally tied the knot last summer.*

### WORD FORMATION

**friend** n

- **friendly** adj /'frendli/ - kind and pleasant
- **friendship** n /'frenʃɪp/ - the state of being friends

**to marry** v

- **marriage** n /'mæɪrɪdʒ/ - the state of being married
- **married** adj /'mæɪrɪd/ - having a husband or wife

### YOU SHOULD KNOW

In addition to **mother-in-law**, we also have the word **father-in-law**, meaning the father of your husband or wife, and **brother** and **sister-in-law** for their sibling.



## PERSONALITY & CHARACTER

Understanding how to describe personalities and character traits helps to create deeper and more meaningful relationships.

### THEME VOCABULARY

1. **ambitious** adj /æm'biʃəs/ - having a strong desire to succeed or achieve something  
*Liam is very ambitious; he aims to be the CEO of the company one day.*
2. **confident** adj /'kɒnfɪdənt/ - sure of oneself and one's abilities  
*Despite the challenges, she remained confident and completed the project.*
3. **nervous** adj /'nɜːvəs/ - feeling anxious or unsure; lacking confidence  
*He felt nervous before his first public speech, but he did really well.*
4. **organised** adj /'ɔːgənəɪzd/ - having one's tasks, items or plans arranged in a systematic way  
*She's so organised; her desk is always so neat.*
5. **outgoing** adj /'aʊt'gəʊɪŋ/ - sociable and eager to meet and talk to others  
*Mia is the most outgoing person I know; she's always making new friends.*

### PHRASAL VERBS

1. **to fit in** (i) /fɪt 'ɪn/ - to belong or feel included  
*She didn't feel like she fit in at her new school.*
2. **to speak up** (i) /ˌspiːk 'ʌp/ - to express one's opinion  
*If you disagree, you should speak up.*

### IDIOM

**a people person** /ə 'piːpl 'pɜːsn/ - someone sociable and good with others  
*Sarah is such a people person.*

### WORD FORMATION

**person** n

- **personal** adj /'pɜːrsənəl/ - relating to an individual
- **personality** n /ˌpɜːrsə'nælɪti/ - the character and qualities of an individual

**to agree** v

- **agreement** n /ə'gri:mənt/ - an understanding or arrangement between two or more parties
- **disagree** v /ˌdɪsə'griː/ - to have a different opinion or belief from someone else

### YOU SHOULD KNOW

Lots of learners confuse the words **nervous** and **annoyed**. **Nervous** means **unsure or afraid**, while **annoyed** means **a little angry**.

## TRAVEL

Being able to talk about travel is important for social conversations and making plans. It can also help with future travel plans.

### THEME VOCABULARY

1. **accommodation** n /əˌkɒməˈdeɪʃn/ - a place to stay when away from home  
*I've booked our accommodation; we'll be staying in a lovely hotel.*
2. **check-in** n /ˈtʃek ɪn/ - the act of reporting one's arrival at a hotel, airport, or similar place  
*Check-in at the airport is usually very quick.*
3. **currency** n /ˈkʌrənsi/ - the money that a country uses  
*We need to have some local currency at hand when we land in Hungary.*
4. **reservation** n /ˌrezəˈveɪʃn/ - an arrangement to have something (like a seat or room) kept for your use at a later time  
*I've made a reservation at the restaurant for 8pm.*
5. **to sunbathe** v /ˈsʌnbæɪð/ - to sit or lie in the sun to make your skin darker  
*She likes to sunbathe on the beach every summer.*

### PHRASAL VERBS

1. **to set off** (i) /set ˈɒf/ - to start a journey  
*They set off early in the morning.*
2. **to pick up** (t-s) /pɪk ʌp/ - to collect someone or something  
*Can you pick up some cereal while you're out?*

### IDIOM

**to hit the road** /hɪt ðə rəʊd/ - to begin a journey  
*It's time to hit the road; it's a long drive.*

### WORD FORMATION

**to travel** v

- **traveller** n /ˈtrævələ/ - someone who is travelling
- **travelled** adj /ˈtrævəld/ - having been to many places

**tour** n

- **tourist** n /ˈtʊərɪst/ - someone who is visiting a place
- **tourism** n /ˈtʊərɪzəm/ - the business of providing services for tourists

### YOU SHOULD KNOW

Be careful with the pronunciation of the verb **to sunbathe** /ˈsʌnbæɪð/! **Bathe** is pronounced with an /eɪ/ sound - it is not pronounced the same as **bath** /bɑːθ/.

## LIKES & DISLIKES

At B1, you should feel comfortable expressing your preferences and interests as they are important in everyday conversation.

### THEME VOCABULARY

1. **to appreciate** v /ə'pri:ʃiət/ - to recognise and value the good qualities of somebody or something  
*She always takes a moment to appreciate the flowers during her walks.*
2. **to fancy** v /'fænsi/ - to find someone or something appealing or attractive  
*She fancied a change, so she cut her hair short.*
3. **passion** n /'pæʃn/ - a very strong feeling or enthusiasm towards something or about doing something  
*Ballet is her passion and she spends hours practising.*
4. **keen** adj /ki:n/ - very interested or enthusiastic  
*She's keen on learning new languages and can already speak four fluently.*
5. **hate** n /heit/ - a strong feeling of dislike towards someone or something  
*I am full of hate when I see animals locked in cages.*

### PHRASAL VERBS

1. **to be into** (t) /bi: 'ɪntu: / - to enjoy or be interested in  
*He's really into gardening.*
2. **to look forward to** (t) /lʊk 'fɔ:wəd tu: / - to anticipate with excitement  
*I'm really looking forward to the weekend.*

### IDIOM

**not one's cup of tea** /nɒt wʌnz kʌp əv ti:/  
- not something you enjoy  
*Action movies are just not my cup of tea.*

### WORD FORMATION

**to like** v

- **likeable** adj /'laɪkəbl/ - easy to like and pleasant

**to enjoy** v

- **enjoyable** adj /ɪn'dʒɔɪəbl/ - providing pleasure

**to prefer** v

- **preference** n /'prefərəns/ - a greater liking for one option over another

### YOU SHOULD KNOW

**To look forward to** is followed by a noun or a gerund (-ing verb).  
*We are looking forward to going on holiday next week.*

## HEALTH & FITNESS

At B1 level, you should be able to talk about basic exercises and dietary habits, contributing to conversations about well-being.

### THEME VOCABULARY

1. **athlete** n /'æθli:t/ - a person skilled in sports or exercises  
*Wanda dreams of becoming a top athlete and trains with her coach every day.*
2. **fitness** n /'fɪtnɪs/ - the state of being fit and healthy  
*My dad's dedication to fitness is inspiring.*
3. **health club** n /'helθ klʌb/ - a place with equipment for exercise  
*She joined a health club to start working out.*
4. **jogger** n /'dʒɒgə/ - a person who runs regularly for exercise  
*Many joggers run in the park early in the morning.*
5. **strength** n /streŋkθ/ - the quality of being strong  
*He showed his strength by lifting the heavy box.*

### PHRASAL VERBS

1. **to warm up** (i) /wɔ:m 'ʌp/ - to prepare the body for exercise  
*I always warm up before a run.*
2. **to cool down** (i) /,ku:l 'daʊn/ - to bring the body back to a state of rest  
*You need to cool down to prevent injury.*

### IDIOM

**in shape** /ɪn ʃeɪp/ - in good physical condition  
*Swimming helped him get in shape.*

### WORD FORMATION

**fit** adj

- **fitness** n /'fɪtnɪs/ - the condition of being healthy and strong

**strong** adj

- **strength** n /streŋkθ/ - the quality of being physically strong

**active** adj

- **activity** n /æk'tɪvɪti/ - the state of doing something

### YOU SHOULD KNOW

The adjective **fit** in British English slang can mean **really good-looking**.  
*Max looked so fit last night!*

## LEARNING & EDUCATION

Conversations about learning and education are common in family and social settings. You should be able to share your learning experiences.

### THEME VOCABULARY

1. **academic** adj /ækə'demɪk/ - related to education and scholarship  
*The academic year concludes in June.*
2. **diploma** n /dɪ'pləʊmə/ - a certificate given after completing a course  
*After two years of hard work, she received her diploma in graphic design.*
3. **lecturer** n /'lektʃərə/ - a person who gives lectures at a university  
*The lecturer explained the topic in a way that everyone could understand.*
4. **qualification** n /ˌkwɒlɪfɪ'keɪʃn/ - a skill or type of experience that you need for a particular job or activity  
*Her qualifications made her the perfect candidate for the job.*
5. **tutor** n /'tju:tə/ - a person who gives private lessons, often in academic subjects  
*He hired a maths tutor to help him prepare for the final exam.*

### PHRASAL VERBS

1. **to catch up** (i) /kætʃ'ʌp/ - to reach the same level as others after falling behind  
*I missed class and need to catch up.*
2. **to look up** (t-s) /lʊk'ʌp/ - to search for information  
*I looked the word up in the dictionary.*

### IDIOM

**to hit the books** /hɪt ðə bʊks/ - to study hard  
*We hit the books before the final exam.*

### WORD FORMATION

**to graduate** v

- **graduate** n /'grædʒuət/ - a person who has successfully completed a course of study
- **graduation** n /ˌgrædʒu'eɪʃn/ - the act of completing a course of study and receiving an academic degree
- **undergraduate** n /ˌʌndə'grædʒuət/ - a student in university who has not yet earned a first degree

### YOU SHOULD KNOW

Higher education is usually called **university** in British English and **college** in American English.

## BUSINESS ROLES & EMPLOYMENT

Being able to discuss jobs and roles in a business context is essential for professional growth and networking at B1 level.

### THEME VOCABULARY

1. **adviser** n /əd'vaɪzə/ - someone who gives advice, especially in a professional or official capacity  
*Martin consulted his financial adviser before making a large investment.*
2. **employment** n /ɪm'plɔɪmənt/ - the state of having a paid job or the work that someone does  
*After graduation, Elena focused on finding employment in her field.*
3. **profession** n /prə'feɪʃn/ - a job requiring advanced education or training  
*Dr Patel is incredibly dedicated to his profession.*
4. **to promote** v /prə'məʊt/ - to raise someone to a higher position  
*After years of hard work, Samuel was promoted to a managerial position.*
5. **to retire** v /rɪ'taɪə/ - to stop working, often after reaching a certain age  
*Ms Thompson plans to retire next year and travel to Europe.*

### PHRASAL VERBS

1. **to set up** (t-s) /set 'ʌp/ -  
to establish or start a business  
*Sarah wants to set up her own marketing firm.*
2. **to take on** (t-s) /'teɪk 'ɒn/ -  
to employ or hire  
*They're looking to take on more staff.*

### IDIOM

**to call it a day/night** /kɔ:l ɪt ə deɪ/naɪt/ -  
to conclude work  
*We've finished a lot; let's call it a day.*

### WORD FORMATION

#### to employ v

- **employee** n /ɪm'plɔɪi:/ - a person who works for someone else in exchange for money
- **employer** n /ɪm'plɔɪə/ - a person or organisation that hires people

#### to manage v

- **manager** n /'mænɪdʒə/ - a person who is in charge of something
- **management** n /'mænɪdʒmənt/ - the activity of controlling and organising work or people

### YOU SHOULD KNOW

You can call a person you work with a **colleague** or a **co-worker**. These words are synonyms, though **co-worker** is a higher-level term!

## MONEY & FINANCE

As an intermediate speaker, you might find yourself in conversations about money, so you should know some relevant terms.

### THEME VOCABULARY

1. **balance** n /'bæləns/ - the difference between credits and debits  
*Mr Green checked the balance of his savings account.*
2. **economy** n /i'kɒnəmi/ - the system of how money is made and used within a country or region  
*The Japanese economy is known for its technological industries.*
3. **financial** adj /fɪ'nænʃl/ - related to money or how money is managed  
*Sophia attended a financial seminar to learn more about investments.*
4. **to invest** v /ɪn'vest/ - to put money into something with the expectation of gaining profit later  
*Derek decided to invest in a new startup company.*
5. **profit** n /'prɒfɪt/ - the money a business gains after subtracting expenses  
*Baxter Enterprises reported a significant profit last quarter.*

### PHRASAL VERBS

1. **to save up** (i) /ˌseɪv 'ʌp/ - to accumulate money for future use  
*She is saving up for a new car.*
2. **to pay off** (t-s) /ˌpeɪ 'ɒf/ - to complete payment of a debt  
*It took years to pay off the mortgage on their house.*

### IDIOM

**to break the bank** /breɪk ðə bæŋk/ - to cost too much  
*Buying a new TV won't break the bank.*

### WORD FORMATION

#### to earn v

- **earner** n /'ɜːnə/ - a person who earns money
- **earnings** n /'ɜːnɪŋz/ - money obtained in return for labour or services

#### to spend v

- **spender** n /'spendə/ - a person who spends money
- **spending** n /'spendɪŋ/ - the action of using money to pay for things

### YOU SHOULD KNOW

A machine you can use to get money from your bank account is called a **cash machine** in British English and an **ATM** (/ˌeɪ tiː 'em/) in American English.

## THE ENVIRONMENT

As a B1 learner, you should be equipped to discuss basic environmental topics to participate in relevant conversations.

### THEME VOCABULARY

1. **global warming** n /ˌglɒbl 'wɔːmɪŋ/ - the long-term rise in the average temperature of the Earth's climate  
*Scientists warn that global warming can lead to severe weather changes.*
2. **to pollute** v /pə'lu:t/ - to make air, water or land dirty and not safe  
*Factories that don't treat their waste pollute the environment.*
3. **renewable** adj /rɪ'nju:əbl/ - can be replaced naturally  
*Solar power is a popular form of renewable energy.*
4. **resource** n /rɪ'sɔ:s/ - a supply of something that can be used when needed  
*Water is a precious resource that needs to be conserved.*
5. **waste** n /weɪst/ - material that is not wanted; the unusable or unwanted part of something  
*Mr Kim started a campaign to reduce plastic waste in his community.*

### PHRASAL VERBS

1. **to clean up** (t-s) /ˌkli:n 'ʌp/ - to remove dirt or pollution  
*Volunteers helped clean up the beach.*
2. **to come up with** (t) /ˌkʌm 'ʌp wɪð/ - to think of an idea or plan  
*She came up with a new way to recycle plastic.*

### IDIOM

**tip of the iceberg** /tɪp əv ðə 'aɪsbɜːg/ - a small part of a larger issue  
*Plastic waste is just the tip of the iceberg.*

### WORD FORMATION

- to recycle** v
- **recycled** adj /rɪ:'saɪkld/ - processed to make it suitable for reuse
  - **recyclable** adj /rɪ:'saɪkləbl/ - capable of being recycled
- to consume** v
- **consumer** n /kən'sju:mə/ - a person who uses or buys something
  - **consumption** n /kən'sʌmpʃn/ - the act of using materials, energy etc.

### YOU SHOULD KNOW

**Natural resources** is a common collocation that refers to things like coal, forests and minerals that exist in a place and can be used by people.



## TECHNOLOGY

We are constantly surrounded by technology, and as a B1 student, you should be able to participate in conversations on this topic.

### THEME VOCABULARY

1. **computing** n /kəm'pjʊ:tɪŋ/ - the use or study of computers  
*Dr Allen teaches computing at the local university.*
2. **IT (Information Technology)** n /aɪ 'ti:/ - the use and study of systems for storing, retrieving and sending information  
*Rebecca got a job in IT after completing her degree.*
3. **to program** v /'prəʊgræm/ - to write instructions for a computer to perform a task  
*Leo learnt how to program when he was only 12.*
4. **software** n /'sɒftweə/ - the programs used by a computer  
*We have all of the video editing software you will need.*
5. **username** n /'ju:zəneɪm/ - a name used on a computer or online  
*Alex chose a unique username to ensure his privacy.*

### PHRASAL VERBS

1. **to log in** (i) /lɒg 'ɪn/ - to enter a secure computer system  
*Don't forget to log in to your email account.*
2. **to back up** (t-s) /'bæk 'ʌp/ - to make a copy of data  
*You should back up your files often.*

### IDIOM

**to surf the web** /sɜ:f ðə web/ - to look through different websites  
*She likes to surf the web in her free time.*

### WORD FORMATION

#### to connect v

- **connection** n /kə'nekʃn/ - a link or relationship between things or people
- **connectivity** n /kə'nektɪvɪti/ - the ability to connect to other devices

#### to access v

- **accessible** adj /ək'sesɪbl/ - able to be reached or entered easily
- **accessibility** n /ək'sesɪ'bɪləti/ - the quality of being easily reached or used

### YOU SHOULD KNOW

Verbing (creating verbs from nouns) is common in this vocabulary area. Some examples are **Google** becoming **to google** and **text (message)** becoming **to text**.

## PRONUNCIATION - B1 LEVEL

At this level, it is expected that you will have **good control** of **most** of the **individual sounds** on the International Phonetic Alphabet (IPA) Chart for English. It is natural that some of these sounds will be influenced by the other languages you speak, so they might not always be articulated perfectly. This does not matter, as long as the listener can understand **most** of the words or phrases you are trying to say.

It is possible that you will mispronounce words that are not very familiar to you. As a result, the people listening to you may have to listen carefully at times and sometimes ask for repetition.

You will speak quite slowly with some hesitation as you search for a word or a phrase.

You will have some understanding of **word stress**. This means that you will generally know where to place the main stress in common words such as:

- accommodation /əˌkɒməˈdeɪʃn/
- photographer /fəˈtɒɡrəfə/
- ingreredient /ɪnˈɡriːdiənt/

You will also be aware of **sentence stress**, generally correctly placing stress on the key content words in a phrase or sentence, for example:

- **What** do you **want** to **buy**? I want to buy a new **phone**.
- Did you **enjoy** the **chocolates**? We **loved** them.

Again, at B1 level, it is likely that both word and sentence stress will be influenced by your native language(s) so your pronunciation will not always match a native or proficient speaker. The most important thing is that you can convey most of your message to the listener(s).

At this level, it is also important to have a general understanding of **basic intonation patterns**, for example:

- **Falling intonation** for general statements e.g. I don't fancy pizza for dinner. ↘
- **Rising intonation** for yes/no questions e.g. Are you coming to the wedding? ↗

### IPA PHONEMIC CHART




i	ɪ	ʊ	uː	ɪə	eɪ	ʊə	ɔɪ
e	ə	ɜː	ɔː	əʊ	eə	aɪ	aʊ
æ	ʌ	ɑː	ɒ				
p	f	t	θ	tʃ	s	ʃ	k
b	v	d	ð	dʒ	z	ʒ	g
h	m	n	ŋ	r	l	w	ɹ

### SPECIAL CONSIDERATIONS




Some students will have speech impediments which could prevent the accurate articulation of certain sounds. Please do not worry if this is true for you. If you decide to take an official examination, you can choose to make this known **before** you take the speaking exam. Speaking examiners will then take this information into consideration when assessing your performance and it will not negatively affect your grade. This applies to **all** levels of English.

## B1 LEVEL CHECKLIST

Below is a checklist of all the key grammar structures and vocabulary sections that are required at the B1 level. Please look through the list and put a tick or mark in the box that best describes your ability.

-  = It is easy for me.  
 = I have some difficulty with this.  
 = It is difficult for me.

### B1 Checklist - Grammar Structures

<b>'I can use...'</b>			
<b>1. Present Simple</b> She often <i>plays</i> tennis at the weekends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Present Continuous</b> I <i>am not eating</i> dinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Present Perfect Simple</b> He <i>has seen</i> this movie before.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Present Perfect Continuous</b> Dad <i>has been cooking</i> all afternoon.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5. Past Simple</b> We <i>visited</i> a museum last week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6. Past Continuous</b> What <i>was Ben doing</i> at lunchtime?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>7. Past Perfect Simple</b> We heard that they <i>had added</i> a new exhibition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>8. Past Perfect Continuous</b> We <i>had been waiting</i> for three hours by that time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## B1 LEVEL CHECKLIST

### B1 Checklist - Grammar Cont.

'I can use...'



**9. Future Simple (will)**

Athena *will pick* up the kids tonight.

**10. To be going to**

It's *going to rain* this afternoon.

**11. Present Simple (for future)**

My bus *leaves* at 8pm.

**12. Present Continuous (for future)**

My brother *is coming* to visit on Friday.

**13. Future Continuous**

I *will be giving* a speech this time tomorrow.

**14. Modal Verbs**

You *must* wear your seatbelt at all times.

**15. Zero Conditional**

If you *touch* fire, it *burns* you.

**16. First Conditional**

If it's *sunny* tomorrow, we'll *go* for a long walk.

**17. Second Conditional**

If I *won* the lottery, I *would go* to New Zealand.

**18. Third Conditional**

If I *had studied* harder, I *would have passed*.

**19. Phrasal Verbs**

He's trying to *cut down* on sugar.

## B1 LEVEL CHECKLIST

### B1 Checklist - Grammar Cont.

'I can use...'



**20. Order of Adjectives**

She has a *big, old, wooden* desk.

**21. Comparative Sentences**

This season is *better than* the previous one.

**22. Superlative Sentences**

She is *the youngest* in her family.

**23. Passive Voice**

The wall *has been painted* the wrong colour.

**23. Reported Speech**

My grandparents *asked me if* I would help them.

**24. Question Tags**

She's not coming to your party, *is she?*

**25. Indirect Questions**

*Could you tell me* how to get to the pool?

**26. Infinitives**

I promised *to call* her when I arrived.

**27. Gerunds**

She considered *taking* English lessons.

**28. Prepositions of Place**

He works *in* London.

**29. Prepositions of Time**

We have a meeting *at* 3pm.

## B1 LEVEL CHECKLIST

### B1 Checklist - Vocabulary

**'I am able to describe...'**



**1. Family & relationships**

Using words like *'sibling'* or *'spouse'*.

**2. Personality & Character**

Using words like *'ambitious'* or *'fit in'*.

**3. Travel**

Using words like *'currency'* or *'reservation'*.

**4. Likes & Dislikes**

Using words like *'appreciate'* or *'be keen on'*.

**5. Health & Fitness**

Using words like *'athlete'* or *'strength'*.

**6. Learning & Education**

Using words like *'academic'* or *'undergraduate'*.

**7. Business roles & Employment**

Using words like *'profession'* or *'employee'*.

**8. Money & Finance**

Using words like *'economy'* or *'profit'*.

**9. The Environment**

Using words like *'global warming'* or *'resource'*.

**10. Technology**

Using words like *'software'* or *'back up'*.

## EXAMPLE B1 STUDY PLAN

So, how can you learn all of that information in a methodical way?

Well, the best way is to break it all down into a structured study plan, where you cover a practical amount of grammar and vocabulary each week. This is something that we've put a lot of thought and work into over the past 2 years at English with Lucy. We eventually hired a dedicated curriculum designer who worked personally with me, Lucy, to develop what I consider to be the ideal level course curriculum for learners of English.

Let me show you how we carefully constructed our Beautiful British English B1 Programme Curriculum to ensure that you hit all the necessary grammar and vocabulary points over the course of 3 months. You also get weekly reading, listening and pronunciation lessons! Each week is divided into Part A and Part B. You can use this as inspiration for your own study plan.

## The Beautiful British English B1 Programme

B1 Week #1 - Work & Life	
Vocabulary	Professions & University Degrees
Reading	'Looking for a job'
Listening	'Self-introduction'
Grammar	1. Present Tenses (Present Simple, Present Continuous, Present Perfect) 2. Present Perfect Adverbs
Pronunciation	Vowel Sounds



<b>B1 Week #2 - Family &amp; Relationships</b>	
<b>Vocabulary</b>	Family & Relationships
<b>Reading</b>	<i>'Trouble at the Joneses'</i>
<b>Listening</b>	<i>'Two Peas in a Pod'</i>
<b>Grammar</b>	1. Past Tenses (Past Simple & Past Perfect) 2. Irregular Verbs
<b>Pronunciation</b>	-ed Endings
<b>B1 Week #3 - People &amp; Characters</b>	
<b>Vocabulary</b>	Similes
<b>Reading</b>	<i>'Stereotypes'</i>
<b>Listening</b>	<i>'Richard and his sisters'</i>
<b>Grammar</b>	1. Adverbs of Frequency 2. Comparatives 3. Same, similar, identical
<b>B1 Week #4 - Travel</b>	
<b>Reading</b>	<i>'Popular British Holidays &amp; Traditions'</i>
<b>Listening</b>	<i>'Magda's visit to the UK'</i>
<b>Grammar</b>	1. Order of Adjectives 2. There is/There are 3. Modal Verbs
<b>Pronunciation</b>	The Schwa Sound




<b>B1 Week #5 - Travel Part 2</b>	
<b>Vocabulary</b>	Public Transport & Phrasal Verbs for Travel
<b>Reading</b>	'London Travel Tips'
<b>Listening</b>	'Gap Year'
<b>Grammar</b>	1. Past Continuous 2. Past Perfect Continuous 3. Phrasal Verbs
<b>B1 Week #6 - Hobbies &amp; interests</b>	
<b>Vocabulary</b>	Likes & Dislikes, Cooking
<b>Reading</b>	'Amara's Hobbies'
<b>Listening</b>	'A Delicious Recipe'
<b>Grammar</b>	1. Gerunds & Infinitives 2. Prepositions of Place 3. Conjunctions
<b>Pronunciation</b>	Consonant Sounds
<b>B1 Week #7 - Media</b>	
<b>Reading</b>	'History of the BBC'
<b>Listening</b>	'The Dangers of Social Media'
<b>Grammar</b>	1. Prepositions of Time 2. Passive Voice 3. Reflexive Pronouns
<b>Pronunciation</b>	Consonant Sounds #2

<b>B1 Week #8 - Health &amp; Illness</b>	
<b>Vocabulary</b>	Fitness & Health, Illness, Environment
<b>Reading</b>	'Fitness Plan'
<b>Listening</b>	'Tamara & the Heater'
<b>Grammar</b>	1. Future Tenses 2. Pronouns
<b>B1 Week #9 - Work</b>	
<b>Vocabulary</b>	Business Roles & Employment, Profit & Loss
<b>Reading</b>	'Email from a Horrible Boss'
<b>Listening</b>	'Business Regrets'
<b>Grammar</b>	1. Zero, First & Second Conditional 2. Third Conditional
<b>Pronunciation</b>	Connected Speech
<b>B1 Week #10 - Learning &amp; Education</b>	
<b>Vocabulary</b>	Learning & Education, Schools
<b>Reading</b>	'A British Student Studying Abroad'
<b>Listening</b>	'Private vs Public Schools in the UK'
<b>Grammar</b>	1. Reported Speech #1 2. Reported Speech #2 3. Questions & Question Tags

B1 Week #11 - Money	
Vocabulary	Money & Finance, Technology
Reading	'Money Problems'
Listening	'Customer Service Voicemail'
Pronunciation	Word Stress
B1 Week #12 - Review	
Vocabulary	Recap of Phrasal Verbs & Idioms
Reading	'Career Journey'
Listening	'Oscar's Story'
Grammar	<ol style="list-style-type: none"> <li>1. Common Mistakes with Present &amp; Past Tenses</li> <li>2. Common Mistakes with Modal Verbs</li> <li>3. Common Mistakes with Future Tenses &amp; Conditionals</li> <li>4. Common Mistakes with Prepositions</li> </ol>

## SUMMARY

-  31 Grammar Lessons
-  12 Reading Lessons
-  19 Vocabulary Lessons
-  12 Listening Lessons
-  7 Pronunciation Lessons

-  Downloadable Lesson PDFs and Mind Maps
-  16-week access to Private Course Community
-  Lifetime access to course content

English  
with *Lucy*



**B2 LEVEL**

**All the grammar  
& vocabulary you  
need to learn!**

## AN OVERVIEW OF B2 ENGLISH

B2 level marks an important point in your journey of learning the English language. Having mastered the foundational skills acquired at B1 level, you are now well-equipped to engage in more complex and nuanced conversations, discuss abstract ideas and offer well-reasoned arguments.

You should aim to know enough vocabulary to allow you to articulate your thoughts with greater precision and variety. This will enable you to converse effectively not just in everyday scenarios but also in certain academic and professional contexts.

For example, you could say

*It is considered to be quite significant.*  
*I think it's important.* ← rather than

At B2 level, you're **moving past building foundations**. You are now at the point where you will start to feel comfortable speaking fluent English in different situations. You'll find it easier to understand films, shows and news programmes in English. You'll also feel more comfortable talking to people, whether it's friends, teachers or colleagues.

The next part of this ebook will teach you the essential grammar and vocabulary you need in order to conquer the B2 level.

## GRAMMAR - B2 LEVEL

### 1 Present Tenses

At this level, you should be confident switching between the present tenses. You should also be aware of some more **advanced uses of present tenses**, such as how to use the present continuous to express annoyance at someone's behaviour or the present perfect simple or continuous to switch the focus of a sentence from the outcome to the action.

Examples:

- *Why **are** you **always talking** when I'm explaining something?*
- *I've **negotiated** a pay rise. vs I've **been negotiating** for a pay rise all morning.*

### 2 Past Tenses

You should be able to **talk confidently about past actions and states** using the four past tenses that you know from B1. You will be able to use the **past continuous** to narrate background events in a story and the **past perfect** with various **adverbs**.

Examples:

- *While I **was strolling** along, I came across a tiny kitten.*
- *I **had never tried** Indonesian food before I went to Java.*

### 3 Future Tenses

In addition to a good grasp of the basic future tense structures like 'will' and 'to be going to', you should also be familiar with more **complex** expressions of future actions using **future perfect simple** and **continuous** and be able to talk about the **future in the past**.

Examples:

- *Sarah **will have been working** at the company for a decade by the end of the summer.*
- *Eva **was going to** announce her discovery, but her boss got there first.*

#### 4 Reported Speech

By now, you should be comfortable **turning direct quotes into reported speech**. At B2, you'll be able to use different verbs with the correct verb patterns to report what was said.

Examples:

- She *admitted to breaking the window*.
- She *refused to tell me what had happened*.

#### 5 Verb Patterns

Like at B1, understanding **verb patterns** at B2 level is crucial for constructing accurate sentences. At B2, you will build on your knowledge from B1 to know a much wider variety of verb patterns.

Examples:

- My parents *used to make me finish* my homework before I went out.
- Tessa *insists on making* her own jam from locally sourced fruit.

You'll also be able to recognise the difference between using a base verb or a gerund with sensory verbs like 'watch' and 'hear'.

- I *watched them play* in the park. vs I *watched them playing* in the park.

#### 6 Modal Verbs

You should feel comfortable using modal verbs at the B2 level and be familiar with more advanced uses, such as **making deductions** in the past and **expressing expectations**.

Examples:

- Angela *couldn't have known* about the discount in the other shop.
- He *oughtn't* be hungry for hours.

#### 7 Advanced Clauses

At B2 level, you will start to experiment with advanced clauses. These clauses help you express more complex ideas in just one sentence.



When you use them well, you can make your speaking and writing much more precise and interesting.

Examples:

- The cathedral, *which took nearly three centuries to complete*, is a marvel of Gothic architecture.
- John, *realising he had forgotten his umbrella*, sprinted back home.

## 8 The Causative

Understanding the causative allows you to **express actions done by others**, making your conversations and writing more versatile.

Examples:

- *I had my car repaired* because it was making a strange noise.
- *She got her assistant to schedule* all the meetings for the upcoming conference.

## 9 Mixed Conditionals

You are also expected to be able to use mixed conditionals in order to **discuss hypothetical situations** and **express feelings such as guilt and regret**.

Examples:

- *If he knew* how to swim, *he would have joined* us.
- *If she were* more careful, *she wouldn't have misplaced* her passport.

## 10 Advanced Adjectives

At B2 level, you are expected to be able to use a wide range of **adverb + adjective** and **adjective + noun collocations**, including the use of **intensifiers** in order to communicate your ideas more precisely.

Examples:

- You must find it *absolutely impossible* to ignore such *glaring mistakes*.
- The view of the city was *absolutely breathtaking*.

### 11 Impersonal Passive

Another important structure you should be familiar with is the impersonal passive. These expressions **make your statements less direct**, often making them more polite or formal.

Examples:

- *It is believed that the manuscript dates back to the 16th century.*
- *It has been decided that the wedding will take place in June.*

### 12 Cleft Sentences

At B2, you should learn about cleft sentences, which can help you **emphasise** what you consider the most important part of the sentence.

Examples:

- *What I liked about the book was its attention to detail.*
- *It was his relentless ambition that propelled him to success.*

### 13 Word Formation/Families

At B2 level, it is expected that you have an understanding of different parts of speech. You should be able to recognise and accurately form adjectives, adverbs and nouns using the **correct prefixes and suffixes**.

Examples:

- *I had hoped our dog would be obedient, but she's turned out to be quite **disobedient**!*
- *Sue had never been able to **differentiate** between Coca-Cola and the supermarket's own-brand version.*

### 14 Punctuation

At B2, you should know how and when to use **punctuation marks**, such as **commas** and **apostrophes**, to clarify your writing, making it easier for others to understand your points.

Examples:

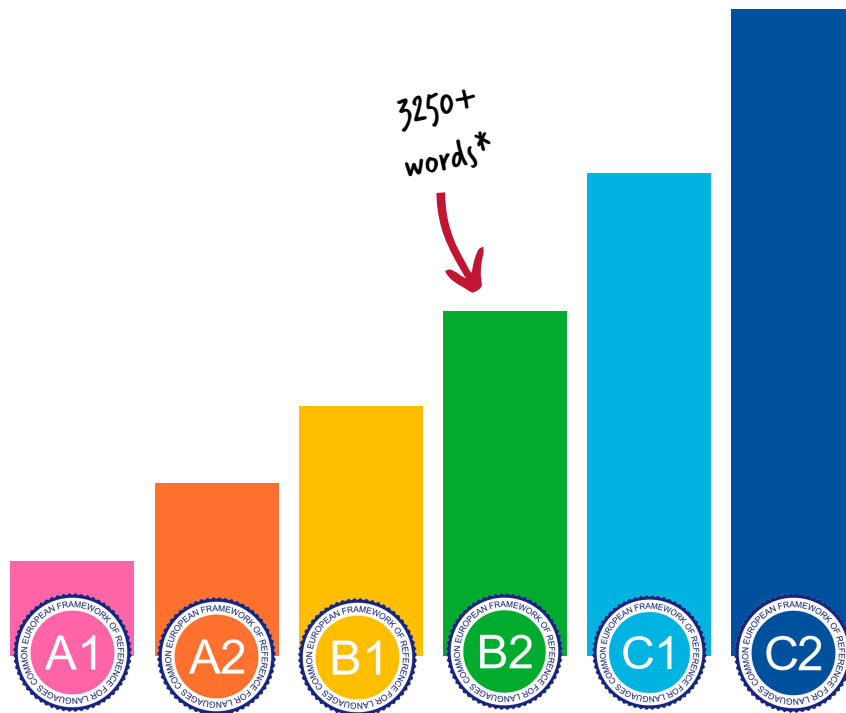
- *Before visiting, check whether it's "King's Cross" or "Kings Cross".*
- *Sometimes, at the weekend, we eat pizza, chips and ice cream!*

## VOCABULARY - B2 LEVEL

At B2 level, you are expected to be able to participate in conversations on both familiar and less familiar topics so it's really important that you have a wide range of topic-specific vocabulary at your disposal. You will also be expected to have an extensive knowledge of phrasal verbs as well as some idiomatic expressions.

In this next section, you'll see some of the topics you are expected to be able to speak about at the B2 level.

## CEFR Vocabulary Requirements



\*No accurate data to confirm an exact number of words required for this CEFR level. Estimates range from 3000 to over 5000.

## APPEARANCE

As a B2 learner, knowledge about terms related to appearance is important, as this topic often comes up in social situations.

### THEME VOCABULARY

1. **bald** adj /bɔːld/ - lacking hair on the head  
*He started going bald in his late twenties.*
2. **barber** n /'bɑːbə/ - a person who cuts men's hair and facial hair  
*Max visits the barber every month to keep his hair well-groomed.*
3. **makeover** n /'meɪkəʊvə/ - a set of changes to improve the appearance, often involving cosmetics or new clothes  
*She got a complete makeover for her graduation ceremony.*
4. **stunning** adj /'stʌnɪŋ/ - extremely attractive or beautiful  
*Martha looked stunning in her evening gown.*
5. **underweight** adj /ˌʌndə'weɪt/ - weighing less than what is considered healthy or normal  
*She was advised to gain some weight as she was extremely underweight.*

### PHRASAL VERBS

1. **to dress up** (i) /dres 'ʌp/ - to put on formal clothes for a special occasion  
*She decided to dress up for the dinner with her bosses.*
2. **to show off** (t-s) /ʃəʊ 'ɒf/ - to display something you're proud of  
*He likes to show off his new tattoos.*

### PREPOSITIONAL PHRASES

1. **out of style** /aʊt əv staɪl/ - no longer fashionable  
*Baggy jeans are now considered to be out of style.*
2. **in fashion** /ɪn 'fæʃn/ - currently popular in style  
*Fuzzy hats are currently in fashion.*

### IDIOM

**dress to impress** /dres tə ɪm'pres/ - to wear clothes to make a good impression  
*Always dress to impress in a job interview!*

### COLLOCATION

**smartly dressed** /'smɑːtli drest/ - wearing neat, formal or stylish clothing  
*He was smartly dressed at the meeting.*

### YOU SHOULD KNOW

**Fancy dress** is a compound noun in English that means clothes you wear to appear as a different character, e.g. at Halloween.

## CHILDHOOD & GROWING UP

At the upper-intermediate level, discussing one's childhood or upbringing can provide valuable context in conversations and deepen relationships.

### THEME VOCABULARY

1. **adolescent** n /ˌædəˈlesnt/ - a young person who is between childhood and adulthood  
*The film explores the challenges faced by adolescents in large cities.*
2. **adulthood** n /ˈædʌlθʊd/ - the stage of life when a person is fully grown and takes on adult responsibilities  
*Adulthood comes with its own set of challenges, such as career and family.*
3. **elderly** adj /ˈeldəli/ - relating to people who are old  
*Lala spends her weekends volunteering at a home for elderly people.*
4. **immature** adj /ˌɪməˈtjʊə/ - not fully developed in either body or mind  
*His immature behaviour made it difficult to take him seriously.*
5. **upbringing** n /ˈʌpˌbrɪŋɪŋ/ - the way a child is raised or educated  
*Her strict upbringing instilled in her a strong sense of discipline.*

### PHRASAL VERBS

1. **to bring up** (t) /ˌbrɪŋ ˈʌp/ - to raise or educate a child  
*She brought up her children to be kind and respectful.*
2. **to look up to** (t) /ˌlʊk ˈʌp tu/ - to admire or respect someone  
*He looks up to his elder sister.*

### PREPOSITIONAL PHRASES

1. **in one's youth** /ɪn wʌnz juːθ/ - during the period when one was young  
*In her youth, she loved gymnastics.*
2. **at the age of** /æt ðə eɪdʒ əv/ - when one is a certain age  
*She learnt to play the piano at the age of six.*

### IDIOM

**child's play** /tʃaɪldz pleɪ/ - something very easy or simple  
*Learning to play the guitar was child's play for her.*

### COLLOCATION

**sibling rivalry** /ˈsɪblɪŋ ˈraɪvəlri/ - competition between siblings  
*Their sibling rivalry is obvious on game night.*

### YOU SHOULD KNOW

The prefix **step** added to nouns like **father**, **mother** and **sister** (e.g. **stepsister**) describes a person who is related to you because your parent married again.

## PETS & ANIMALS

For B2 learners, knowing terms related to pets and animals enhances the ability to interact in casual settings and share personal stories.

### THEME VOCABULARY

1. **extinct** adj /ɪk'stɪŋkt/ - no longer exists  
*The dodo bird is an extinct species of flightless bird.*
2. **species** n /'spi:ʃi:z/ - a group of animals or plants that are similar and can produce offspring  
*The African elephant and the Asian elephant are two different species.*
3. **mammal** n /'mæml/ - a type of animal that feeds milk to its young and usually has fur or hair  
*Humans, dogs and whales are all mammals.*
4. **pack** n /pæk/ - a group of animals of the same species that live together  
*A pack of wolves was seen near the forest edge.*
5. **habitat** n /'hæbɪtæt/ - the natural environment where an animal lives  
*The rainforest is the habitat of many exotic animals.*

### PHRASAL VERBS

1. **to take care of** (t) - /ˌteɪk 'keə əv/ - to look after or provide for the needs of  
*Can you take care of my pet fish while I'm away?*
2. **to run away** (i) - /ˌrʌn ə'weɪ/ - to escape or suddenly leave a place  
*My cat ran away last night!*

### PREPOSITIONAL PHRASES

1. **in the wild** /ɪn ðə waɪld/ - in a natural environment  
*Tigers are increasingly rare to see in the wild.*
2. **by nature** /baɪ 'neɪtʃə/ - as a natural characteristic  
*Cats are curious by nature.*

### IDIOM

**let the cat out of the bag** /let ðə kæt aʊt əv ðə bæɡ/ - to accidentally reveal a secret  
*Well, shoot! She let the cat out of the bag!*

### COLLOCATION

**animal welfare** /ˌænɪml 'welfeə/ - the well-being of animals  
*Animal welfare organisations work to protect animals from abuse.*

### YOU SHOULD KNOW

We have lots of collective nouns like **pack of wolves** to describe groups of animals that live together: a **mob of kangaroos**, an **army of ants**, a **memory of elephants**, etc.

## RELATIONSHIPS, WEDDINGS & MARRIAGES

Understanding vocabulary associated with marriage and weddings is key at this level because these are social events you are likely to encounter.

### THEME VOCABULARY

1. **to propose** v /prə'pəʊz/ - to ask someone to marry you  
*John proposed to Sarah on Christmas Eve.*
2. **fiancé** n /fi'ɒnseɪ/ - the person you are engaged to be married to  
*Sarah showed off her shiny engagement ring and introduced John as her fiancé.*
3. **ceremony** n /'serəməni/ - a formal event, such as a wedding  
*The ceremony was simple but very elegant.*
4. **vow** n /vaʊ/ - a serious promise often made during a wedding  
*They exchanged their vows in front of their families and friends.*
5. **reception** n /rɪ'seɪpʃn/ - a formal party after an event like a wedding  
*The reception after the wedding was lovely with wonderful food, music and dancing.*

### PHRASAL VERBS

1. **to call off** (t-s) /kɔ:l 'ɒf/ - to cancel something like an event  
*They had to call off the wedding due to unforeseen circumstances.*
2. **to settle down** v /setl 'daʊn/ - to become stable in one's life  
*I think Jim is finally settling down.*

### PREPOSITIONAL PHRASES

1. **on the rocks** /ɒn ðə rɒks/ - describing a relationship that is in trouble  
*Their marriage is on the rocks; they're considering separation.*
2. **behind closed doors** /bɪ'haɪnd kləʊzd dɔːz/ - in private  
*How are things behind closed doors?*

### IDIOM

**to pop the question** /pɒp ðə 'kwesʃən/ - to ask someone to marry you  
*He decided to pop the question during their holiday in Paris.*

### COLLOCATION

**bridal shower** /'braɪdl 'ʃaʊə/ - a party for the bride-to-be before her wedding  
*Her friends organised a surprise bridal shower for her.*

### YOU SHOULD KNOW

**Fiancé** is a man someone is engaged to. **Fiancée** is a woman someone is engaged to. They are pronounced the same.

## FOOD

As a B2 learner, understanding food terminology is especially useful when living in or visiting an English-speaking country, and it is a delightful topic.

### THEME VOCABULARY

1. **afternoon tea** n /ˌɑːftənʊːn ˈtiː/ - a British meal served in the afternoon  
*Afternoon tea at the hotel was quite luxurious.*
2. **balanced** adj /ˈbælənst/ - containing different elements in appropriate proportions, often referred to in the context of a diet  
*A balanced meal includes proteins, carbohydrates and vegetables.*
3. **dietary** adj /ˈdaɪətəri/ - related to the food that one eats, often concerning its nutritional value or restrictions  
*The restaurant offers dietary options for vegetarians and vegans.*
4. **nutritious** adj /njuːˈtrɪʃəs/ - containing substances that are good for health  
*While delicious, traditional British food isn't always the most nutritious.*
5. **roast** n /rəʊst/ - meat cooked in an oven, often served with vegetables  
*Sunday roast is a time-honoured British tradition.*

### PHRASAL VERBS

1. **to eat out** (i) /ˌiːt ˈaʊt/ - to have a meal in a restaurant rather than at home  
*They decided to eat out at a local pub this evening.*
2. **to tuck in** (i) /ˌtʌk ˈɪn/ - to begin eating enthusiastically  
*Don't wait for me; tuck in!*

### PREPOSITIONAL PHRASES

1. **on the menu** /ɒn ðə ˈmenjuː/ - being offered as a choice in a restaurant  
*What is the best dish on the menu?*
2. **in season** /ɪn ˈsiːzn/ - being harvested and available fresh  
*Strawberries are in season, perfect for a British summer dessert.*

### IDIOM

**full of beans** /fʊl əv biːnz/ - very energetic or lively  
*After his morning coffee, he is always full of beans.*

### COLLOCATION

**hearty breakfast** /ˈhɑːti ˈbrekfəst/ - a large and satisfying morning meal  
*A hearty breakfast sets you up for a good day.*

### YOU SHOULD KNOW

**Still or sparkling?** This is a question you will be asked if you order water to drink in a restaurant or bar in the UK. **Still** is without gas, and **sparkling** is with gas.



## SPORT

Sport-related vocabulary is essential at this level because sports are a popular topic in many conversations.

### THEME VOCABULARY

- goalpost** n /'gəʊlpəʊst/ - the vertical posts between which players try to get the ball in games like football and rugby  
*The goalkeeper made an amazing save, deflecting the ball off the goalpost.*
- league** n /li:g/ - a group of sports teams that play against each other  
*The team was promoted to the Premier League after an excellent season.*
- referee** n /ˌrefə'ri:/ - a person who makes sure that players obey the rules during a sports match  
*The referee blew the whistle to signal the end of the match.*
- tournament** n /'tʊənəmənt/ - a competition for teams or players in which a series of games are played  
*Wimbledon is a prestigious tennis tournament.*
- venue** n /'venju:/ - the place where an event or meeting happens  
*The stadium is an ideal venue for the championship game.*

### PHRASAL VERBS

- to go out** (i) /,gəʊ 'aʊt/ - to be eliminated from a competition  
*The team went out after one game.*
- to send off** (t) /send 'ɒf/ - to remove a player because of a rule violation  
*The referee had no choice but to send off the player for his poor behaviour.*

### PREPOSITIONAL PHRASES

- off the field** /ɒf ðə fi:ld/ - not taking place on the field during the game  
*John's charitable activities off the field are heartwarming.*
- under pressure** /'ʌndə 'preʃə/ - experiencing stress or anxiety  
*She performed well under pressure.*

### IDIOM

**away from home** /ə'weɪ frəm həʊm/ - often used to describe sports teams playing on opponents' grounds  
*They struggled to score away from home.*

### COLLOCATION

**team spirit** /ti:m 'spɪrɪt/ - the feelings of enthusiasm, loyalty and a sense of belonging among the members of a team  
*Team spirit is crucial for winning games.*

### YOU SHOULD KNOW

**Football** is often shortened to **footie** /'fʊti/ in British English. And if you're talking to an American, you should call it **soccer**.

## THE NEWS

Grasping news terminology is essential for B2 learners to understand current events and participate in discussions about them.

### THEME VOCABULARY

1. **to oust** v /aʊst/ - to force somebody out of a job or position of power  
*The mayor was ousted from her position after the public protests.*
2. **panel** /'pænl/ - a group of experts sharing their thoughts for entertainment  
*Our panel includes reality star Nick Waite and newsreader Maria Jarvis.*
3. **cuts** n /kʌts/ - when the cost of something is decreased to save money  
*Staff are refusing to work because of the cuts to their salaries.*
4. **tabloid** n /'tæblɔɪd/ - a newspaper that is small in size and is known for writing stories that are over the top  
*Tabloids are the most popular newspaper type in the UK.*
5. **sensationalist** adj /sen'seɪʃənəlɪst/ - getting people's interest by presenting information in a way more shocking than it actually is  
*I don't like sensationalist papers.*

### PHRASAL VERBS

1. **to keep up with** (t) /,ki:p 'ʌp wɪð/ - to stay informed about sth. changing  
*I use an app to keep up with the news.*
2. **to call for** (t) /,kɔ:l 'fɔ:/ - to demand an action in response to a specific circumstance  
*He called for the official to step down.*

### PREPOSITIONAL PHRASES

1. **on the front page** /ɒn ðə frʌnt peɪʒ/ - featured on the first page of a paper or the main page of a news website  
*Dad's article is on the front page!*
2. **in the news** /ɪn ðənju:z/ - currently being discussed by the media  
*The scandal has been in the news.*

### IDIOM

**hot off the press** /hɒt ɒf ðə pres/ - refers to news that has just been printed and contains the most recent information  
*Here is the article, hot off the press!*

### COLLOCATION

**breaking news** /'breɪkɪŋnju:z/ - urgent news given to the public as soon as it becomes available  
*The election results are breaking news.*

### YOU SHOULD KNOW

75% of British people get their news from **the BBC**. It's affectionately known as **the Beeb** /ðə 'bi:b/.

## THE INTERNET

In this digital age, understanding internet vocabulary is crucial for anyone at the upper-intermediate level to navigate online spaces effectively.

### THEME VOCABULARY

1. **clickbait** n /'kɪkbeɪt/ - misleading content designed to attract clicks  
*I thought it was a video about a really huge scandal, but it was just clickbait.*
2. **to doomscroll** v /duːmskrɔʊl/ - to obsessively check the internet for bad news stories and to keep scrolling to read more and more  
*I spent half of the morning doomscrolling.*
3. **sponcon** n /'spɒnkɒn/ - (sponsored content) posts on social media that look like regular content, but the influencer has been paid to post it  
*He posted some sponcon for a brand of protein powder.*
4. **overlay** n /'əʊvəleɪ/ - something that is put on top of something else  
*We can add an overlay to this image showing some of the houses.*
5. **accessible** adj /ək'sesəbl/ - easy for people to get and use  
*This game is so expensive that it's not accessible to everyone.*

### PHRASAL VERBS

1. **to rely on** (t) /rɪˈlaɪ 'ɒn/ - to need or depend on to work properly  
*This program relies on users already having other software.*
2. **to opt out** (i) /ɒpt 'aʊt/ - to choose not to participate in online activities  
*I opted out of receiving promo emails.*

### PREPOSITIONAL PHRASES

1. **in the cloud** /ɪn ðə klaʊd/ - refers to data stored on remote servers  
*All our company files are stored in the cloud.*
2. **on the internet** /ɒn ðə 'ɪntənət/ - an activity or search is taking place online  
*I found this recipe on the internet.*

### IDIOM

**to troll someone** /trɔʊl 'sʌmwʌn/ - to intentionally post messages online that get strong emotional responses  
*Don't reply; he's just trolling you.*

### COLLOCATION

**digital footprint** /dɪdʒɪtl 'fʊtprɪnt/ - the data left behind when using the internet  
*Your digital footprint helps companies target advertisements towards you.*

### YOU SHOULD KNOW

Abbreviations and acronyms are very common on the internet, including **TBH** (to be honest), **LMK** (let me know) and **TBT** (throwback Thursday).

## OFFICE JARGON

At B2 level, familiarity with office jargon can significantly help you in a professional environment and in understanding workplace dynamics.

### THEME VOCABULARY

1. **to action** v /'ækʃn/ - to do something to deal with a task or problem  
*I'm going to action some of these recommendations immediately.*
2. **SWAT team** n /'swɒt ti:m/ - a team of highly specialised people who will put a plan into action at work  
*Let's get a SWAT team together and start making progress.*
3. **leverage** n /'li:vərɪdʒ/ - the ability to influence what people do to get the results you want  
*We need to find some leverage and use it to close the deal.*
4. **deep dive** n /,di:p 'daɪv/ - a detailed analysis or examination of a subject  
*The boss has asked for a deep dive report on the project's progress.*
5. **core competency** n /kɔ: 'kɒmpɪtənsɪ/ - a specific skill or area of expertise  
*One of this company's core competencies is its attention to detail.*

### PHRASAL VERBS

1. **to check up on** (t) - /tʃek 'ʌp ɒn/ - to monitor one's progress or well-being  
*We'll check up on your project later.*
2. **to scale back** (i, t) /,skeɪl 'bæk/ - to reduce in size or number  
*We decided to scale back our product development team.*

### PREPOSITIONAL PHRASES

1. **at the office** - /æt ðə 'ɒfɪs/ - in the workplace  
*I left my laptop at the office.*
2. **by the book** - /baɪ ðə bʊk/ - following rules or procedures exactly  
*Make sure to do everything by the book; we can't afford any mistakes.*

### IDIOM

**open door** /,əʊpən 'dɔ:/ - a policy where employees are encouraged to communicate with managers freely  
*Come chat with me; I've got an open door!*

### COLLOCATION

**office politics** /'ɒfɪs 'pɒlɪtiks/ - the use of power or influence for personal gain at work  
*Don't waste your time with office politics.*

### YOU SHOULD KNOW

A lot of people don't like office jargon. So even though you need to be able to understand it, it's often better to use simpler, more "normal" language.

## HEALTH & THE HEALTH SYSTEM

For upper-intermediate learners, knowledge about the health system is invaluable, especially when navigating medical situations.

### THEME VOCABULARY

- kidney** n /'kɪdni/ - one of two organs that filters waste out of your blood  
*Jenny had a kidney infection, but she's feeling much better now.*
- transplant** n /'trænsplɑ:nt/ - a medical operation during which a new organ is put into someone's body  
*My dad had a liver transplant.*
- ward** n /wɔ:d/ - a large room in a hospital with beds for patients to stay in  
*Katherine works on the maternity ward.*
- surgery** n /'sɜ:dʒəri/ - (BrE) a general doctor's office in the community  
*I'm going to the surgery later to figure out why I've been so tired.*
- infectious** adj /ɪn'fektʃəs/ - able to be passed from one person or animal to another (of a disease)  
*Flu is very infectious in summer.*

### PHRASAL VERBS

- to come down with (sth.)** (t) /,kʌm 'daʊn wɪð/ - to start to feel ill  
*I think I'm coming down with a cold.*
- to get over** (t) /,get 'əʊvə/ - to recover from an illness  
*It took me a while to get over that cold, but I'm better now.*

### PREPOSITIONAL PHRASES

- at risk** /æt rɪsk/ - in a situation where something harmful could happen  
*Smokers are at risk of many health problems.*
- on medication** - /ɒn ,medɪ'keɪʃən/ - taking drugs to treat a condition  
*He's on blood pressure medication.*

### IDIOM

**to be back on one's feet** /bi: bæk ɒn wʌnz fi:t/ - to return to a normal or healthy state after an illness or a troubled time  
*Kai was ill, but he's back on his feet now.*

### COLLOCATION

**to lose one's appetite** /lu:z wʌnz 'æpɪtaɪt/ - to not feel hungry and to not feel like eating food  
*Helen has completely lost her appetite.*

### YOU SHOULD KNOW

**OTC** /əʊ ti: 'si:/ - over the counter; medicine you can get without a written doctor's note

**GP** /dʒi: 'pi:/ - General Practitioner; a doctor who is trained in general medicine

**A&E** /eɪ ənd 'i:/ - Accident & Emergency; the part of the hospital for immediate help

## PRONUNCIATION - B2 LEVEL

At B2 level it is expected that you can **generally articulate all individual sounds clearly**. Although there may still be some influence from other languages you speak, any differences should not usually prevent listeners from understanding what you are trying to say. There may still be some words which you frequently mispronounce. This is called a 'fossilised' error. The people listening to you should not need to ask for repetition very often or have to listen to you carefully in order to understand what you are saying.

You will generally speak fluently, with little hesitation.

At B2 level, you begin to recognise words when they are pronounced in a different regional accent from the one you are generally accustomed to. You will have a very good understanding of word stress and should be able to predict with some accuracy the placement of word stress in unfamiliar words.

You are able to use sentence stress and intonation accurately in order to help convey meaning, e.g.

- You need thirty chairs for the party, right? No, I said **thirteen**, not thirty.
- It wasn't **me** who made the mistake. It was **you**.




Intonation

- You can swim, can't you? ↗ **rising intonation = genuine question**
- You can swim, can't you? ↘ **falling intonation = seeking confirmation**

There will still be some influence from your native language(s) on these features, but it will be less noticeable than at B1 level.

## B2 LEVEL CHECKLIST

Below is a checklist of all the key grammar structures and vocabulary sections that are required at the B2 level. Please look through the list and put a tick or mark in the box that best describes your ability.

-  = It is easy for me.  
 = I have some difficulty with this.  
 = It is difficult for me.

### B2 Checklist - Grammar Structures

**'I can use...'**



**1. Present Continuous (annoying actions)**

Why *are* you *always talking*?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

**2. Present Perfect Simple/Continuous**

*I've been negotiating* for a pay rise.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**3. Past Continuous (narrate background events)**

While I *was walking*, I came across a tiny kitten.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**4. Past Perfect with Adverbs**

I *had never tried* Indonesian food before.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**5. Future Perfect Simple/Continuous**

*I'll have been working* here for a decade soon.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**6. Future in the Past**

When I saw him, he said he *was going* to the gym.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**7. Reported speech (direct quotes)**

She *admitted to* breaking the window.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**8. Advanced Verb Patterns**

Tessa *insists on making* her own jam.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## B2 LEVEL CHECKLIST

### B2 Checklist - Grammar Cont.

**'I can use...'**



**9. Infinitive vs Gerund**

I watched them *play/playing* in the park.

**10. Modal Verbs (making deductions)**

Angela *couldn't have known* about the party.

**11. Modal Verbs (expressing expectations)**

He *oughtn't* be hungry for hours.

**12. Advanced Clauses**

Kia, *realising she was lost*, called for help.

**13. The Causative**

I *had my car repaired* because it broke down.

**14. Mixed Conditionals**

*If he knew* how to swim, *he would have come*.

**15. Advanced Adjectives**

The views were *absolutely breathtaking*.

**16. Impersonal Passive**

*It is believed that* it is hundreds of years old.

**17. Cleft Sentences**

*What I liked about the book* was the ending.

**18. Word Formation/Families**

Our *'obedient'* dog is actually *disobedient*.

**19. Punctuation**

Sometimes, *at the weekend*, we eat pizza!



## B2 LEVEL CHECKLIST

### B2 Checklist - Vocabulary

**'I am able to describe...'**



**1. Appearance**

Using words like *'bald'* or *'dress to impress'*.

**2. Childhood & Growing Up**

Using words like *'adolescent'* or *'immature'*.

**3. Pets & Animals**

Using words like *'species'* or *'habitat'*.

**4. Relationships & Marriage**

Using words like *'fiancé'* or *'pop the question'*.

**5. Food & Eating Habits**

Using words like *'nutritious'* or *'tuck in'*.

**6. Sport & Exercise**

Using words like *'tournament'* or *'team spirit'*.

**7. News & Media**

Using words like *'tabloid'* or *'breaking news'*.

**8. The Internet & Social Media**

Using words like *'doomscroll'* or *'clickbait'*.

**9. Office Jargon**

Using words like *'leverage'* or *'touch base'*.

**10. Health**

Using words like *'transplant'* or *'medication'*.

## EXAMPLE B2 STUDY PLAN

Now you know the grammar and vocabulary you need to reach a B2 level in English, how can you get there? The most effective approach is to follow a comprehensive, well-structured curriculum that will guide you through the grammar and vocabulary in a manageable way. After the success of my B1 Programme, I, Lucy, went back to our incredible curriculum designer and created a B2 Programme.

I want to show you the curriculum that we made together now. In the 12-week programme, we wove together the grammar and vocabulary topics you need to learn alongside weekly reading and listening lessons. We also have weekly pronunciation and conversation lessons. The conversation lessons are a fantastic addition to the programme as they allow you to follow natural conversations between native English speakers with lots of vocabulary popping up on the screen, a full transcript and pronunciation, vocabulary and grammar focuses.

## The Beautiful British English B2 Programme

B2 Week #1 - University & Social Life	
Vocabulary	Idioms
Listening	'Socialisation & Friendship'
Grammar	1. Phrasal Verbs 2. Common Mistakes with Present Tenses
Pronunciation	IPA Chart
Conversation	'Social Life & Hobbies' with George (my brother!)










B2 Week #2 - Appearance	
Vocabulary	Appearance
Reading	'The Growing Popularity of Male Salons'
Grammar	1. Causatives 2. Advanced Adjective Use
Pronunciation	-ed Adjective Endings
Conversation	'Social Events' with Kim (my mum!)
B2 Week #3 - Relationships & Wedding Traditions	
Vocabulary	Marriage & Weddings
Listening	'British Wedding Traditions'
Grammar	1. Mixed Conditionals 2. Inversion with Negative Adverbials
Pronunciation	Advanced Contractions
Conversation	'Dating' with Will
B2 Week #4 - Growing Up & Childhood	
Vocabulary	Growing Up & Childhood
Reading	'Speech Verbs'
Grammar	1. Reported Speech in Narration 2. Word Formation
Pronunciation	Unstressed Syllables
Conversation	'Upbringing' with Richard (my dad!)

<b>B2 Week #5 - Pets &amp; Animals</b>	
<b>Vocabulary</b>	Pets & Animals
<b>Listening</b>	'Animals R Us'
<b>Grammar</b>	1. Modal Verbs - Obligation & Necessity 2. Modal Verbs - Permission, Requests, Offers etc.
<b>Pronunciation</b>	Rhythm, Stress & Intonation
<b>Conversation</b>	'Pets' with Kelsie (vet)
<b>B2 Week #6 - British Food</b>	
<b>Vocabulary</b>	British Food
<b>Reading</b>	'Curry'
<b>Grammar</b>	1. Verb Patterns 2. Reflexive Pronouns
<b>Pronunciation</b>	Commonly Mispronounced Food
<b>Conversation</b>	'Cooking & Eating Habits' with Kim
<b>B2 Week #7 - Sports &amp; the Olympics</b>	
<b>Vocabulary</b>	Sport Idioms
<b>Listening</b>	'Team Performance in the Olympics'
<b>Grammar</b>	1. Modal Verbs - Speculation and Deduction 2. Modal Verbs - Expectation
<b>Pronunciation</b>	Elision
<b>Conversation</b>	'Sport' with Will

<b>B2 Week #8 - British News &amp; Media</b>	
<b>Vocabulary</b>	News Terminology
<b>Reading</b>	'British News and Media'
<b>Grammar</b>	1. Question Tags 2. Prepositions
<b>Pronunciation</b>	Connected Speech
<b>Conversation</b>	'The Media' with Lia Hatzakis
<b>B2 Week #9 - The Internet &amp; Social Media</b>	
<b>Vocabulary</b>	Internet Vocabulary
<b>Listening</b>	'The Metaverse'
<b>Grammar</b>	1. Future Tenses 2. Complex Future Tenses
<b>Pronunciation</b>	Informal Contractions
<b>Conversation</b>	'Social Media' with Ollie Richards
<b>B2 Week #10 - Money</b>	
<b>Vocabulary</b>	Money Culture
<b>Reading</b>	'British Attitudes Towards Money'
<b>Grammar</b>	1. Punctuation 2. Relative & Participle Clauses
<b>Pronunciation</b>	Tone of Voice
<b>Conversation</b>	'Money' with Jo Franco

B2 Week #11 - Office Culture & Jargon	
Vocabulary	Office Jargon
Listening	'Office Culture'
Grammar	1. Impersonal Passive Construction 2. Passive Voice & Modal Verbs Review
Pronunciation	Different UK Accents
Conversation	'The Job Market' with John
B2 Week #12 - The Healthcare System	
Vocabulary	Health
Reading	'The Health System'
Grammar	1. Exam Preparation #1 2. Exam Preparation #2
Pronunciation	The Glottal Stop
Conversation	'The NHS' with Will

## SUMMARY

-  24 Grammar Lessons
  12 Conversation Lessons
-  12 Vocabulary Lessons
  12 Reading Lessons
-  15 Pronunciation Lessons
  12 Listening Lessons
-  Downloadable Lesson PDFs and Mind Maps
-  16-week access to Private Course Community
-  Lifetime access to course content

English  
with *Lucy*



**C1 LEVEL**

**All the grammar  
& vocabulary you  
need to learn!**

## AN OVERVIEW OF C1 ENGLISH

At C1 level, you are expected to be able to express yourself clearly and confidently on a wide range of topics. Any hesitation when speaking should be due to the fact that you are choosing the most accurate word from the broad range of vocabulary at your disposal.

You will be able to say things like

*I can't wait to put my own stamp on this place.*

*I can't wait to redecorate.*

← rather than

C1 also demands a massively increased vocabulary, and you should be able to express yourself spontaneously relatively easily. You should also be able to understand subtle jokes in English at C1 level.

C1 is a wonderful level of English to reach. At this level, you will feel confident communicating in almost every situation and you should really enjoy speaking the language. These are two things that many of my students strive for. C1 is not really about learning entirely new grammatical structures as you should already have learnt most of them at B2 and below; rather, it is about learning grammatical nuances, adding to your repertoire of phrases and building your instincts for English grammar.

The next portion of this ebook will walk you through some of the grammar and vocabulary you need to know to achieve the C1 level.



## GRAMMAR - C1 LEVEL

### 1 Present Tenses

If you feel ready to study at C1 level in English, you should already have a strong foundation in the present tenses. A C1 course will provide you with a revision of these tenses, with a focus on using them accurately in different situations.

Examples:

- *I **am trying** a new diet plan for a month to see how I feel.*
- *They've **been keeping** a family calendar and **are** now better organised.*

### 2 Past Tenses

At C1 level, you should already be comfortable with using the past tenses. A C1 course will provide revision of these tenses to help learners use them correctly in a range of situations.

Examples:

- *Were you **looking** for a two or three-bedroom place?*
- *We **had been travelling** around Denmark for a while before deciding to settle down there.*

### 3 Future Tenses

If you are studying at C1, you should have a firm grasp of the basic future tenses. A C1 course will focus on their advanced uses, such as using the **future perfect** to make assumptions about the present.

Example:

- *I'm sure my husband **will have noticed** that I used all the milk this morning.*

On a C1 course, you will also learn how to talk about the future using advanced structures, like '**to be set to**' and '**to be on the verge of**'.

**Examples:**

- They **are set to** become one of the world's greatest pop acts.
- Our village is **on the verge of** being deluged by hordes of additional tourists.

#### 4 Modal Verbs, Speculation & Deduction

At the C1 level, you'll be able to use advanced modal verb structures and know which adverbs collocate with them.

**Example:**

- They **may well have driven** all that way in one night, but it's highly unlikely.

You'll also know how to use structures such as '**the odds are**' and '**I dare say**' to make deductions.

**Example:**

- **I dare say** I'll have to brush up on my grammar before I do a new course.

#### 5 Conditionals

At C1 level, you should already be familiar with basic and mixed conditionals, but you will continue to expand on these structures. You will also learn a range of words and phrases that can be used as alternatives to 'if' to take your conditionals to the next level!

**Examples:**

- **But for** a wonderful trip to Spain when I was younger, I would never have decided to learn the language.
- **Given that** I'd like to achieve C1 level in English, I'm going to have to study harder.

## 6 The Passive Voice

Again, if you've reached C1, you should already be well-versed in how to use the **passive voice**. At C1, there'll be a focus on using the passive infinitive and passive '-ing' forms.

**Example:**

- *Lucy **recalled having been taught** about the passive voice at some point in the past.*

And you'll need to learn about the subtle differences between phrases like:

- ***There's nothing to do.***
- ***There's nothing to be done.***

## 7 Negative Inversion

You also need to have an understanding of how to use **negative inversions** to add emphasis and variety to your writing and speaking.

**Inversion** is widely used in literary contexts, so understanding this structure can help you understand and analyse a wide range of texts more effectively, particularly those with complex or literary styles.

- ***Never have I seen** such a beautiful sunset.*
- ***Such was the commotion** that I could barely hear myself think.*

## 8 Hedging & Boosting

Those at a C1 level should be familiar with **hedging** and **boosting** when writing and speaking. **Hedging** is a linguistic strategy that allows speakers to soften or downplay the force of their statements, often by using hedging verbs like '**to seem**', and adverbs like '**presumably**'.

**Example:**

*It **seems like** this might be a good solution.*

**Boosting**, on the other hand, involves using language to increase the force or impact of a statement, often by using adverbs like '**undeniably**' and strong verbs like '**to prove**'.

Example:

*This **has been proven** to be the best solution to our problem.*

## 9 Phrasal Verbs with Multiple Meanings

Another important aspect of achieving a C1 level of English is understanding the various meanings of a number of **phrasal verbs**. Depending on the context, phrasal verbs can take on different meanings. To effectively communicate and understand advanced conversations, you will need know these multiple meanings. Here's a quick example using the phrasal verb '**set up**':

**set up (a time for a meeting):**

- *Let's **set up** a meeting for next week.*

**set up (people on a date):**

- *My friend **set me up** with her cousin.*

**set up (the living room for a play date):**

- *I need to **set up** the living room for the kids.*

## 10 Advanced Comparatives & Superlatives

Some of the most important grammatical tools C1 level students need to master are the use of **advanced comparative** and **superlative structures**. Advanced comparative structures can help students express similarities and differences between people and things in nuanced ways. Here are some examples of the structures students should know at C1:

- *Finding a house in Cornwall is **no more difficult than** in London.*
- *The house is **more dilapidated than charming**.*
- *The house **isn't so much dirty as filthy**.*

At C1 level, students should also be aware of how to **postmodify superlative adjectives**, like

- *The house was designed in **the most efficient way possible**.*
- *I want to pay **the lowest possible price** for this house.*

## 11 Word Formation

Just as at B2 level, understanding **word families** is an important skill at C1. It helps expand your vocabulary through **roots**, **prefixes** and **suffixes**, which will help you deduce the meaning of unfamiliar words.

Example:

- ***decide** (verb)*
- ***decision** (noun) - **indecision** (negative noun)*
- ***decisive** (adjective) - **indecisive** (negative adjective)*

## 12 Paraphrasing

**Paraphrasing** is another important skill to develop in order to achieve a C1 level of English because it allows you to express ideas in your own words while maintaining the meaning and intent of the original text.

This skill is particularly valuable in academic and professional contexts, where accurately conveying information and avoiding plagiarism is essential.

Example:

- *The company is **experiencing financial difficulties**.*
- *The company is **struggling financially**.*

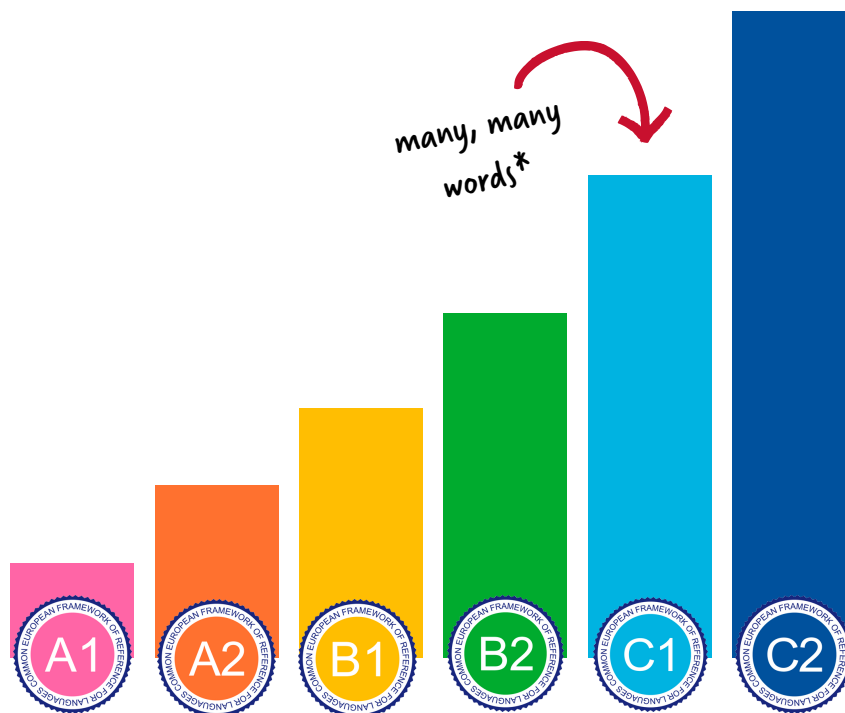
There are many more structures, words and phrases you should know at C1 level, like how to use **non-finite clauses**, **compound adjectives**, **advanced discourse markers** and **fixed expressions** that you can use in writing and speech.

## VOCABULARY - C1 LEVEL

When it comes to vocabulary, you should be able to express yourself fluently and spontaneously on a wide range of concrete and abstract topics and understand complex written and spoken texts.

You'll need to know a **wide range of vocabulary** on the topics of lifestyle and well-being, nutrition and how it affects you, housing and urban versus rural life, and how people's different personalities mean you gel with some people and not others. You'll also have to be comfortable with language connected to work and business, including the hot-button topics of remote working, burnout and resignation, freelancing and changing careers. On the next page you'll see some recommended topics.

### CEFR Vocabulary Requirements



\*Obviously a joke, but there is no official amount of words you should know at C1.

## SELF-IMPROVEMENT & WELLNESS

For C1 learners, an enriched vocabulary on the topic of self-improvement and wellness is important in social and professional situations.

### THEME VOCABULARY

1. **mindset** n /'maɪndset/ - the set of attitudes, beliefs and values that shape a person's thoughts and behaviours  
*I think my positive mindset allows me to overcome tough challenges.*
2. **detrimental** adj /,detrɪ'mentl/ - harmful or damaging  
*A lack of sleep can have a detrimental effect on your cognitive functions.*
3. **self-reflection** n /,self rɪ'flekʃn/ - serious thought about your feelings and behaviour and the reasons behind them  
*I engage in regular self-reflection to understand myself better.*
4. **to neglect** v /nɪ'glekt/ - to fail to take care of someone or something  
*I have been neglecting myself recently between full-time work and studying.*
5. **hustle culture** n /'hʌsl 'kʌltʃə/ - the idea that you have to work extremely hard, all day, every day, in order to succeed  
*Hustle culture can be detrimental to health and well-being in the long run.*

### PHRASAL VERBS

1. **to lay off** (t) /,leɪ 'ɒf/ - to stop using something  
*I decided to lay off social media for a while to focus on my mental health.*
2. **to ease up on** (t) /,i:z 'ʌp ɒn/ - to do, eat or drink less of something  
*We are easing up on beer this month.*

### PREPOSITIONAL PHRASES

1. **beyond doubt** /bɪ'jɒnd daʊt/ - in a way that shows something is certain  
*Her talent was beyond doubt.*
2. **in response to** /ɪn rɪ'spɒns tu:/ - as a result of or in reaction to  
*In response to the health crisis, the government issued safety guidelines.*

### IDIOM

**a breath of fresh air** /ə breθ əv freʃ eə/ - something new and refreshing that brings new energy and enthusiasm  
*My trip was a breath of fresh air.*

### COLLOCATION

**mental health** /'mentl helθ/ - one's emotional and psychological well-being  
*Prioritising mental health is as important as maintaining physical health.*

### YOU SHOULD KNOW

The word **well-being** means 'general health and happiness'. It has a hyphen in the Oxford Dictionary but is slowly losing its hyphen to become **wellbeing**.

## HOUSING

At C1 level, understanding the intricacies of housing will help you have meaningful discussions and make informed decisions in your life.

### THEME VOCABULARY

1. **squatter** n /'skwɒtə/ - a person who lives in a building without permission and without paying rent  
*I think there were some squatters living here while the house was vacant.*
2. **rickety** adj /'rɪkəti/ - in bad condition and not strong, likely to break  
*We got into the rickety old house but immediately wanted to renovate it.*
3. **shabby chic** adj /'ʃæbi 'ʃi:k/ - a style of decorating that uses old-fashioned and worn furniture deliberately to create a cottage-style home  
*I was going for shabby chic with this decor, but I think it just looks old.*
4. **vacant** adj /'veɪkənt/ - not occupied or in use  
*The house has been vacant since the owner passed away.*
5. **airy** adj /'eəri/ - with lots of fresh air, light and space  
*We have a lovely, airy kitchen with lots of natural light.*

### PHRASAL VERBS

1. **to tear down** (t-s) /,teə 'daʊn/ - to knock or pull a building or wall down  
*We're going to tear down that wall and make a huge dining kitchen.*
2. **to spruce up** (t-s) /,spru:s 'ʌp/ - to make a house or room more attractive  
*A little paint spruced this place up!*

### PREPOSITIONAL PHRASES

1. **on the market** /ɒn ðə 'mɑ:kɪt/ - a house that is currently for sale  
*We're putting our house on the market.*
2. **in close proximity** /ɪn kləʊs prɒk 'sɪmɪti/ - near  
*There's a decent school in close proximity to this property.*

### IDIOM

**make a house a home** /meɪk ə haʊs ə hæʊm/ - turn a residence into a comfortable, safe space  
*Decorating can make a house a home.*

### COLLOCATION

**affordable housing** /ə'fɔ:dəbl 'haʊzɪŋ/ - reasonably priced housing, especially for people with low to moderate incomes  
*What happened to affordable housing?*

### YOU SHOULD KNOW

The most desired architectural style for a house in the UK is **Georgian**. These houses date from the 18th century and have a very symmetrical appearance.



## URBAN & RURAL LIFE

As an advanced speaker, you should be able to speak about urban and rural life and offer your insights into various societal structures.

### THEME VOCABULARY

1. **land mass** n /'lænd məs/ - a large area of land that is in one piece  
*In Cornwall, just 3.5% of the landmass is considered urban.*
2. **affluent** adj /'æfluənt/ - wealthy, can refer either to a place or a person  
*This has become a very affluent neighbourhood in recent years.*
3. **gentrification** n /dʒentrɪfɪ'keɪʃn/ - the process of improving an area of a city so that it goes from being a poor area to a richer one  
*Gentrification often results in the displacement of low-income residents.*
4. **congestion** n /kən'dʒestʃən/ - the state of being full of traffic  
*One of the reasons that I want to leave the city is the atrocious congestion.*
5. **rural flight** n /'rʊərəl flɑ:t/ - the movement of people from rural areas to urban areas, typically in search of better economic opportunities  
*Rural flight is a major concern due to the decline in job prospects.*

### PHRASAL VERBS

1. **to knock down** (t-s) /,nɒk 'daʊn/ - to demolish a building or structure  
*The old factory was knocked down to make room for luxury apartments.*
2. **to liven up** (i, t-s) /,laɪvŋ 'ʌp/ - to become or make sth. become more exciting  
*The new pub livened up the village.*

### PREPOSITIONAL PHRASES

1. **away from it all** /ə'weɪ frəm ɪt ɔ:l/ - in a remote and peaceful rural area  
*Their cabin in the mountains is the perfect place to get away from it all.*
2. **in the heart of** /ɪn ðə hæ:t əv/ - in the middle of something, like a city  
*We bought a flat in the heart of Leeds.*

### IDIOM

**on the brink** /ɒn ðə brɪŋk/ - almost in a new, exciting or dangerous situation  
*Many Italian villages are on the brink of being abandoned due to rural flight.*

### COLLOCATION

**urban sprawl** /'ɜ:bən 'sprɔ:l/ - the spread of an urban area into neighbouring areas  
*Urban sprawl is becoming a significant issue for city planners.*

### YOU SHOULD KNOW

We also talk about **urban flight**, which has become more of a phenomenon in recent years.

## HUMOUR

For C1 students, understanding the subtleties of humour offers valuable insights into culture, social norms and language use.

### THEME VOCABULARY

1. **sarcasm** n /'sɑ:kæzəm/ - the use of irony to mock or show contempt  
*His sarcasm was quite biting, leaving everyone in the room uncomfortable.*
2. **parody** n /'pærədi/ - a humorous imitation of a person, writing or situation  
*The parody of the popular song quickly went viral on social media.*
3. **satire** n /'sætɪə/ - a way of criticising people or ideas in a humorous way, especially to make a political point  
*The novel was a brilliant satire on the state of modern politics.*
4. **wit** n /wɪt/ - the ability to think quickly and make clever remarks  
*Tim's wit made him popular at social gatherings.*
5. **irony** n /'aɪrəni/ - expressing something but meaning the opposite, often to create a humorous effect  
*The irony of the situation was that the fire station burned down.*

### PHRASAL VERBS

1. **to put down** (t-s) /,pʊt 'daʊn/ - to insult someone sarcastically  
*She put him down with a clever remark, and he had no comeback.*
2. **to crack up** (i, t-s) /,kræk 'ʌp/ - to make someone laugh a lot  
*His story cracked us up!*

### PREPOSITIONAL PHRASES

1. **in jest** /ɪn dʒest/ - said or done for the purpose of making a joke  
*I made that comment in jest, sorry!*
2. **at the expense of** /æt ðə ɪks'pens əv/ - by making fun of something else  
*He made a joke at the expense of making himself look foolish.*

### IDIOM

**to tickle someone's funny bone** /tɪkl 'sʌmwʌnz 'fʌni bəʊn/ - to make someone laugh or find something humorous  
*That joke really tickled my funny bone.*

### COLLOCATION

**dry humour** /draɪ 'hju:mə/ - a subtle and clever type of ironic humour  
*Ron's dry humour doesn't appeal to everyone.*

### YOU SHOULD KNOW

You can also say that something **tickles you**, meaning it makes you laugh.  
*It always tickles me when my dog chases its tail.*

## PERSONALITIES

Advanced vocabulary knowledge on personalities enhances your ability to describe human behaviour, helping you have deeper conversations.

### THEME VOCABULARY

1. **aloof** adj /ə'lu:f/ - not friendly or willing to take part in things  
*She's very hard to warm to because of her aloof demeanour.*
2. **jovial** adj /'dʒəʊviəl/ - very cheerful and friendly  
*Craig has such a jovial disposition that I'm sure he'll make a great host.*
3. **sulky** adj /'sʌlki/ - in a bad mood or not speaking as a result of being angry  
*Juan was a sulky teenager who barely uttered a word around adults.*
4. **attentive** adj /ə'tentɪv/ - helpful and making sure people's needs are met  
*The staff were very attentive and made our stay really enjoyable.*
5. **relatable** adj /rɪ'leɪtəbl/ (of a person) making you feel that you can understand and have sympathy with them  
*A lot of social media personalities start off relatable, but as their fame grows, they become less and less so.*

### PHRASAL VERBS

1. **to fit in** (i) /fɪt 'ɪn/ - to belong to a group because of similar interests  
*When I first moved to the village, I didn't fit in.*
2. **to open up** (i) /əʊpən 'ʌp/ - to talk to someone about your feelings  
*I never feel comfortable opening up.*

### PREPOSITIONAL PHRASES

1. **out of place** /aʊt əv pleɪs/ - not fitting or seeming right in a specific setting  
*We felt out of place in the fancy bar.*
2. **at odds with** /æt ɒdz wɪð/ - in disagreement or conflict with  
*Her cheerful demeanour was often at odds with her introverted personality.*

### IDIOM

**stick out like a sore thumb** /stɪk aʊt laɪk ə sɔ: θʌm/ - to be very noticeable because it is different  
*She sticks out like a sore thumb here.*

### COLLOCATION

**a frosty reception** /ə 'frɒsti rɪ'sepʃən/ - a cold response or reaction to something  
*My idea got a very frosty reception when I floated it in the meeting.*

### YOU SHOULD KNOW

**To warm to** is a phrasal verb that you saw in the first example sentence. It means to begin to like someone.

## TOURISM

Gaining a thorough understanding of tourism-related vocabulary at the C1 level can elevate your travel experiences and discussions.

### THEME VOCABULARY

1. **agritourism** n /'ægrɪ'tʊərɪzəm/ - tourism focused on rural life and activities  
*Lucy loved her agritourism experience, especially the fresh air.*
2. **tourist trap** n /'tʊərɪst træp/ - a place that draws tourists with overpriced or inauthentic attractions  
*The city centre has its fair share of tourist traps selling souvenirs.*
3. **staycation** n /steɪ'keɪʃən/ - a holiday spent in your local area or at home  
*We're having a staycation and exploring our local hidden gems.*
4. **overtourism** n /'əʊvə'tʊərɪzəm/ - when a place gets too many tourists, causing problems for locals and the environment  
*During peak season, the locals started protesting against overtourism.*
5. **itinerary** n /aɪ'tɪnərəri/ - a planned list or schedule of places to visit  
*Emma sent me her itinerary so I knew where she'd be on her trip.*

### PHRASAL VERBS

1. **to branch out** (t) /brɑːntʃ 'aʊt/ - to expand one's interests or activities  
*The travel agency branched out into ecotourism due to its popularity.*
2. **to sign up for** (t) /saɪn 'ʌp fɔː/ - to register or enrol for something  
*Many tourists sign up for guided tours.*

### PREPOSITIONAL PHRASES

1. **within walking distance** /wɪð'ɪn 'wɔːkɪŋ 'dɪstəns/ - close to reach by walking  
*The museum is within walking distance of our hotel.*
2. **at the foot of** /æt ðə fʊt əv/ - located at the bottom or base of something  
*The town is at the foot of a mountain.*

### IDIOM

**off the beaten track** /ɒf ðə 'biːtən træk/ - a location that is not popular or known  
*For a more authentic experience, look for places that are off the beaten track.*

### COLLOCATION

**the trip of a lifetime** /ðə trɪp əv ə 'laɪftaɪm/ - a unique travel experience that is only experienced once  
*Our Italy tour was the trip of a lifetime.*

### YOU SHOULD KNOW

**Voluntourism** is a type of tourism where travellers work as volunteers in the country they are visiting.

## REMOTE WORK & COMMUTING

Exploring vocabulary on remote work and commuting at C1 level equips you to discuss contemporary employment trends more effectively.

### THEME VOCABULARY

1. **hot-desking** n /'hɒt,deskɪŋ/ - sharing desks among workers to save space  
*The company's new policy encourages hot-desking to promote flexibility.*
2. **telecommuting** n /,telɪ'kəʊmjʊ:ɪŋ/ - working remotely via the internet  
*More companies consider telecommuting a viable option.*
3. **digital nomad** n /,dɪdʒɪtl 'nəʊmæd/ - someone who works online and travels  
*As a digital nomad, Lana has worked in cafes all around the world.*
4. **to decentralise** v /di:'sentərəlaɪz/ - distributing tasks or authority away from a central location  
*The company aims to decentralise its operations to increase flexibility.*
5. **coworking** n /,kəʊ'wɜ:kɪŋ/ - sharing a workspace for independent work  
*The city has seen a rise in coworking spaces due to the increase in remote workers and freelancers.*

### PHRASAL VERBS

1. **to run by** (t) /,rʌn 'baɪ/ - to show or tell sb. sth. to see their reaction to it  
*Even though I work remotely, I call my boss every day to run my ideas by her.*
2. **to dial in** (i) /,daɪəl 'ɪn/ - to join a telephone meeting or conference call  
*I'll dial in for the team meeting soon.*

### PREPOSITIONAL PHRASES

1. **out of office** /aʊt əv 'ɒfɪs/ - not currently present at one's workplace  
*She is out of office for the next week.*
2. **in the loop** /ɪn ðə lu:p/ - being informed or updated about something  
*Keep me in the loop regarding any major decisions.*

### IDIOM

**burn the midnight oil** /bɜ:n ðə 'mɪdnɑ:t ɔɪl/ - to work late into the night  
*John's been burning the midnight oil to finish his report before the deadline.*

### COLLOCATION

**remote access** /rɪ'məʊt 'æksɛs/ - connected to a computer or network from afar  
*With remote access, he can work at home.*

### YOU SHOULD KNOW

**Hybrid work** is a blend of remote and in-office work, which is becoming increasingly popular.

## QUITTING & JOB-HUNTING

C1-level learners should have adequate language skills to talk about quitting and job-hunting and discuss career transitions effectively.

### THEME VOCABULARY

1. **resignation** n /ˌreziɡˈneɪʃn/ - the act of officially telling your employer that you are leaving your job  
*After much consideration, she handed in her resignation last week.*
2. **headhunter** n /ˈhedˌhʌntə/ - a person or company that finds potential candidates for senior job positions  
*The firm hired a headhunter to find their next Chief Financial Officer.*
3. **onboarding** n /ˈɒnbɔːdɪŋ/ - integrating a new employee into a company  
*The HR team has an extensive onboarding process for new hires.*
4. **severance** n /ˈsevərəns/ - the termination of one's employment contract  
*Each employee was given notice of severance three weeks in advance.*
5. **wage slave** n /ˈweɪdʒ sleɪv/ - a person who is wholly dependent on income  
*Many people feel trapped as wage slaves in jobs they don't enjoy.*

### PHRASAL VERBS

1. **to hand in** (t-s) /ˌhænd ˈɪn/ - to give something to a person in authority  
*He handed in his notice after 15 years.*
2. **to follow up** (i, t-s) /ˌfɒləʊ ˈʌp/ - to continue, add to or take further action on a previous matter  
*Follow up your interview with an email.*

### PREPOSITIONAL PHRASES

1. **under consideration** /ˈʌndə kənˌsɪdəˈreɪʃn/ - being thought about and evaluated  
*My application is under consideration.*
2. **in response to** /ɪn rɪˈspɒns tuː/ - as a reaction or answer to  
*I sent my CV in response to your advert.*

### IDIOM

**throw in the towel** /θrəʊ ɪn ðə ˈtaʊəl/ - to admit defeat or stop trying  
*After months of job hunting without success, Jamie threw in the towel.*

### COLLOCATION

**job prospects** /dʒɒb ˈprɒspekts/ - potential job opportunities  
*The degree she pursued has broadened her job prospects immensely.*

### YOU SHOULD KNOW

**The Great Resignation** was a term coined to describe the high number of people who quit their jobs in the early 2020s.

## FREELANCING

Understanding the vocabulary of freelancing broadens your career prospects and deepens your insight into flexible employment.

### THEME VOCABULARY

1. **zero hours** n /'zɪərəʊ əʊz/ - a contract without guaranteed work hours  
*It's difficult for me to plan ahead financially with a zero-hours contract.*
2. **fluctuation** n /flʌktʃu'eɪʃən/ - variation or changes  
*Freelancers face income fluctuation due to job unpredictability.*
3. **gig economy** n /'gɪɡ ɪkənəmi/ - a labour market of short-term jobs  
*Many young professionals are diving into the gig economy for its flexibility.*
4. **feast or famine** n /fi:st ɔ: 'fæmɪn/ - a situation in which the amount of work varies greatly, being sometimes too much and sometimes too little  
*Working as a freelancer can be a cycle of feast or famine.*
5. **client retention** n /'klaɪənt rɪ'tenʃən/ - keeping clients over a period of time  
*Good communication skills play a vital role in successful client retention for freelancers.*

### PHRASAL VERBS

1. **to wind down** (i) /waɪnd 'daʊn/ - to relax after finishing work  
*After a long day of work, she likes to wind down with a good book.*
2. **to draw up** (t-s) /drɔ: 'ʌp/ - to prepare a document, usually in a formal way  
*Make sure to draw up a clear contract.*

### PREPOSITIONAL PHRASES

1. **in demand** /ɪn dɪ'mænd/ - being wanted or sought after by many  
*Talented graphic designers are always in demand in the freelancing world.*
2. **under contract** /ʌndə 'kɒntrækt/ - currently hired or bound by a contract  
*She's under contract with an agency.*

### IDIOM

**to wear many hats** /weə 'meni hæts/ - to have many roles or responsibilities  
*As a freelancer, she has to wear many hats: writer, marketer and accountant.*

### COLLOCATION

**project deadline** /'prɒdʒekt 'dedlaɪn/ - the time a project must be finished  
*Meeting the project deadline is crucial to maintain a good reputation.*

### YOU SHOULD KNOW

A verb that can have a similar meaning as **to wear many hats** is **to juggle**.  
*As a freelancer, she has to juggle many roles: writer, marketer and accountant.*

## FOOD & NUTRITION

At C1, a comprehensive knowledge of vocabulary about food and nutrition allows you to engage in deep talks about health and food ethics.

### THEME VOCABULARY

1. **deficiency** n /dɪ'fɪjnsi/ - a lack of something your body needs  
*Vegan diets often require B12 supplements to avoid deficiencies.*
2. **fad diet** n /fæd 'daɪət/ - a temporarily popular eating plan that often promises quick health benefits but is not supported by scientific evidence  
*You can easily spot a fad diet as they tend to make fantastical claims.*
3. **junk science** n /dʒʌŋk 'saɪəns/ - unscientific or unreliable information, often used to support false claims  
*A lot of people who have large platforms pedal junk science nowadays.*
4. **to nourish** v /'nʌrɪʃ/ - to provide what's needed for growth or well-being  
*I take vitamins and eat lots of vegetables to nourish my body.*
5. **calorific** adj /kælə'reɪfɪk/ - the amount of energy contained in food  
*Do you know what the calorific value of a pomegranate is?*

### PHRASAL VERBS

1. **to peck at** (t) /,pek 'æt/ - to eat a small amount because of not being hungry  
*He pecked at his breakfast, too nervous to eat before his exam.*
2. **to live on** (t) /,lɪv 'ɒn/ - to eat lots of one particular food  
*When I was at uni, I lived on pasta.*

### PREPOSITIONAL PHRASES

1. **in moderation** /ɪn ˌmɒdə'reɪʃən/ - in reasonable amounts  
*It's best to enjoy sweets in moderation.*
2. **on the side** /ɒn ðə saɪd/ - served separately from the main dish  
*I'd like a roast beef sandwich with some chips on the side, please.*

### IDIOM

**a bitter pill to swallow** /ə 'bɪtə pɪl tə 'swɒləʊ/ - an unpleasant fact or situation that must be accepted  
*The demotion was a bitter pill to swallow.*

### COLLOCATION

**empty calories** /'emptɪ 'kælərɪz/ - calories from foods or drinks that provide little to no nutritional value  
*Fizzy drinks are full of empty calories.*

### YOU SHOULD KNOW

**Calorific** can also be used to describe something that is very high in calories.  
*The Monster Burger at Smash is so calorific but so, so good!*



## PRONUNCIATION - C1 LEVEL

You are now able to articulate the **full range of individual sounds** with good enough control that you are almost always completely intelligible to your listeners. Although listeners may still be able to notice some influence from other languages you speak, this will not have a negative impact on understanding.

If you accidentally mispronounce a word, it is expected that you will be able to **self-correct** the individual sound that is noticeably incorrect.

Your spoken expression will be **fluent with very little hesitation**. If you do pause occasionally, it is expected that this is because you are searching for the words or phrases with the most precise meaning, rather than trying to remember a word or phrase.




You may still make very occasional errors in word and sentence stress and intonation, but they will be barely noticeable and will not have a negative impact on communication.

At C1 level you will be able to **vary sentence stress and intonation** in order to convey your message with a high level of precision. For example, you would be able to express the phrase 'It's raining' with a variety of different meanings such as:


- I'm surprised.
- I'm delighted.
- I'm bored.
- I'm uncertain.

## C1 LEVEL CHECKLIST

Below is a checklist of all the key grammar structures and vocabulary sections that are required at the C1 level. Please look through the list and put a tick or mark in the box that best describes your ability.

-  = It is easy for me.  
 = I have some difficulty with this.  
 = It is difficult for me.

### C1 Checklist - Grammar Structures

- | <b>'I can use...'</b>   |  |  |  |
|---|--|--|--|
| <b>1. Present Tenses (all)</b><br><i>I've been keeping to a strict diet for a while now.</i>    | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| <b>2. Past Tenses (all)</b><br><i>Were you looking for a three-bedroom place?</i>               | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| <b>3. Future Tenses (all)</b><br><i>I'm sure he will have noticed that it is gone.</i>          | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| <b>4. Modal Verbs (all)</b><br><i>They may well have driven all the way.</i>                    | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| <b>5. Speculation &amp; Deduction</b><br><i>I dare say I'll have to brush up on my grammar.</i> | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| <b>6. Advanced Conditionals</b><br><i>Given that I'd like to pass, I need to study harder.</i>  | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| <b>7. Passive Voice</b><br><i>Lucy recalled having been taught arithmetic.</i>                  | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |
| <b>8. Negative Inversion</b><br><i>Never have I seen such a beautiful sunset.</i>               | <input type="checkbox"/>   | <input type="checkbox"/>   | <input type="checkbox"/>   |

## C1 LEVEL CHECKLIST

### C1 Checklist - Grammar Cont.

**'I can use...'**



**9. Hedging**

It *seems like* this might be a good solution.

**10. Boosting**

This *has been proven* to be the solution.

**11. Phrasal Verbs with Multiple Meanings**

My friend *set me up* with her cousin.

**12. Advanced Comparatives**

The house *isn't so much dirty as filthy*.

**13. Advanced Superlatives**

I want to pay *the lowest possible price*.

**14. Word Formation**

decide – *decision* – *decisive*

**15. Paraphrasing**

They are *experiencing difficulties/struggling*.

**16. Non-finite Clauses**

*Moving to the city* is not an easy choice.

**17. Compound Adjectives**

He loves working in a *fast-paced* environment.

**18. Advanced Discourse Markers**

*For one thing*, adults are picky.

**19. Fixed Expressions**

We're *on the verge of* completing the deal.

## C1 LEVEL CHECKLIST

### C1 Checklist - Vocabulary

**'I am able to describe...'**



**1. Self-improvement & Wellness**

Using words like *'detrimental'* or *'hustle culture'*.

**2. Housing**

Using words like *'squatter'* or *'spruce up'*.

**3. Urban & Rural Life**

Using words like *'affluent'* or *'urban sprawl'*.

**4. Humour**

Using words like *'sarcasm'* or *'irony'*.

**5. Personalities**

Using words like *'jovial'* or *'frosty reception'*.

**6. Tourism**

Using words like *'staycation'* or *'itinerary'*.

**7. Remote work & Commuting**

Using words like *'digital nomad'* or *'in the loop'*.

**8. Quitting & Job-hunting**

Using words like *'severance'* or *'wage slave'*.

**9. Freelancing**

Using words like *'fluctuation'* or *'gig economy'*.

**10. Food & Nutrition**

Using words like *'nourish'* or *'deficiency'*.

## EXAMPLE C1 STUDY PLAN

The grammar and vocabulary you need to reach a C1 level in English can seem overwhelming. That's why it's a great idea to follow a curriculum that will guide you through the grammar and vocabulary points you need to learn in a methodical way. We worked with our curriculum designer to create a programme that will help you on your journey to becoming a proficient user of English.

Each week of the 12-week programme is split into two parts. In part A, you have dedicated grammar and vocabulary lessons as well as reading and listening texts. In part B, there are pronunciation and conversation lessons. The conversation lessons are between me and another native English speaker and they help you learn tons of vocabulary, nuances of grammatical structures and different facets of pronunciation in context. And there's one big thing that sets the C1 Programme apart: you follow a story all the way through the course in the reading and listening lessons.

## The Beautiful British English C1 Programme

C1 Week #1 - Moving to Cornwall	
Vocabulary	Lifestyle
Reading	<i>'The Dark Side of Self-employment'</i>
Listening	<i>'A Big Decision'</i>
Grammar	1. Paraphrasing 2. Compound Adjectives
Pronunciation	Vowel & Consonant Sounds
Conversation	<i>'Life Improvement'</i> with Will

<b>C1 Week #2 - House Hunting</b>	
<b>Vocabulary</b>	House & Renting Idioms
<b>Reading</b>	<i>'We're Going on a House Hunt'</i>
<b>Listening</b>	<i>'House of Horrors'</i>
<b>Grammar</b>	1. Superlative Adjectives & Complex Comparatives 2. Passive Forms
<b>Pronunciation</b>	1. Elision & Assimilation 2. Connected Speech & Contractions
<b>Conversation</b>	<i>'Property'</i> with Guy
<b>Writing</b>	Confident Emailing
<b>C1 Week #3 - City vs Country</b>	
<b>Vocabulary</b>	Rural and City Living
<b>Reading</b>	<i>'Rural Flight or Fight?'</i>
<b>Listening</b>	<i>'All it's Cracked Up to Be?'</i>
<b>Grammar</b>	1. Negative Inversions 2. Non-finite Clauses
<b>Pronunciation</b>	Homographs
<b>Conversation</b>	<i>'Rural vs City Living'</i> with Ollie
<b>C1 Week #4 - Healthy Living</b>	
<b>Vocabulary</b>	Nutrition

<b>Reading</b>	'Wellness Schmellness'
<b>Listening</b>	'Junk Science'
<b>Grammar</b>	1. Cleft Sentences 2. Hedging & Boosting
<b>Pronunciation</b>	Homophones
<b>Conversation</b>	'Nutrition' with Ollie
<b>Writing</b>	Summarizing Content
<b>C1 Week #5 - British Sense of Humour</b>	
<b>Vocabulary</b>	Comedy
<b>Reading</b>	'A Grand Misunderstanding'
<b>Listening</b>	'Live from Port Marie'
<b>Grammar</b>	1. Play on Words, Double Entendre, Innuendos 2. Phrasal Verbs with Multiple Meanings
<b>Pronunciation</b>	Sarcasm/Deadpan
<b>Conversation</b>	'Comedy' with Lia Hatzakis
<b>C1 Week #6 - Friends &amp; Fitting In</b>	
<b>Vocabulary</b>	Personalities & Fitting In
<b>Reading</b>	'Why Can't we be Friends?'
<b>Listening</b>	'A Motley Crew'
<b>Grammar</b>	1. Advanced Modals & Substitutes 2. Discourse Markers & Fixed Expressions











<b>Pronunciation</b>	4 & 5 Syllable Words & Word Stress
<b>Conversation</b>	'Personalities & Fitting In' with Joe Franco
<b>Writing</b>	Paraphrasing
<b>C1 Week #7 - Public Speaking &amp; Conflict</b>	
<b>Vocabulary</b>	Presenting Arguments, Debating & Compromising
<b>Reading</b>	'New Developments'
<b>Listening</b>	'A Spirited Debate'
<b>Grammar</b>	1. Subjunctive 2. Future Tenses
<b>Pronunciation</b>	Triphthongs & Consonant Clusters
<b>Conversation</b>	'Handling Conflict in Small Communities' with Erin
<b>C1 Week #8 - Ecotourism</b>	
<b>Vocabulary</b>	Ecotourism
<b>Reading</b>	'French Escape'
<b>Listening</b>	'Getting the Go-ahead'
<b>Grammar</b>	1. Inclusive Language 2. Noun Patterns & Collocations
<b>Pronunciation</b>	UK Accents
<b>Conversation</b>	'Experience in Eco-tourism' with Tom
<b>Writing</b>	Informal Emails



C1 Week #9 - Remote Work	
Vocabulary	Remote Work & Commuting
Reading	'A Stern Warning'
Listening	'Modern Work'
Pronunciation	Pronunciation Tips for Presentations
Conversation	'Work Remotely or Commute' with Pete
C1 Week #10 - Changing Careers	
Vocabulary	Careers
Reading	'It's Over'
Listening	'Are you Anti-work?'
Grammar	1. Polite Language & Softening 2. Word Families
Pronunciation	International English Accents
Conversation	'Interview Techniques' with Alex Lockety
Writing	Letters of Resignation
C1 Week #11 - Job Hunting	
Vocabulary	Looking for Jobs
Reading	'Scouting for Jobs'
Listening	'Getting Hired?'

<b>Grammar</b>	1. Common Mistakes that Native Speakers Make 2. Nominalisation
<b>Pronunciation</b>	Sentence Stress
<b>Conversation</b>	'Office Culture & Remote Working' with John
<b>C1 Week #12 - Freelancing</b>	
<b>Vocabulary</b>	Freelancing & Working for Yourself
<b>Reading</b>	'The Next Chapter'
<b>Listening</b>	'Being your Own Boss'
<b>Grammar</b>	1. Phrases with 'it' 2. Conjunctions
<b>Pronunciation</b>	IPA Review & Connected Speech
<b>Conversation</b>	'Setting up as a Freelancer' with Joey
<b>Writing</b>	Creative Writing

## SUMMARY

-  24 Grammar Lessons
-  6 Writing Lessons
-  12 Vocabulary Lessons
-  12 Reading Lessons
-  12 Pronunciation Lessons
-  12 Listening Lessons
-  12 Conversation Lessons
-  Downloadable Lesson PDFs and Mind Maps
-  16-week access to Private Course Community
-  Lifetime access to course content

## YOUR ENGLISH JOURNEY AWAITS...

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Thank you so much for sticking with me to the end of this ebook - I know it was a lot of information, but I truly hope you found it useful. I am sure you are now extremely eager to start improving your English skills as you work toward your next level of fluency.

### *The next step is simple!*

Before you downloaded this ebook, you chose your estimated level of English. Over the next few days, I'll be sending you valuable information tailored to your specific level, whether it's **B1**, **B2** or **C1**. This will include guidance and support to help you reach your English goals and speak with confidence.

The emails you receive will provide insights and strategies to help you make the most of your learning experience and guide you towards making the right investment in your language skills.

**As a thank you for your dedication, I will be offering you an exclusive opportunity to enrol in your selected programme at a special rate.**

In the meantime, feel free to review the information in this ebook to reinforce your understanding of your current English level and the areas you need to focus on.

As always, if you have any questions, my team and I are always standing by to help!

Just email us at [help@englishwithlucy.com](mailto:help@englishwithlucy.com) and we will be happy to answer them.

**We look forward to helping you reach your English language goals!**

## WHICH COURSE IS RIGHT FOR YOU?



### The Beautiful British English B1 Programme

- 12 Lesson Modules
- 31 Grammar Lessons
- 19 Vocabulary Lessons
- 7 Pronunciation Lessons
- 12 Reading Lessons
- 12 Listening Lessons
- Downloadable Lesson PDFs and Mind Maps
- 16-week access to Private Course Community
- Lifetime Access to Course Content

- 12 Lesson Modules
- 24 Grammar Lessons
- 12 Vocabulary Lessons
- 15 Pronunciation Lessons
- 12 Conversation Lessons
- 6 Reading Lessons
- 6 Listening Lessons
- Downloadable Lesson PDFs and Mind Maps
- 16-week access to Private Course Community
- Lifetime Access to Course Content



### The Beautiful British English B2 Programme

- 12 Lesson Modules
- 24 Grammar Lessons
- 12 Vocabulary Lessons
- 12 Pronunciation Lessons
- 12 Conversation Lessons
- 6 Writing Lessons
- 12 Reading Lessons
- 12 Listening Lessons
- Downloadable Lesson PDFs and Mind Maps
- 16-week access to Private Course Community
- Lifetime Access to Course Content



### The Beautiful British English C1 Programme