

# BEYOND fluent

Enhance Vocabulary and Fluency  
in English at C1 Proficiency

Student's book

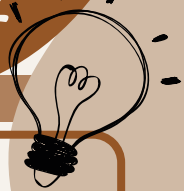


C1

speaking corner  
by Weronika Ostachowska

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1. What comes to your mind when you think of this topic?

✓ _____	✓ _____	✓ _____
✓ _____	✓ _____	✓ _____
✓ _____	✓ _____	✓ _____

A

1. alive and kicking \_\_\_\_\_
2. to be in the pink \_\_\_\_\_
3. a clean bill of health \_\_\_\_\_
4. to have a new lease on life \_\_\_\_\_
5. to keep one's head in the game \_\_\_\_\_
6. to be in tune with oneself \_\_\_\_\_
7. to smell the roses \_\_\_\_\_

B

1. as fit as a butcher's dog
2. to catch a few Zs
3. to put your best foot forward
4. to burn the candle at both ends
5. nature buff
6. to make the best of today
7. to wind down

## VOCABULARY *time*

2. Match the expressions from box A with their definitions.

- A. To be fully engaged and focused on a task or situation.
- B. To be in good health and physically fit.
- C. To have a fresh start or a renewed sense of purpose in life.
- D. To appreciate and enjoy the present moment or one's surroundings.
- E. To have a positive and healthy state of mind and emotions.
- F. To be alive and active, typically used to indicate good health or energy.
- G. To receive a clean bill of health from a medical professional, indicating no signs of illness or medical concerns.

3. Complete the sentences with the expressions from box B.

1. After a long day at work, I like to \_\_\_\_\_ and relax by reading a book or taking a warm bath.
2. Sarah is known for \_\_\_\_\_, always showing her best effort and presenting herself in a positive light.
3. John is such a \_\_\_\_\_. He loves spending time in nature, hiking, and exploring wildlife.
4. I've been working long hours recently, \_\_\_\_\_, trying to accomplish everything on my to-do list.
5. Last night, I couldn't fall asleep easily, so I decided to \_\_\_\_\_ and take a short nap to recharge.
6. Even though it's raining outside, I'm determined to \_\_\_\_\_ and enjoy the day to its fullest.
7. My nephew is always full of energy, running around and playing. He's \_\_\_\_\_.

# SPEAKING *time*

4. Compare the pictures and discuss the headlines with a partner.



"The Power of Aging: How Experience and Wisdom Shape Our Lives"

"Reimagining Retirement: Redefining the Meaning and Potential of Life's Later Chapters"

"Living Vibrantly at Any Age: Inspiring Stories of Seniors Who Defy Age Stereotypes"

"The Beauty of Aging: Embracing the Changes and Discovering New Perspectives"

## EXTRA *task*

Choose 1 headline  
and write  
an opinion essay.

5. How do you understand the following quotes? Express your opinion.

1. "We don't grow older, we grow riper." - Pablo Picasso
2. "Growing old is mandatory, but growing up is optional." - Walt Disney
3. "It's never too late to be what you might have been." - George Eliot
4. "As we grow older, we don't lose ourselves; we become more of who we are." - Oprah Winfrey
5. "Age is not a limit, it's a stepping stone to new possibilities and adventures." - Unknown

6. Do you agree or disagree? Tick the sentences you agree with. Give arguments!

1. Getting older means losing one's vitality and energy.
2. Older individuals should be respected and honored for their life experiences.
3. The perception of aging varies across different cultures and societies.
4. Age is a barrier to pursuing new dreams and goals.
5. Aging gracefully involves taking care of one's physical, mental, and emotional well-being.
6. With age comes wisdom and a deeper understanding of life.
7. Growing old is a natural and inevitable part of the human experience.

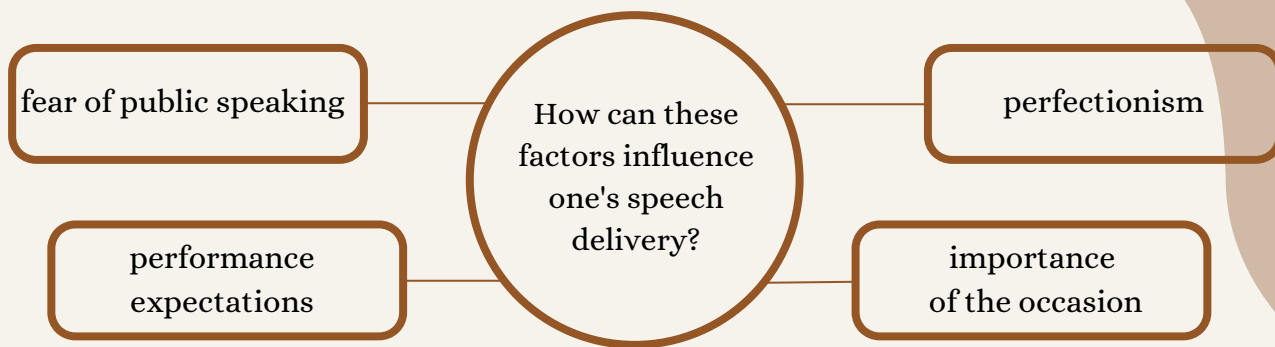
## USEFUL *expressions*

- In my humble \_\_\_\_\_,
- \_\_\_ the best of my knowledge,
- After giving this m\_\_\_\_\_ some thought,
- I hold the v\_\_\_\_\_ that
- It g\_\_\_\_\_ without saying that
- W\_\_\_\_\_ a doubt,
- I'm \_\_\_ the opinion that



7. EXAM TASK: Discuss in pairs.

You and your partner are discussing the topic of giving speeches in public. Here are some aspects that make it stressful for some people. Talk to each other about the influence of each aspect on giving a speech.



Now, decide which two factors have the biggest influence on the level of stress.

8. Write down 9 questions connected with the pictures. Use the given vocabulary. Answer your partner's questions.



1

- + beat about the bush
- + keep someone posted
- + the bottom line



2

- + talk in riddles
- + bite one's tongue
- + be in the loop



3

- + bring someone up to speed
- + be all ears
- + get one's wires crossed

1	1	1
2	2	2
3	3	3

9. Ask questions and find the right person.

Find somebody who...

1. has recently had a difficult conversation to clear the air with someone.

2. often bites their tongue instead of speaking up when they disagree.

3. has a tendency to beat a dead horse by repeatedly bringing up the same issue.

**NAMES:**

1.
2.
3.

10. Read the passage and discuss the questions.

## "The Essence of Happiness: A Journey Within"

Happiness is a state of contentment and joy that radiates from within. It is not solely dependent on external circumstances, but rather a product of our mindset and attitude. When we embrace gratitude, practice kindness, and cultivate meaningful connections, happiness flourishes. It is the little moments of laughter, the warmth of a hug, and the pursuit of our passions that bring us immense joy. Remember, happiness is not a destination; it's a journey, a way of living that embraces the beauty of life and fills our hearts with an everlasting sense of fulfillment.



1. How can gratitude and kindness contribute to the experience of happiness?
2. What are some examples of meaningful connections that can enhance happiness?
3. In what ways can the pursuit of passions and embracing the beauty of life contribute to a lasting sense of fulfillment and happiness?

11. Match the underlined words in the text with the synonyms.

1. thrive, prosper, bloom, blossom: \_\_\_\_\_
2. exclusively, only, purely, entirely: \_\_\_\_\_
3. outward, outside, extrinsic, exterior: \_\_\_\_\_
4. eternal, perpetual, timeless, enduring: \_\_\_\_\_
5. achievement, accomplishment: \_\_\_\_\_
6. satisfaction, fulfillment, serenity: \_\_\_\_\_
7. emit, emanate, project, transmit: \_\_\_\_\_
8. huge, massive, tremendous: \_\_\_\_\_

## EXTRA task

Ask your partner 4 questions with the words from the box!

12. Choose and explain.

## Would you rather....?

have a few close and meaningful friendships or a large social circle with acquaintances?

have a fulfilling career that pays well but requires long hours and high stress, or a job that you're passionate about but pays less and offers a better work-life balance?

live a long life filled with average everyday happiness or experience intense moments of euphoria and joy, even if they are fleeting?

1. to let bygones be bygones \_\_\_\_\_
2. to be on the wrong side of history \_\_\_\_\_
3. sth has seen better days \_\_\_\_\_
4. that ship has sailed \_\_\_\_\_
5. long time no see \_\_\_\_\_
6. from time immemorial \_\_\_\_\_
7. a past master \_\_\_\_\_
8. a thing of the past \_\_\_\_\_
9. history in the making \_\_\_\_\_
10. the rest is history \_\_\_\_\_
11. donkey's years \_\_\_\_\_
12. to take a trip down memory lane \_\_\_\_\_
13. a blast from the past \_\_\_\_\_
14. water under the bridge \_\_\_\_\_

## EXTRA

1. relieve \_\_\_\_\_
2. precious \_\_\_\_\_
3. weave \_\_\_\_\_
4. tapestry of \_\_\_\_\_
5. sorrow \_\_\_\_\_
6. linger \_\_\_\_\_
7. gentle \_\_\_\_\_
8. cherished \_\_\_\_\_

## *New expressions*

## *My notes*