

Night

Grammar Concessive clauses and adverbials. Regrets and past conditionals

Vocabulary Times of day and night. Expressions with *night*

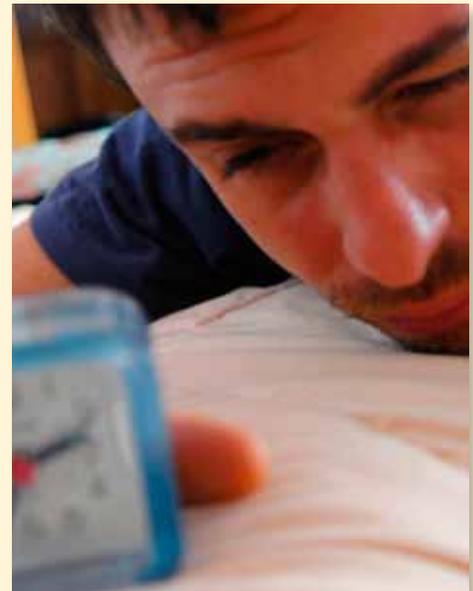
Useful phrases Making and responding to invitations

Reading & Speaking

1 Do the quiz and check your answers on page 132.

Are you a lark or an owl?

- 1 The alarm clock **goes off** and it's time to get up. What do you do?
 - a) Leap out of bed, ready to start the day.
 - b) Press the snooze button and **doze** for just a few more minutes.
 - c) Put a pillow over your head and go back to sleep.
- 2 You have a day off tomorrow and no commitments. What time do you plan to get up?
 - a) As early as possible, and definitely before 7.00.
 - b) Probably sometime between 7.00 and 9.00.
 - c) Why get up? You will **sleep in** as long as possible.
- 3 You have to take an important exam. When are your mental powers at their peak?
 - a) First thing in the morning.
 - b) Anytime between mid-morning and mid-afternoon.
 - c) Last thing at night.
- 4 A friend has invited you for a work-out in the gym between 9.00 and 10.00 p.m. How will you perform?
 - a) Very poorly. You will struggle to keep your eyes open.
 - b) Reasonably, as long as you can go home and **wind down** straight afterwards.
 - c) Very well. And then you'll invite your friend to go out on the town – the night is still young!
- 5 When is your normal bedtime?
 - a) You're usually **tucked up** and fast asleep by 10.00 at the latest.
 - b) You generally **call it a night** around 11.00.
 - c) You're still up and wide awake well after midnight.
- 6 You've been invited to an all-night party. How do you respond?
 - a) Sounds like your idea of hell. You'd much rather **have an early night** and get some beauty sleep.
 - b) You go along and stay until about one or two in the morning.
 - c) You arrive at midnight and are still going strong as the sun comes up.



- 2 Work with a partner. Discuss the meaning of the highlighted words and phrases. Check in a dictionary if necessary.
- 3 Compare your answers to the quiz in Exercise 1 in small groups. How does your energy pattern compare and fit in with those of your friends or family members?

Vocabulary & Speaking



1 Work with a partner. Put these times of day in chronological order.

at dawn at dusk mid-afternoon mid-morning at midday
at midnight at sunrise at sunset

2 When are these times? Discuss with your partner. Which phrases are literary in style?

at noon at twilight at daybreak at nightfall in the middle of the night
at the crack of dawn in the wee small hours first thing in the morning
last thing at night

3 Work with your partner. Tell each other about the following:

- your favourite time of day
- when you usually feel most and least alert
- what you generally do first thing in the morning and last thing at night
- the last time you got up at the crack of dawn
- being woken up in the wee small hours / in the middle of the night

Listening

1 Work in small groups. Discuss what the words and phrases in the box mean.

body clock circadian rhythms jet lag nocturnal and diurnal creatures

3.01 Listen to a radio show in which these words are discussed, and check if you are right.

2 Read the sentences and decide if they are true or false, according to the radio programme in Exercise 1.

- The normal circadian rhythm is twenty-four hours in length.
- Nocturnal animals do not live according to circadian rhythms.
- A body clock is responsive to changes in the environment.
- A body clock changes our feelings of tiredness and wakefulness.
- People are born with individual differences in their circadian rhythms.
- Young children need more sleep than adolescents.
- Older adults tend to get up later than younger adults.
- Jet lag is caused by lack of sleep.

Listen again and check your answers. Is there anything that surprises you about what the scientist said?



Reading

1 Read the profiles from a sleep website. Are you like any of these people?

How well do you sleep?

A As a journalist I tend to work long hours and so I rarely get more than five or six hours sleep a night. I'm often up at the crack of dawn to chase breaking news, and then working late into the night keeping the blog up to date. I'm an energetic sort of person most of the time and late nights don't normally bother me.



▲ Pete

That said, I find the only way I can function properly is by taking regular power naps throughout the day. I usually drop off straight away – even so, I can generally only get away with fifteen or twenty minutes at a time before the phone rings and I have to go off on some assignment. Napping just takes the edge off the tiredness and means I'm less groggy and more alert, which is absolutely essential in my line of work.

B I have real problems getting to sleep at night. I do all the things you're supposed to do – wind down slowly, only go to bed when you're tired, etc., etc. But try as I might to get off to sleep, I'll invariably be tossing and turning for ages, then getting up to busy myself with various chores to try and tire myself out.



▲ Penny

And then, when I do eventually drop off, I tend to wake up at the slightest sound and lie awake for hours worrying. I've tried all sorts of remedies – prescription drugs and over-the-counter medication – but even though the sleeping pills have some effect, I'm wary of becoming too reliant on them as I don't know what the long-term effects are. Lack of sleep is also making me incredibly run down. I'm really at my wits' end – I just can't remember when I last got a decent night's sleep.

▶ Sleep-related problems

▶ Insomnia

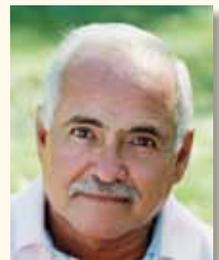
▶ Apnea

C I'm the annoying sort of person who sleeps like a log. I'm normally so exhausted by the end of the day that I never have any problems dropping off – in fact, I generally go out like a light as soon as my head hits the pillow. I'll sleep anywhere – in a hotel, on a plane, on a friend's mattress, on a sofa, even – and I can sleep through a thunderstorm, a wild party in the next door house, anything. All the same, I need a good eight hours' sleep to recharge my batteries otherwise I tend to spend the next day yawning and I have even been known to snap at people. Normally I wake up feeling refreshed and revitalised.



▲ Amy

D Apparently I snore heavily (I've never actually heard myself so I wouldn't know). It drives my wife mad, particularly as she's a light sleeper herself. It causes quite a bit of friction because when I snore my wife prods or kicks me to wake me up and then I can't get off to sleep again. Or she'll move into the spare room and then she'll complain the next day that she didn't get a wink of sleep. I've tried sleeping on my side and using a raised pillow but in spite of my efforts, none of it has done any good. My wife keeps going on at me to lose weight – I'm not convinced it will make any difference, though. Much as I'd like to stop snoring, I tend to think if you're a snorer, that's just the way you are and you're never going to change.



▲ Joe

Glossary

- a) _____ verb [I]: relax to conserve energy
- b) _____ verb phrase [I]: had a sleepless night
- c) _____ noun [C]: siestas
- d) _____ adj: wide awake
- e) _____ verb [I]: sleeps soundly
- f) _____ noun [C]: person who wakes up regularly
- g) _____ verb [I]: go to sleep
- h) _____ verb [I]: fall asleep immediately
- i) _____ adj: drowsy
- j) _____ verb [I]: relax

2 Read the profiles again. Which person or people (Pete, Penny, Amy or Joe) ...

- a) can only sleep for short stretches?
- b) mentions health problems as a result of sleep deprivation?
- c) can get short-tempered if they don't get enough sleep?
- d) experiences relationship difficulties because of their sleep habits?
- e) needs to sleep to cope with work commitments?
- f) have/has experimented with different ways of solving their sleep problems?
- g) wants to change their sleeping habits?
- h) normally have/has no problems sleeping?

3 Complete the glossary with the highlighted words and phrases from the profiles.

4 Work with a partner. What advice would you give these sleepers? Compare in small groups.

Grammar

Concessive clauses and adverbials

Even though / Although I tried hard, I couldn't get to sleep.

Despite / In spite of my efforts, / **Much as I'd like to**, I couldn't get to sleep.

I tried hard. **Even so / Yet / However / That said**, I couldn't get to sleep.

I tried hard. I couldn't get to sleep, **though**. / **All the same**, I couldn't get to sleep.

Try as I might, I couldn't get to sleep.

Strange as it may seem, I couldn't get to sleep.

1 Read the sentences (a–d). Are they the same or different in meaning?

- I slept for ten hours, **yet** I still felt tired the next day.
- Although** I slept for ten hours, I still felt tired the next day.
- I slept for ten hours. **However**, I still felt tired the next day.
- Despite** sleeping for ten hours, I still felt tired the next day.

2 Underline eight concessive clauses or adverbials in the profiles on page 90 that express a similar contrast. Which two are more formal in register?

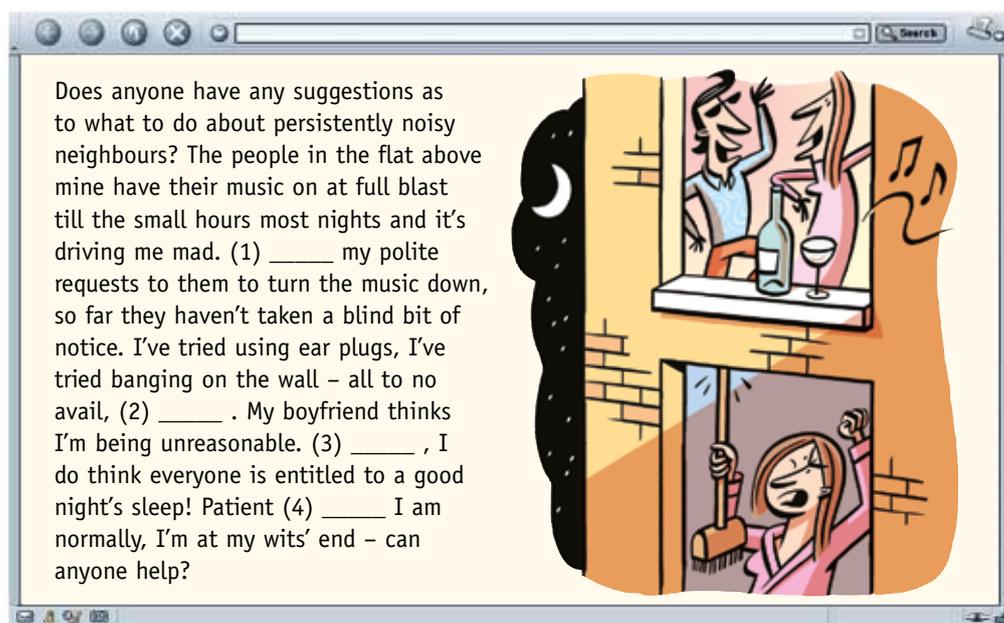
3 Rewrite the sentences using the words in brackets.

- Despite going to bed early, I was still groggy the next day. (Even though)
- I don't usually oversleep. All the same, I prefer to set the alarm clock. (though)
- The bed was very uncomfortable. Nevertheless, I slept like a log. (In spite of)
- I'd like to get by on six hours a night but I can't manage on less than seven. (Much as)
- Although I'm normally an early riser, I like to have a lie-in on Sundays. (That said)

4 Reorder the underlined words to make concessive clauses.

- was / as / exhausted / I, I couldn't get off to sleep.
- may / strange / seem / it / as, I can't get by on less than ten hours sleep a night.
- it / be / as / may / hard, we need to get up at the crack of dawn tomorrow.
- might / try / I / as, I couldn't wake him up.

5 Read the posting to a website. What is the person's problem?



Does anyone have any suggestions as to what to do about persistently noisy neighbours? The people in the flat above mine have their music on at full blast till the small hours most nights and it's driving me mad. (1) _____ my polite requests to them to turn the music down, so far they haven't taken a blind bit of notice. I've tried using ear plugs, I've tried banging on the wall – all to no avail, (2) _____. My boyfriend thinks I'm being unreasonable. (3) _____, I do think everyone is entitled to a good night's sleep! Patient (4) _____ I am normally, I'm at my wits' end – can anyone help?

Complete the posting with appropriate words or phrases.

Have you ever been in a similar situation? If so, what did you do? What advice would you give to the writer?

6 Work with a partner. Write a similar posting for one of these problems. Use at least three different concessive clauses.

- I keep oversleeping in the morning.
- I'm always drowsy in the afternoon.
- I always wake up at five in the morning and can't get back to sleep.

Show your posting to another pair. What advice do they have?

7 Grammar Extra 9, Part 1 page 142. Read the explanations and do Exercise 1.



▲ James



▲ Rosie



▲ Phillip

Listening & Pronunciation

1 3.02–3.04 Listen to three friends, James, Rosie and Phillip, describing experiences of staying up all night. For each person, make notes on the following questions.

- Where did the experience take place?
- What did the person do during the night?
- Did they enjoy the experience? Why? / Why not?

Which of the nights would you *most* and *least* like to have shared? Why? Discuss with a partner.

2 3.05 Listen to some extracts from the experiences in Exercise 1 and complete the sentences with adverbs. Sometimes there is more than one adverb in a sentence.

- I had this one unforgettable night up in the mountains – in Nepal it was ____ .
- The hours just passed, you know, just conversing about the sky ____ .
- It's ____ manic. The whole experience is crazy.
- So there's ____ no point in going to bed because everyone's up anyway.
- It was ____ worth it.
- ____ there were about, I think about twenty people in front of us.
- We were going to go and see this show – ____ our hero.
- We slept out the whole night and spent the whole night there and didn't even get to see the show, ____ .
- We were ____ upset.

3 Which adverbs in the sentences (a–i) in Exercise 2 ...

- add emphasis?
- express regret?
- suggest that something is obvious?
- express surprise?
- emphasise the main point, not specific details?
- stress exact details ?
- add an afterthought?

4 How many syllables are there in each of the adverbs in the box? Practise saying each of the words.

<p>actually basically especially eventually generally ironically literally particularly practically usually</p>

3.06 Listen and check.

5 Write true sentences about your experience of parties, concerts or festivals using some of the adverbs in Exercise 4. Practise reading them aloud to your partner.

Speaking: anecdote

You are going to tell your partner about a time you stayed up late or all night, for example: working a night shift, travelling overnight, attending a party or festival, writing an essay or revising for an exam.

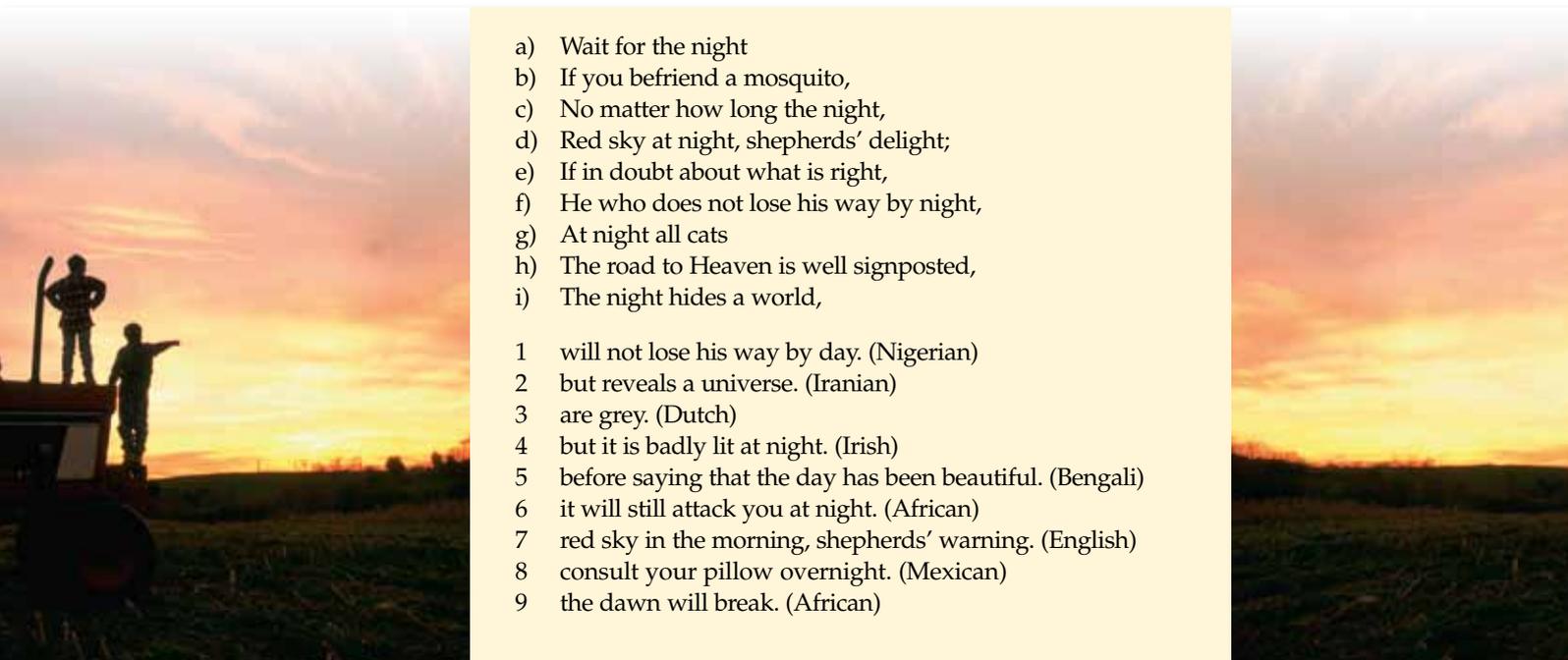
- Ask yourself the questions below.
- Think about *what* to say and *how* to say it.
- Tell your partner about the night.

- Where and when did the experience take place?
- Why did you stay up all night?
- Who were you with?
- What happened during the night?
- What did you see, hear or do?
- What feelings did you experience?
- How did you feel at the end of the night?
- Was it a worthwhile experience?



Speaking

1 Match the two halves of the proverbs about night.

- 
- Wait for the night
 - If you befriend a mosquito,
 - No matter how long the night,
 - Red sky at night, shepherds' delight;
 - If in doubt about what is right,
 - He who does not lose his way by night,
 - At night all cats
 - The road to Heaven is well signposted,
 - The night hides a world,
- will not lose his way by day. (Nigerian)
 - but reveals a universe. (Iranian)
 - are grey. (Dutch)
 - but it is badly lit at night. (Irish)
 - before saying that the day has been beautiful. (Bengali)
 - it will still attack you at night. (African)
 - red sky in the morning, shepherds' warning. (English)
 - consult your pillow overnight. (Mexican)
 - the dawn will break. (African)

2 Work with a partner. Discuss these questions about the proverbs in Exercise 1.

- Are there any proverbs you don't understand?
- Which do you like best, and why?
- Do you have similar sayings in your own country?

3 Work with your partner. Complete the sentences to create proverbs of your own.

- No matter how long the journey, ...
- However good the teacher, ...
- Wherever you live, ...
- Even if ...

Compare with another pair. Which proverbs do you like best?

Vocabulary

1 Work with your partner. Complete the sentences with words from the box.

nightcap hen long overnight stag town

- I'm absolutely exhausted. I worked *all night* ____ yesterday.
- 'Would you like a ____ before you go home?' 'I'd better not, I'm driving.'
- We had a *night on the* ____ last night. We went clubbing and didn't get back till the small hours.
- I'm going to get the ____ *sleeper* to Venice so I'll arrive first thing in the morning.
- Magda and Peter are getting married next week. Magda's having her ____ *night* at Luigi's Night Club and Peter is going with some friends to Dublin at the weekend for his ____ *night*.

Discuss the meaning of the words and expressions in italics with your partner.

2 Work with your partner. Choose one of these questions to discuss.

- Imagine you've just passed your final exams. Where would you go to have a night on the town? Who would you invite? What would you do?
- Imagine your best friend is getting married and has asked you to organise his/her stag/hen night. What would you do?

Northern Lights

The aurora borealis is a fickle phenomenon. A week can pass without a flicker ... then bang! The Northern Lights come on like a celestial lava lamp. In the far north of Sweden, Nigel Tisdall is rewarded for his patience.

1) ____ In days of yore, when the fur-wrapped peoples of the Arctic looked up at the celestial disco we now know as the aurora borealis, they would see warriors with burning swords, shimmering shoals of fish and the spirits of the dead playing football with a walrus skull. Our modern eyes can't help but see more contemporary likenesses, yet this sense of wonder binds us through time like a heartbeat. The fleeting light show is so magnificent that my mind goes into overdrive as I try to burn the fast-changing shapes into my memory bank for ever. At the same time, a baser feeling is rising. Yes! I've done one of those thousand things we're all supposed to do before we die, as if life were just a shopping list of sensational experiences to be ticked off.

2) ____ Yet true travellers would have it no other way. Like going on safari, whale watching or fly-fishing, seeing the aurora is a beguiling marriage of sheer luck and the effort you make to be in the best place at the optimum time. The annoying thing is that the aurora is above us all the time, day in, day out – and in duplicate. Imagine a beautifully-coloured halo, ebbing and flowing in a circle above Alaska, northern Canada, Iceland, Arctic Scandinavia and the north coast of Siberia – with a mirror image, the aurora australis, looping over Antarctica.

3) ____ This means travellers have to be especially smart in their search for the clear, dark skies that are ideal conditions for a sensational sighting. Travelling close to the Arctic Circle in the winter months holds the key, preferably on dates when there isn't a full moon (a rival light source) and to locations beneath the auroral oval that are not only far from light pollution but also blessed with

good weather. You can try to narrow the odds by looking for a 'sweet spot', which is why I am tramping the pristine snows of Abisko, 60 miles west of Kiruna in the far north of Sweden. Abisko is brazenly claimed to be 'the best place in the world' to see the aurora borealis. All this is rather galling as I sit in the Abisko Turiststation, nursing a frighteningly-priced beer and thinking, 'Okay, night sky ... bring it on.' Unfortunately there is a mighty blizzard outside. Yes, I do appreciate that this is the Arctic in winter – and, being British, I know all about meteorological disappointment. We have all lit the barbecue just seconds before the first raindrops fall ...

4) ____ Our arrival is timed for 10.30p.m.: 'magnetic midnight', when the local auroral activity should be at its most intense. Except it isn't. Everyone lolls around in the café as if some divine flight has been delayed – but as the small print says, sightings are not guaranteed. Our guide has a rule of thumb that if you stay at Abisko for three nights, you are certain to see the aurora (though he is offering no refunds) – but of course, silly time-poor me is trying to do it in two.

5) ____ It is far better to head north for an Arctic holiday packed full of adventures; then, should the Northern light bulbs also flash, well, that's a bonus. And so it is that, just when I am not desperately seeking them, the Northern Lights come to me. My sighting happens while we are out on a night snowmobile safari, and everyone skidoos to a halt as the heavens erupt in what looks like the prelude to a visitation by UFOs. Marching armies in shining armour, apocalyptic bonfires, bolts of silk in rainbow hues ... It is a brief encounter none of us will forget, sparking feelings of humility and euphoria. Yes, I know it is -5°C and we have to spend the night kipping on a block of ice but really, I don't care, because – hallelujah! – I have seen the Northern Lights. That leaves only another 999 things to do.

Glossary

- a) ____ verb [I]: changing often and unexpectedly
- b) ____ adj: gently shining and shaking
- c) ____ adj: very brief
- d) ____ adj: heavenly
- e) ____ adj: annoying and unfair
- f) ____ adj: wild and terrible, like the end of the world
- g) ____ noun [C]: a simple, practical rule
- h) ____ adj: perfectly clean
- i) ____ adj: attractive and interesting



Reading

- 1 Read the traveller's account of a trip to Sweden to see the Northern Lights on page 94. Was the trip worthwhile? Why? / Why not?
- 2 Match the first lines (a–e) to the paragraphs (1–5) in the account.
 - a) The strength of auroral activity runs in 11-year cycles, and it is just our luck that we are currently in a trough.
 - b) It is, of course, courting disaster to set so much store by a natural phenomenon that is notoriously elusive.
 - c) There is a lesson here for all aurora chasers, and that is not to get fixated with this single goal.
 - d) Heavens above! The night sky is singing with colour.
 - e) The next night I take the chairlift up to the Aurora Sky Station.
- 3 Find evidence from the account to support these statements about the Northern Lights.
 - a) People's interpretation of them has changed over the years.
 - b) There are two kinds of aurora in the world.
 - c) It is not easy to see the Northern Lights.
 - d) Precise conditions are needed to be able to see them.
 - e) The experience of seeing them is awe-inspiring.
- 4 Complete the glossary with words and phrases from the account.
- 5 Would you like to go on a holiday like this? Why? / Why not? What three experiences would you like to have before you die?

Listening & Grammar

Regrets and past conditionals

I wish I'd / If only I could have gone for longer.

I'd have liked to go for longer.

I regret (not) going in the low season.

If I had stayed for longer, I'd / could / might have seen the sunrise.

If it hadn't been for the rain, I'd have seen the sunrise.



▲ Kieran



- 1 3.07 Listen to Kieran talking about a trip to Machu Picchu. What was disappointing and rewarding about the experience?
- 2 3.08 Listen again to extracts from the recording. Complete Kieran's sentences.
 - a) I _____ there in the low season ...
 - b) I think if _____ those altitude pills, I _____ okay.
 - c) It's a pity _____ for longer.
- 3 Read the sentences about Kieran's regrets and underline the correct alternatives.
 - a) I wish I'd gone / went / could have gone in the low season.
 - b) I regret taking / having taken / not taking / not having taken altitude pills.
 - c) If you came / 'd come / would have come with me, it 'd been / 'd have been / might have been more fun.
 - d) If I'd been / Had I been / If I was feeling well, I 'd / could / should have got up to see the sunrise.
 - e) But for / Except for / If it hadn't been for the rain I 'd have had / 'd / 'd have some photos now.
- 4 Rewrite the sentences, using the words in brackets.
 - a) I'm sorry I didn't go in the low season. (I wish)
 - b) What a pity I wasn't able to go with you. (I regret)
 - c) I didn't see the sunrise, which was a shame. (I would have liked)
 - d) It was packed with tourists, so I didn't get a feel for the atmosphere. (If)
 - e) If only I had taken some good photos! (It's a pity)
 - f) My altitude sickness meant I couldn't get up to see the sunrise. (But for)
 - g) It was a great experience, though – that's why I want to go again. (If)
- 5 Tell your partner about a holiday you have been on. Use the language in Exercises 3 and 4 to express things you regret, or things you were glad about.
- 6 Grammar Extra 9, Part 2 page 142. Read the explanations and do the Exercise 2.



Useful phrases

1 Read the exchanges (1–4). What is the problem with B's responses?

- 1 A: What are you up to tomorrow night?
B: Nothing.
- 2 A: Are you doing anything tonight?
B: No.
- 3 A: Do you fancy coming to a jazz concert tonight?
B: I don't like jazz.
- 4 A: I was wondering if you'd like to come round for a bite to eat this evening?
B: Yes.

2 How could you improve the exchanges in Exercise 1 using the useful phrases (a–f)?

- a) To be honest, I'm not very keen on ...
- b) No, what did you have in mind?
- c) That sounds great!
- d) I'd love to!
- e) Nothing special – why do you ask?
- f) That's really kind of you, but ...

3 3.09 Listen to the exchanges and compare your answers with the recording. Then practise the exchanges with a partner.

4 Look at the responses to the invitation. Which one is more formal than the others?

I'm having some friends over for a barbecue on Sunday afternoon. You're very welcome to join us.

- a) Thanks very much for asking, but I'm afraid I can't make Sunday afternoon.
- b) I'd really like to, but I've got something on then. I'm going to my parents'.
- c) I really appreciate the invitation, but unfortunately I have a prior engagement.
- d) I'm tied up on Sunday, I'm afraid. Thanks anyway.

5 Complete the conversations (1–3) with useful phrases.

- 1 A: Hi, what _____ tonight?
B: Actually, I'm up to _____ with work tonight.
A: Oh, that's _____. I just thought we might go out for a drink to celebrate the end of term.
B: That _____ brilliant, but I'm afraid I've got to hand in a report first thing tomorrow morning. Thanks _____.
A: Never mind. Some _____ perhaps.
- 2 A: How about _____ sometime over the weekend to discuss the holiday?
B: _____ good. My place or yours?
A: You could come round here if you like. Would eleven on Sunday be _____ ?
B: _____, could we make it a bit later? Say, twelve-ish?
A: That'd be _____. See you around twelve on Sunday then.
B: Cool. See you _____.
- 3 A: We're having a party on Friday night, from about eight onwards. Do you _____ ?
B: That'd be fab. Thanks! _____ bring anything?
A: No, that's fine. Just yourself! And _____ a friend if you like.
B: Great, see you on Friday then.
A: Yeah, look _____ it.

3.10 Listen and compare your answers with the recordings. Then practise reading the conversations with your partner.

6 Work with your partner. Invite each other to do something tomorrow, on Friday evening and at the weekend. Accept or give an excuse if you turn down the invitation. If you accept, make clear arrangements to meet.



Vocabulary Extra

Phrasal verbs

1 Underline the verb and circle the particle in the phrasal verbs in the sentences (a–e). What is the general meaning of *up* and *off* in the phrasal verbs?

- You're still up and wide awake well after midnight.
- What time do you plan to get up?
- Can you remember a time when you stayed up all night?
- I am up and down all night until I eventually feel tired enough to drop off.
- I generally start nodding off at about nine o'clock.

2 Work with a partner. Match the meaning of the phrasal verbs with *up* (a–e) in Exercise 1 to the dictionary extracts (1–5).

- Do you always remember to **do up** your seatbelt before you travel by car?
- Do you **tear up** letters when you've finished reading them?
- Do you usually **tidy up** your bedroom before you leave the house?
- When did you last **go up** to someone in the street to ask a question?
- Do people ever ask you to **speak up** because they can't hear you?

Ask your partner the questions.

3 Find three more phrasal verbs in the dictionary extracts on the right and write sentences that are true for you. Compare your ideas with your partner.

4 Choose the correct particle from the box for each pair of sentences.

down in off on out

- If I run _____ of money, I usually ask a friend to lend me some.
 - A lot of species of plants and animals are dying _____ in my country because of pollution.
- I tend to keep _____ working even if I feel tired.
 - I'd like to stay _____ at school next year to study more English.
- Reading a bad review tends to put me _____ films.
 - I used to like chocolate but now I've gone _____ it.
- I generally note _____ English words when I come across them.
 - If I don't write things _____ on a list I tend to forget to do them.
- I like to lie _____ on Sunday mornings.
 - Sometimes I sleep _____ till midday if I've had a late night the day before.

Are any of the sentences true for you? Discuss with your partner.

5 Work with your partner. Complete the sentences with the prepositions in the box.

up (x 2) down on out

- Can you cut _____ the cake so that there's a piece for everyone?
- I'm afraid all the tickets for tonight's concert have sold _____.
- Can you put my name _____ for the trip to the museum on Sunday?
- At the end of the boat trip, we tied _____ the boat and got out.
- If you want to know what happens in the rest of the story, you'll have to read _____ to the end of the book.

6 Check your own dictionary. Look up meanings of one of the particles *in*, *on*, *off*, *out* or *down*. Choose three uses with different verbs to learn.

up¹ /ʌp/ adj, adv, preposition ★★★
1 moving near to sb/sth moving near to someone or something and then stopping: *One of the salespeople came up and asked if she could help.* • **+to** Two women ran up to us, shouting in Spanish. • **Just go up to him and say hello.**

2 increased in amount/level **6a.** at or towards an increased number, level, or amount: *Total new car sales were up £3 million over last year.* • **go up** Fuel prices went up by 3 per cent. • **be up on sth** Profits for August were slightly up on July's figure. **6b.** becoming louder, stronger, or more active: *Billy, will you turn the volume on the TV up – I can't hear anything.* • *Competition between the production groups is hotting up rapidly.*

3 in or into smaller parts divided or broken into small pieces or equal parts: *The prize money will be divided up among the team members.* • *Divorce settlements often involve property that can't be split up easily.*

4 completely completely done or used so that there is nothing left: *Eat up all your dinner.* • *I think it was selfish of me, using up all her free time like that.* • *The stream dries up in summer.*

5 fastened fastened or closed completely: *She kept Albert's letters in a bundle tied up with ribbon.* • *Did you lock the house up before you left?*