



APEX ENGLISH

Your voice. Global.

B1 · GENERAL ENGLISH

UNIT 1 · B1·1A

Nice to meet you

Theme · Who am I?

Unit 1 · B1·1A

Nice to meet you

Theme: *Who am I?*

B1 · General English



Learning objectives

- Introduce yourself to a new group in 3 clear sentences.
- Use present simple for routines/facts and present continuous for now/this week.
- Ask friendly follow-up questions to keep a conversation going.

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Class Book

Warm-up · Two truths and a lie

Write 3 sentences about yourself (2 true, 1 false). Read them out loud — your partner has to guess the lie.

1 sentence about something you do every week.

1 sentence about something you're doing this month.

1 sentence about a future plan for the year.

Lead-in · Who would say this?

Match each short line to the kind of person who would say it.

1. "I usually train five times a week."

2. "I'm learning a new language on the bus."

3. "I don't watch TV — I read."

4. "This month I'm redecorating the flat."

5. "I hate cooking, so I eat out."

followUp: Which one sounds most like YOU? Which sounds least like you?

Reading · The 30-second introduction

When you meet someone new, you usually have about thirty seconds to make a first impression. That is not much time. So keep it simple.

A good short introduction has three parts: your name, one fact about your life, and one detail. The detail is the important part — it gives the other person something to ask about. "I'm Ana. I live in São Paulo. This month I'm learning to bake sourdough bread and I'm terrible at it." That is much better than "I'm Ana. I'm a 34-year-old marketing professional originally from Belo Horizonte."

The second sentence is a CV. The first sentence is a person. People remember stories, not job titles or birth years.

1. How long does a first impression usually take?

(A) About 5 minutes

(B) About 30 seconds

(C) About 2 minutes

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2. What three parts does a good short introduction have?

- (A) Name, age, hometown
- (B) Name, one fact, one detail
- (C) Name, job, salary

3. Why is 'the detail' important?

- (A) It shows you're important
- (B) It gives the other person something to ask about
- (C) It sounds polite

Vocabulary in context

Find these words in the text and match them to the meaning.

first impression — the opinion people form about you at the very start

detail — one small, specific piece of information

sourdough — a type of bread made with wild yeast

CV — a summary of your work and education

True / False / Not Given

Based only on the text, choose the correct option.

1. A first impression takes about 5 minutes.

- (A) True
- (B) False
- (C) Not Given

2. Ana is good at baking sourdough.

- (A) True
- (B) False
- (C) Not Given

3. "I'm a 34-year-old marketing professional" is the best short introduction.

- (A) True
- (B) False
- (C) Not Given

4. Ana lives in São Paulo.

- (A) True
- (B) False
- (C) Not Given

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5. Ana was born in Belo Horizonte.

- (A) True
- (B) False
- (C) Not Given

React to the text

Discuss briefly. There is no single correct answer.

1. What is your usual 'first sentence' when you meet someone new? Is it closer to Ana's version or to the CV version?

2. Give an example of a 'detail' you could add to YOUR introduction this month.

Scan for meaning

Find and write down the word or phrase from the text that means the same as each definition.

1. the opinion people form about you very quickly

2. a small, specific piece of information

3. a written summary of your work and studies

4. very bad at something

Vocabulary · Life and personality

gregarious — sociable, enjoys the company of others

reserved — quiet, slow to open up around people

laid-back — relaxed, not easily stressed

driven — has big goals and works hard to achieve them

dependable — you can trust them to do what they said

inquisitive — always eager to learn about new things

place of origin — the town/city you're originally from

pastime — something you do for enjoyment in your free time

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routine — the things you regularly do each day/week

in your downtime — when you're not working or studying

have a good rapport with — have an easy, friendly relationship with someone

hold in high esteem — admire and respect someone greatly

practice

Complete each sentence with ONE word or phrase from the lists.

1. My little brother is very ____ — he wants to be a scientist and studies every day.

2. In my ____ I usually watch films or go running.

3. I ____ ____ ____ my grandmother — she raised four children on her own.

4. She's a bit ____ at first, but very funny once you know her.

5. My ____ ____ ____ is a small town near the coast.

6. I ____ ____ ____ ____ my flatmate — we never argue.

Collocations • common verbs + free-time nouns

Match each verb with the noun it usually goes with.

go — swimming / running / to the gym

play — football / the guitar / a game

do — yoga / homework / the shopping

have — breakfast / a shower / a break

make — friends / dinner / a plan

take — a photo / a bus / a class

Odd one out

Choose the word that does NOT belong with the others.

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1. gregarious · reserved · laid-back · driven
 - (A) gregarious
 - (B) reserved
 - (C) laid-back
 - (D) driven
2. place of origin · neighbourhood · village · routine
 - (A) place of origin
 - (B) neighbourhood
 - (C) village
 - (D) routine
3. swim · run · read · football
 - (A) swim
 - (B) run
 - (C) read
 - (D) football

Word building · adjective ↔ noun

Complete the pair (the quality and the person who has it).

1. drive → a person with big goals: ____

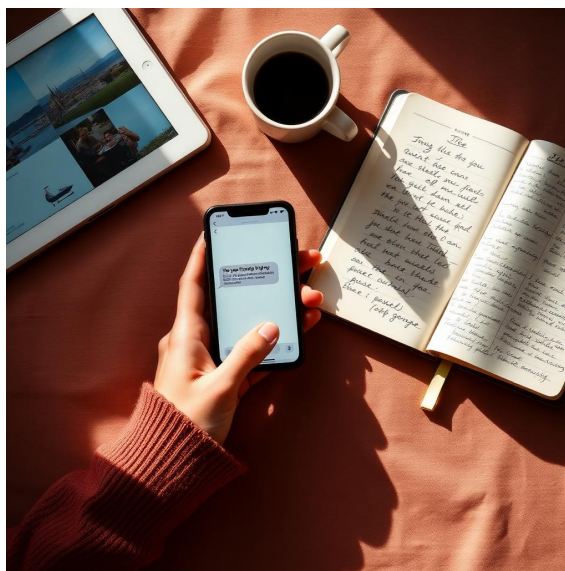
2. creativity → a person full of ideas: ____

3. reserve → a quiet, private person: ____

4. dependability → someone you can trust: ____

5. kindness → a warm person: ____

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Grammar · Present simple vs present continuous

1. Present simple — routines, facts, general truths — Use it for things that are true in general. • I live in Lisbon. • She goes to the gym on Tuesdays. • We don't have classes on Sundays.

2. Present continuous — now / this week / this month — Use it for things happening around now. • I'm studying English this year. • They're renovating our building. • He isn't watching much TV at the moment.

3. Watch out — stative verbs — Some verbs are usually in the SIMPLE, not continuous: know, like, love, want, need, understand, remember, mean. ✗ I'm knowing him. → ✓ I know him.

Exercise A — Choose the correct form

Simple or continuous? Complete each sentence.

1. I ____ (live) in a small flat with two friends.

2. This month I ____ (learn) how to cook Thai food.

3. She usually ____ (walk) her dog before breakfast.

4. Sorry, I can't chat — I ____ (finish) an assignment.

5. We ____ (not / eat) meat at home.

6. He ____ (know) the city really well — he grew up here.

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**Exercise B — Find and fix the mistake**

Each sentence has ONE mistake. Rewrite it correctly.

1. I am living in this flat since 2020.

2. This week I go to the gym every day.

3. She is knowing my sister very well.

4. We meet Ana for dinner tomorrow at 8 — it's booked.

Exercise C — Ask about the person

Write ONE question in the correct tense.

1. You want to know where he lives. →

2. You want to know what she's studying this year. →

3. You want to know his usual weekend routine. →

4. You want to know if she's busy right now. →

Exercise D — Rewrite for context

Rewrite each sentence so the tense fits the new time frame in brackets.

1. I work from home. (this week only)

2. We're going to the beach. (every summer)

3. She's cooking dinner right now. (as a daily routine)

4. They stay with us. (only this weekend)

5. I'm needing a break. (fix the mistake)

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Exercise E — Short answers about you

Answer these questions truthfully in ONE short sentence each.

1. Where do you live?

2. What are you studying or learning this month?

3. What do you usually do on Sunday mornings?

4. Are you reading a book at the moment?

Exercise F — Complete the mini-dialogue

Complete each answer with the correct form of the verb in brackets.

1. — Where ____ (you / live)? — I ____ (live) in the old town, near the market.

2. — Where's Marta? — She ____ (talk) to her sister on the phone right now.

3. — ____ (you / usually / walk) to work? — Yes, I ____ (walk), but this week I ____ (take) the bus because it ____ (rain) every day.

Listening · Two neighbours meeting on the stairs

Two people meet on the stairs of their building. One has lived there for years, the other just moved in.

pre

What is the first thing you would say to a new neighbour?

What is one question you would NEVER ask on the first meeting?

gist

1. Who is new to the building — Voice A or Voice B?

2. What floor does the new person live on?

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3. Do they agree to do something together?

detail

1. How does Voice A describe her own routine?

2. What is Voice B doing this week that is different?

3. What time does the local café open on Saturdays?

Third listen — read between the lines

Answer from what is IMPLIED.

1. Is the building friendly or unfriendly? How do you know?

2. Is Voice B a morning person? How do you know?

Useful language from the audio

Match each phrase to what it does in the conversation.

"You must be the new one." — opens the conversation with a soft guess

"Welcome to the building." — warm, standard first line for neighbours

"I go running every morning..." — shares a personal routine as small talk

"How are you settling in?" — polite question to a newcomer

"Let me know if you need anything." — friendly, open-ended offer of help

Voice A: Morning! You must be the new one — third floor, the flat with the plants outside?

Voice B: That's me. Moved in last weekend. I'm still finding light switches.

Voice A: Welcome to the building. I'm on the second floor, right under you.

Voice B: Oh — sorry in advance for the noise. I'm unpacking boxes and painting one wall this week.

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Voice A: No problem. I go running every morning at six, so I'm out early anyway. I know everyone's schedule by now.

Voice B: Six in the morning? That's brave.

Voice A: Habit. How are you settling in?

Voice B: Slowly. I still don't know where anything is.

Voice A: There's a good café on the corner — opens at 8:30 on Saturdays. Fancy a coffee this Saturday?

Voice B: I'd love that.

Voice A: Great. And let me know if you need anything — I'm literally one floor away.

Fourth listen — fill the gaps

Listen again and complete the exact phrases.

1. You ____ the new one — third floor, right?

2. I go ____ every morning at six.

3. How are you ____?

4. Let me ____ if you need anything.

Speaking · Your 30-second introduction

Prepare a 30-second self-introduction. Use ONE sentence in present simple (a routine/fact) and ONE in present continuous (something you're doing this week). Then swap with a partner and ask 3 follow-up questions each.

Scene: First day in a new class

A: You just moved to this city.

B: You've studied here for two terms.

Scene: Meeting a friend's family for the first time

A: You've known your friend for 5 years.

B: You've just started dating your friend's cousin.

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Scene: On holiday, at a hostel breakfast

A: You're travelling alone for 3 months.

B: You're on a short weekend trip.

Discussion · introductions in real life

Choose 2 questions and speak for 30–45 seconds each. Then swap.

What is the best introduction you've ever heard? What made it work?

In your culture, do people share personal details quickly, or later? What do you prefer?

Is it easier for you to introduce yourself in English, in your native language, or online? Why?

Should you always mention your job? When would you NOT mention it?

Role-play · Party corner

Read your role card, take 30 seconds to prepare, then run the conversation for 2 minutes. Aim for at least 3 turns each.

Scene: A friend's birthday party — you don't know anyone

A: You: you just arrived. You know only the host. You feel a bit awkward. Introduce yourself with a real detail.

B: You: you're an old friend of the host. Be warm, ask 2 open questions, and find one thing in common.

Scene: Volunteering event — first day

A: You: it's your first time volunteering. You want to help with animals. Ask what to do.

B: You: you've been volunteering for a year. Welcome the new person and give 2 tips.

Mini-presentation · 60-second 'about me'

Prepare and deliver a 60-second introduction to a partner. Follow the 4-beat structure. Time yourself.

Beat 1 (10s) — Name + where you live in ONE sentence.

Beat 2 (15s) — One routine you're proud of (present simple).

Beat 3 (20s) — One thing you're doing THIS month (present continuous).

Beat 4 (15s) — Invite ONE question: 'Ask me about ____.'

sample: I'm Ana. I live in São Paulo, in an old neighbourhood full of little bakeries. Every Sunday morning I go running with a group of friends by the river — that's the routine I'd never give up. This month I'm learning to bake sourdough bread at home, and I'm honestly quite bad at it, but I love the process. Ask me about the bread — I have very strong opinions about flour now.

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Writing · A short 'about me' post

Write a 60–80 word 'about me' for a language-exchange app. Include: your name, where you live, ONE routine (present simple), ONE current project (present continuous), and ONE friendly closing line.

bonus: Bonus — Bio line (max 25 words). Write a single sentence that mixes ONE routine and ONE current thing, and ends with 'Ask me about...'.

Wrap-up · What did we cover?

A short introduction has 3 parts: name, one fact, one detail.

Use present simple for routines/facts, present continuous for now/this week.

Stative verbs (know, like, need) usually stay in the simple form.

Ask open follow-up questions — they invite a real answer.

Quiz

1. Choose the correct sentence.
(A) I am knowing him well.
(B) I know him well.
(C) I am know him well.
2. "This week I ____ a new book."
(A) read
(B) am reading
(C) was reading
3. Which is the BEST short introduction?
(A) I'm a 34-year-old accountant from Belo Horizonte.
(B) I'm Ana. I live in São Paulo. This month I'm learning sourdough.
(C) I have lived in many places over many years.
4. "She ____ (usually / go) running before work."
(A) is usually going
(B) usually goes
(C) usually is going
5. The word 'easy-going' means...
(A) lazy
(B) relaxed and not easily stressed
(C) in a hurry

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Workbook — home practice



1. Vocabulary gap-fill

Complete each sentence with **ONE** word from the box.

Word bank: native town · pastime · gregarious · dependable · spare · reserved

1. My little sister is very ____ — she talks to everyone at parties.

2. I read a lot in my ____ time.

3. My ____ is a small village near the sea.

4. He is very ____ — if he says he'll be there at 8, he will be.

5. Photography is my main ____.

6. She's a bit ____ at first, but very warm once you know her.

2. Present simple or continuous?

Put the verb in brackets in the correct present form.

1. I ____ (live) with two friends in a small flat.

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2. This month we ____ (learn) how to cook Thai food.

3. She ____ (know) my sister very well.

4. Sorry, I can't chat — I ____ (finish) an essay for tomorrow.

5. We ____ (not / eat) meat at home.

6. He usually ____ (walk) his dog before breakfast.

7. I ____ (need) five more minutes, please.

3. Routine, right now, or fixed plan?

Read each sentence and choose the correct label.

1. I go running every Sunday morning.

(A) Routine

(B) Right now / this week

(C) Fixed future plan

2. I'm learning Italian this year.

(A) Routine

(B) Right now / this week

(C) Fixed future plan

3. We're flying to Rome next Friday.

(A) Routine

(B) Right now / this week

(C) Fixed future plan

4. She always cooks on Sundays.

(A) Routine

(B) Right now / this week

(C) Fixed future plan

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5. I'm meeting Ana for coffee tomorrow at 4.

- (A) Routine
- (B) Right now / this week
- (C) Fixed future plan

4. Find and fix the mistake

Each sentence has ONE mistake. Rewrite it.

1. I am living in this flat since 2020.

2. This week I go to the gym every day.

3. She is knowing my sister very well.

4. We meet Ana for dinner tomorrow at 8. It's booked.

5. Listening — three 'about me' introductions

Three people introduce themselves at a language-exchange meet-up. Notice how they mix routines and current activities.

1. Which speaker gives the **CLEAREST** short introduction? Why?

2. Which speaker **MIXES** present tenses incorrectly?

3. Which speaker gives **ZERO** real detail about themselves?

Voice A: Hi everyone. I'm new here. Nice to meet you. That's it, really.

Voice B: Hi. I'm Marta. I live in the old town and I usually go running by the river — this month I'm training for my first 10 km race.

Voice C: Hello. My name is Igor. I am living here since 2019. I like football.

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6. Writing — a short 'about me' post

Write 60–80 words for a language-exchange app. Include: (a) ONE sentence in present simple (routine or fact), (b) ONE in present continuous (this month), (c) ONE question at the end for the reader.

7. Reflection

Look back at the reading 'The 30-second introduction'. Answer briefly, in your own words.

1. What is the BIGGEST problem with the CV-style introduction ('34-year-old marketing professional...')?

2. Write ONE concrete 'detail' YOU could add to your next introduction. Why does it work?

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Answer key — Class Book

Lead-in · Who would say this?

1. someone into a sport or fitness
2. a busy person using dead time to study
3. a book lover
4. someone in the middle of a home project
5. an honest non-cook

Reading · The 30-second introduction

1. (B) About 30 seconds
2. (B) Name, one fact, one detail
3. (B) It gives the other person something to ask about
1. (B) False
2. (B) False
3. (B) False
4. (A) True
5. (C) Not Given
1. Model: mine is closer to the CV version — I usually say my job first. After this lesson I'll try leading with a personal detail.
2. Model: this month I'm training for a 10 km run — that's my go-to detail right now.
1. first impression
2. detail
3. CV
4. terrible (at it)

Vocabulary · Life and personality

1. driven
2. downtime
3. hold in high esteem
4. reserved
5. place of origin
6. have a good rapport with
1. (B) reserved
2. (D) routine
3. (D) football
1. driven
2. creative
3. reserved
4. dependable
5. kind

Grammar · Present simple vs present continuous

1. live
2. am learning
3. walks
4. am finishing
5. don't eat
6. knows
1. I have lived / I've lived in this flat since 2020. (Or: I live in this flat — I moved in in 2020.)
2. This week I'm going to the gym every day.
3. She knows my sister very well.
4. We're meeting Ana for dinner tomorrow at 8 — it's booked.
1. Where do you live?
2. What are you studying this year?
3. What do you usually do at the weekend?

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4. Are you busy right now?

1. I'm working from home this week.

2. We go to the beach every summer.

3. She cooks dinner every evening.

4. They're staying with us this weekend.

5. I need a break.

1. Model: I live in a small flat in the north of São Paulo.

2. Model: I'm studying English on Tuesdays and Thursdays.

3. Model: I usually go for a long run and then meet friends for brunch.

4. Model: Yes, I'm reading a novel by Chimamanda Ngozi Adichie.

1. Where do you live? / I live in the old town, near the market.

2. She is talking / She's talking to her sister on the phone right now.

3. Do you usually walk to work? / Yes, I walk, but this week I'm taking the bus because it's raining every day.

Listening · Two neighbours meeting on the stairs

1. Voice B is new (she moved in last weekend).

2. The third floor — the flat with the plants outside.

3. Yes — Voice A invites her for a coffee downstairs on Saturday morning.

1. "I go running every morning at six, so I know everyone's schedule by now."

2. She's unpacking boxes and painting one wall of the living room.

3. At 8:30, and it's on the corner of the street.

1. Friendly — Voice A immediately offers coffee and mentions she knows people by name.

2. Probably not — she laughs at 'six in the morning' and says 'that's brave'.

1. must be

2. running

3. settling in

4. know

Quiz

1. (B) I know him well.

2. (B) am reading

3. (B) I'm Ana. I live in São Paulo. This month I'm learning sourdough.

4. (B) usually goes

5. (B) relaxed and not easily stressed

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Answer key — Workbook

1. Vocabulary gap-fill

1. gregarious
2. spare
3. native town
4. dependable
5. pastime
6. reserved

2. Present simple or continuous?

1. live
2. are learning
3. knows
4. am finishing
5. don't eat
6. walks
7. need

3. Routine, right now, or fixed plan?

1. (A) Routine
2. (B) Right now / this week
3. (C) Fixed future plan
4. (A) Routine
5. (C) Fixed future plan

4. Find and fix the mistake

1. I have lived / I've lived in this flat since 2020. (Or: I live in this flat — I moved in in 2020.)
2. This week I'm going to the gym every day.
3. She knows my sister very well.
4. We're meeting Ana for dinner tomorrow at 8. It's booked.

5. Listening — three 'about me' introductions

1. Speaker 2 — name + one fact + one specific current detail ('this month I'm training for a 10 km run').
2. Speaker 3 — 'I am living here since 2019' should be 'I've lived here since 2019', or 'I live here — I moved in 2019.'
3. Speaker 1 — just says 'Hi, I'm new here. Nice to meet you.' and stops.

7. Reflection

1. Model: it sounds like a job application, not a person. There's nothing to ask about, so the conversation ends.
2. Model example: 'this month I'm learning to bake sourdough' — it's specific, honest, and easy for the other person to ask about.

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