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UNIT 1 WELCOME page 7 📺 Video podcast What's your name?				
1.1 Nice to meet you page 8	present simple: be	greetings; countries and nationalities	stressed syllables	read a general knowledge quiz about world facts
1.2 Travel light page 10	<i>this/that, these/those;</i> possessives	objects	stressed syllables /ðɪs/, /ðæt/, /ði:z/ and /ðəʊz/	read an article about travelling light
1.3 Can I have a coffee? page 12	making requests	tourist places	sentence stress and polite intonation	
1.4 Fawlty Towers page 14		hotel services; phrases for booking in at a hotel		
UNIT 2 LIFESTYLE page 17 📺 Video podcast What's your daily routine?				
2.1 Join us! page 18	present simple: I/you/we/they	activities	strong and weak forms of <i>do you</i>	read an article about social online groups
2.2 High flyers page 20	present simple: he/she/it	daily routines; jobs	Present simple verb endings: /s/, /z/ and /ɪz/	
2.3 What time does it start? page 22	asking for information	the time	polite intonation	read tourist leaflets
2.4 Chalet Girl page 24		household routines; phrases to describe life at home		read a web posting about pen pals
UNIT 3 PEOPLE page 27 📺 Video podcast What do you like doing with friends/family?				
3.1 Just good friends page 28	frequency adverbs: <i>sometimes, usually, always, often, hardly ever</i> and <i>never</i> ; modifiers <i>quite, not very, really</i> and <i>very</i>	personality	stressed syllables	read a quiz about what type of friend you are
3.2 Big happy families page 30	<i>have/has got</i>	family	contracted forms of <i>have/has got</i>	read an article about unusual families
3.3 Are you free tonight? page 32	making arrangements	time expressions	positive and negative intonation	
3.4 A Celebration In Crete page 34		special occasion activities; phrases to describe special occasions		read an invitation
UNIT 4 PLACES page 37 📺 Video podcast Where do you live?				
4.1 Small place, big style page 38	<i>there is/are</i>	rooms/furniture; prepositions (1)	/ðeəzə/ and /ðeərə/	
4.2 An English village? page 40	<i>can</i> for possibility	places in towns; prepositions (2)	strong and weak forms of <i>can</i> and <i>can't</i>	read an article about a special kind of village
4.3 Can I help you? page 42	shopping	things to buy; shops	polite intonation	
4.4 Favourite Places page 44		phrases to describe places		read a web posting about a favourite place
UNIT 5 FOOD page 47 📺 Video podcast What's your favourite dish?				
5.1 MyFridge.com page 48	countable and uncountable nouns; nouns with <i>a/an, some, any</i>	food/drink		
5.2 A lifetime in numbers page 50	<i>how much/many;</i> quantifiers	containers		read an article about how much an average person gets through in a lifetime
5.3 Are you ready to order? page 52	ordering in a restaurant	restaurant words	fast speech: linking	
5.4 A Chef In Goa page 54		ingredients; phrases for writing a recipe		read a recipe
UNIT 6 THE PAST page 57 📺 Video podcast Did you go out last night?				
6.1 Favourite things page 58	<i>was/were</i>	dates and time phrases	strong and weak forms of <i>was</i> and <i>were</i>	
6.2 Time twins page 60	past simple	common verbs (1)	past simple regular verbs with /t/, /d/ and /ɪd/	read an article about 'time twins'
6.3 How was your weekend? page 62	making conversation	weekend activities	learn to show interest	
6.4 Carlos Acosta page 64		phrases for interviewing		read an essay about a special person
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LISTENING/DVD	SPEAKING	WRITING
listen to short conversations showing different ways to introduce people	introduce people; do a quiz	improve your use of capital letters
	identify objects	
listen to conversations in various tourist places; learn to listen for key words; listen to prices and numbers	give information for numbers, prices, etc; make simple requests	
 Fawlty Towers: watch an extract from a sitcom about a hotel	arrival and check in at a hotel	complete a hotel registration form; write an email to book a hotel room
listen to a conversation between two friends choosing the right online group for them	talk about activities; talk about a group/team	
listen to people describing their jobs; listen and identify a variety of jobs	talk about routines; describe other people's routines	learn how to use linkers: <i>and</i> , <i>but</i> and <i>or</i>
learn to get a speaker to slow down and grade their language	learn to show you don't understand; ask questions at a tourist information centre	
 Holiday: Fasten Your Seatbelt: watch an extract from a reality programme about a difficult job	talk about life at home: likes and dislikes	write an internet posting to a penpal describing yourself
listen to people describing their friends	describe personality; do a quiz and find out what kind of friend you are	
	talk about your family	improve your use of apostrophe 's; write about your family
learn to show interest when you listen	make arrangements to meet friends	
 Francesco's Mediterranean Voyage: watch an extract from a documentary about a special occasion	talk about a special occasion	write an invitation
listen to a conversation between two people talking about a special flat	describe your home	improve your use of commas; write an email about your home
	talk about things you can do in towns; describe a favourite place in your town/city	
learn to say <i>no</i> politely in a shop; listen to various shopping conversations	have a conversation in a shop	
 50 Places To See Before You Die: watch an extract from a documentary about some amazing places	describe your favourite place of all	write a blog about your favourite place
listen to people talk about food	talk about your eating and drinking habits	
	talk about diets and lifestyle	learn to use paragraphs and write a short report
understand fast speech; listen to a man ordering in a fast food restaurant	order a meal in a restaurant	
 Rick Stein's Seafood Odyssey: watch an extract from a cookery programme about a famous chef	describe a special dish	write a recipe
listen to people describing famous people's favourite things	talk about people's favourite things; describe your favourite childhood things	
	talk about your life/past events	link sentences with <i>because</i> and <i>so</i> and write your life story
learn to keep a conversation going; listen to someone describing their weekend	describe a perfect/terrible weekend	
 The Culture Show: watch an extract from a documentary about a famous dancer	interview a special person	write a profile essay about a special person

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7.2 The longest bus ride page 70	superlatives	places (1)	strong and weak forms of <i>the</i>	read an article about a long journey
7.3 Can you tell me the way? page 72	giving directions	places (2)	sentence stress for correcting	
7.4 Buenos Aires page 74		phrases to describe a town/city		read a travel article
UNIT 8 NOW page 77 📺 Video podcast What was the last film you saw?				
8.1 In the picture page 78	present continuous	verbs + prepositions	weak forms of prepositions and articles	read blogs about what people are doing now
8.2 Looking good page 80	present simple and present continuous	appearance		
8.3 What do you recommend? page 82	recommending	types of film	word linking	
8.4 Festival Highlights page 84		festival activities; phrases to describe an event		read a festival review
UNIT 9 TRANSPORT page 87 📺 Video podcast How do you get to work?				
9.1 Travel in style page 88	articles: <i>a/an, the</i> , no article	transport collocations	strong and weak forms of <i>a</i> and <i>the</i>	
9.2 Citybikes page 90	<i>can/can't, have to/don't have to</i>	adjectives (1)	strong and weak forms of <i>can, can't, have to</i> and <i>don't have to</i>	read an article about Paris Citybikes
9.3 Sorry I'm late page 92	apologising	excuses	intonation to show being happy or unhappy	
9.4 Airport page 94		phrases to describe and complain about problems		read an email
UNIT 10 THE FUTURE page 97 📺 Video podcast What are your plans for the future?				
10.1 Life's a lottery page 98	<i>be going to; would like to</i>	plans	<i>going to</i> and <i>would</i>	read a news story about a lottery win
10.2 Survive! page 100	<i>will, might, won't</i>	phrases with <i>get</i>	contracted form of <i>will</i>	read an extract from a survival instruction book
10.3 Let's do something page 102	making suggestions	adjectives (2)	stressed syllables	read an article about things to do with friends
10.4 Wild Weather page 104		phrases to describe weather		
UNIT 11 HEALTH page 107 📺 Video podcast Do you have a healthy lifestyle?				
11.1 My head hurts page 108	<i>should/shouldn't</i>	the body; health	consonant clusters	read an article about cold cures around the world
11.2 Never felt better page 110	adverbs of manner	common verbs (2)		read a quiz about how fit you are
11.3 Help! page 112	offering to help	problems		read an article about a social experiment
11.4 The Optician page 114		phrases to describe a problem and to give advice		
UNIT 12 EXPERIENCES page 117 📺 Video podcast What's the most exciting thing you've done?				
12.1 Unforgettable page 118	present perfect	outdoor activities		
12.2 Afraid of nothing page 120	present perfect and past simple	prepositions (3)		read an article about a dangerous job
12.3 I've got a problem page 122	telephoning	telephoning expressions	sentence stress	
12.4 Shark Therapy page 124		phrases to describe an experience		
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LISTENING/DVD	SPEAKING	WRITING
listen to people discuss how they like to travel	talk about how you like to travel; compare places and holidays	
	plan and talk about a long journey	learn to check and correct information; write about a holiday
understand directions; learn to check and correct directions	give directions in the street	
 Holiday 10 Best: watch an extract from a travel show about Buenos Aires	describe a town/city you know	write a short article about a town/city
	talk about taking photos; talk about what people are doing	write a blog entry about what you are doing
listen to a radio programme about ideas of beauty	discuss what you know about various film stars; describe people's appearance	
learn to link words to speak faster	ask and answer a questionnaire about films; ask for and give recommendations	
 Inside Out: watch an extract from a documentary about an English music festival	describe an event	write a review of an event
listen to a guide giving a tour around a transport museum	talk about types of transport	
	talk about ways to travel around towns/cities	
listen to a man talk about his problems getting to work	apologise for being late; tell a long story	learn to use linkers and write a story
 Airport: watch an extract from a documentary about a day at Heathrow airport	deal with problems when flying	write an email about an experience at an airport/on a plane
listen to a radio interview with lottery winners	talk about your future plans/wishes	
	make predictions about situations	improve your use of linkers: <i>too</i> , <i>also</i> and <i>as well</i> and write a short story
learn to respond to suggestions; listen to people discussing which activities they want to do	make some suggestions and invite your friends to join you	
 Wild Weather: watch an extract from a documentary about the wettest place in Europe	talk about weather and how it makes you feel	write a message board notice about your country
listen to a radio programme about colds and flu	talk about what to do when you don't feel well and give advice; discuss cures for the common cold	
	do a quiz about your fitness; talk about healthy weekends	learn to use adverbs in stories and how to make stories more interesting
listen to different scenarios of people needing help and thanking someone	give advice and offer help; thank someone	
 The Two Ronnies: watch an extract from a sitcom about an unusual shopping experience	ask for help in a pharmacy	write some advice for a health message board
listen to people talking about their experiences	talk about unusual experiences	learn to use postcard phrases and write a postcard
	describe movement from one place to another; talk about past experiences	
listen to different scenarios on the phone	describe difficult situations/problems; say telephone numbers; phone someone about a problem	
 Shark Therapy: watch an extract from a documentary about sharks	describe an exciting/frightening experience	write a story about an exciting/frightening experience