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UNIT 1 LIFE page 7  Video podcast What do you look for in a friend?				
1.1 Are you happy? page 8	question forms	free time	sentence stress	
1.2 True love page 10	past simple	relationships	/d/ /t/ /ɪd/ endings	read two newspaper articles about relationships
1.3 Nice day, isn't it? page 12	making conversation	conversation topics	learn how to sound natural by linking words	read an article about the art of conversation
1.4 Blackpool page 14				read a competition entry about friendship
UNIT 2 WORK page 17  Video podcast What do you do?				
2.1 The company 4 U? page 18	present simple and present continuous	work		
2.2 A risky business page 20	adverbs of frequency	jobs	stressed syllables on compound words	read a newspaper article about dangerous jobs
2.3 I like working outside page 22	expressing likes/dislikes	types of work	polite intonation	
2.4 Dream Commuters page 24				read a survey about work/life balance
UNIT 3 TIME OUT page 27  Video podcast What do you like doing in your free time?				
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3.2 Weird or wonderful? page 30	questions without auxiliaries	the arts	stressed syllables	read an arts quiz
3.3 Can I take a message? page 32	making a phone call	collocations		
3.4 Barcelona page 34				
UNIT 4 GREAT MINDS page 37  Video podcast Are you learning anything at the moment?				
4.1 Secret talents page 38	present perfect + <i>ever/never</i>	expressions with <i>make</i> and <i>do</i>	pronunciation of <i>have</i> in connected speech; rhyming past participles	
4.2 Schools of thought page 40	<i>can, have to, must</i> (obligation)	education	pronunciation of <i>have to</i> in connected speech	read an article about different schools
4.3 What should I do? page 42	giving advice	language learning		read suggestions for how to improve your English
4.4 The Intelligence Test page 44				read an entry for a problem page
UNIT 5 TRAVEL page 47  Video podcast Do you enjoy travelling to different countries?				
5.1 Amazing journeys page 48	past simple and past continuous	transport	<i>was</i> and <i>were</i> in connected speech	read about amazing journeys
5.2 Travel tips page 50	verb patterns	travel items	stressed syllables	
5.3 You can't miss it page 52	asking <i>for</i> /giving directions	tourism		read a text about a man who works in three countries every day
5.4 Full Circle page 54				
UNIT 6 FITNESS page 57  Video podcast What do you do to keep fit?				
6.1 A long life? page 58	present perfect + <i>for/since</i>	health	sentence stress in <i>How long have you ... ?</i>	read an article about living longer
6.2 The future of food page 60	<i>may, might, will</i>	food		
6.3 How are you feeling? page 62	seeing the doctor	illness		read a TV guide about the BBC Street Doctors
6.4 A Game Of Squash page 64				read a website entry about a sporting memory
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LISTENING/DVD	SPEAKING	WRITING
listen to people talk about what makes them happy	talk about what makes you happy; ask and answer personal questions	
	talk about relationships; talk about past events	write about an important year in your life; improve your use of linking words
	start/end a conversation; sound natural	
 Blackpool: watch an extract from a drama	talk about important people in your life	write a competition entry about your best friend
listen to people talk about how companies motivate staff	talk about work/studies	write an email about work experience
	talk about dangerous jobs; talk about work routines	
listen to interviews about jobs	discuss likes/dislikes; respond and ask more questions to keep the conversation going	
 The Money Programme: Dream Commuters: watch an extract from a documentary about commuting	describe your work/life balance	write a web comment about work/life balance
listen to a radio programme about young people having fun	talk about your future plans	write an email invitation
	ask and answer questions for a culture survey	
listen to four phone calls	make and receive phone calls; learn to manage phone problems	
 Holiday 10 Best: Cities: watch an extract from a travel programme about visiting Barcelona	plan a perfect day out	write an email invitation
listen to two people describing their secret talents	talk about your talents	write a competition entry about talents; check your work and correct mistakes
	talk about what you did at school; talk about obligations	
listen to a radio programme giving advice about language learning	give and respond to advice	
 Horizon: Battle Of The Brains: watch an extract from a documentary about brain power	discuss five top tips for tests	write advice for a problem page
	describe journeys	
listen to a radio programme about travel items	talk about travel	write an email describing a trip or weekend away; learn how to use sequencers
listen to a man describing a special place in a city; understand and follow directions in a city	ask for and give directions; learn to show/check understanding	
 Full Circle: watch an extract from a travel programme about a trip across the Andes	present ideas of a journey of a lifetime for an award	write an application for an award
	talk about your health	
listen to a radio interview with a food expert	discuss food preferences; make predictions for the future	write about food; improve your sentence structure
listen to conversations between a doctor and her patients; predict information	explain health problems	
 The Two Ronnies: watch an extract from a short comedy about squash	ask and answer questions about sports for a survey	write about a sporting memory

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7.1 Stuck in a rut page 68	used to	verbs + prepositions	pronunciation of <i>used to</i>	
7.2 The great impostor page 70	purpose, cause and result	collocations		read and predict information in a story about Ferdinand Waldo Demara
7.3 Can you tell me ... ? page 72	finding out information	facilities	intonation in questions	read a text about Chinese students in the UK
7.4 My Family And Other Animals page 74				read a blog about starting university
UNIT 8 MONEY page 77 📺 Video podcast How do you feel about shopping?				
8.1 Money makers page 78	relative clauses	money		
8.2 Pay me more! page 80	<i>too much/many, enough, very</i>	multi-word verbs	stress on multi-word verbs	read a text about musicians' pay; understand a web debate
8.3 I'm just looking page 82	buying things	shopping	pronunciation of <i>do you ... ?</i> and <i>can I ... ?</i>	read about an article about shopping tips
8.4 Google page 84				read a competition advertisement and entry
UNIT 9 NATURE page 87 📺 Video podcast How do you feel about being in the countryside?				
9.1 Wonderful world page 88	comparatives/superlatives	nature	sentence stress	
9.2 Into the wild page 90	articles	the outdoors	stressed syllables	read two articles about experiences in the wild
9.3 It could be a ... page 92	making guesses	animals	pronunciation of <i>must, could, might</i> (silent letters)	
9.4 The Northern Lights page 94				read a travel blog
UNIT 10 SOCIETY page 97 📺 Video podcast How do you feel about city life?				
10.1 Top ten cities page 98	uses of <i>like</i>	describing a city	pronunciation of different uses of <i>like</i>	
10.2 Crime and punishment page 100	present/past passive	crime and punishment		read an article about crime and punishment
10.3 There's a problem page 102	complaining	problems	sentence stress	
10.4 The Zimmers page 104				read a web comment about a problem
UNIT 11 TECHNOLOGY page 107 📺 Video podcast How do you feel about technology?				
11.1 Keeping in touch page 108	present perfect (+ <i>just, yet, already</i>)	communication		
11.2 It's just a game page 110	first conditional + <i>when</i>	feelings	pronunciation of <i>will</i> in connected speech	read an article about computer games
11.3 I totally disagree page 112	giving opinions	internet terms	polite intonation	read an article about 'wilfing'
11.4 Is TV Bad For My Kids? page 114				
UNIT 12 FAME page 117 📺 Video podcast Would you like to be famous?				
12.1 Caught on film page 118	reported speech	film		read a magazine article about film extras
12.2 Web celebs page 120	second conditional	suffixes	stressed syllables	
12.3 What can I do for you? page 122	requests and offers	collocations		read a text about personal concierges
12.4 Billion Dollar Man page 124				
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LISTENING/DVD	SPEAKING	WRITING
listen to a radio programme about two women who changed their lives	talk about a life change	write about a decision which changed your life; learn to use paragraphs
	discuss when you might tell a lie	
understand short predictable conversations	find out and check information	
 My Family And Other Animals: watch an extract from the beginning of a film	talk about a new experience	write a blog/diary about a new experience
listen to a radio programme about great investments	talk about a product that people should invest in; how to describe objects, places, things	write a description of a product; add emphasis to your writing
listen to a discussion about salaries	talk about quantity; discuss which professions should earn the most money	
listen to conversations in shops	describe things	
 The Money Programme: The World According To Google: watch an extract from a documentary about the success of Google	present a business idea	write an idea for a business investment
listen to a radio programme about environmental issues	talk about the environment	write about your views on the environment; notice similar sounding words
	talk about nature	
listen to people discussing a quiz	make guesses about pictures; learn to give yourself time to think	
 Joanna Lumley In The Land Of The Northern Lights: watch an extract from a documentary about seeing the Northern Lights	talk about an amazing natural place	write a travel blog
listen to conversations about different cities	discuss qualities of different places; talk about where you live	write a letter about an issue; use formal expressions
	talk about crime and punishment; decide on the punishments to fit the crimes	
listen to people complaining	role-play a complaint; learn to sound firm but polite	write an email of complaint
 Power To The People: The Zimmers Go To Hollywood: watch an extract from a documentary about the world's oldest rock band	talk about an important issue or problem	write a web comment about an issue
listen to people talk about how they keep in touch	talk about things you have done recently	write a travel blog entry; improve your use of pronouns
	discuss computer games; talk about your future	
listen to a discussion about the internet	give your opinion on different issues; learn to disagree politely	
 Panorama: Is TV Bad For My Kids? watch an extract from a documentary about children and television	talk about technology you couldn't live without	write a web comment about your opinion of technology
	report other people's speech; talk about your favourite film	
listen to people talking about being famous	talk about hypothetical situations	write a profile of someone famous; improve your use of paragraphs
listen to people making requests	make requests and offers; ask for more time	
 Lewis Hamilton: Billion Dollar Man: watch an extract from a documentary about Lewis Hamilton	talk about your dreams and ambitions	write a web comment about your childhood ambitions