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| UNIT 1 BEGINNINGS page 7  Video podcast What makes a good flatmate? | | | | |
| 1.1 Ideal flatmates page 8 | direct and indirect questions | personality | sentence stress and intonation in question forms | read descriptions of people on a flatmate finder site; read an informal email |
| 1.2 It's a first page 11 | present perfect and past simple including time phrases | feelings <i>-ed/-ing</i> adjectives; modifiers with gradable and ungradable adjectives; word formation: nouns from adjectives | connected speech in the past simple and present perfect | read a review of the BBC programme <i>I've never seen Star Wars</i> ; read and answer a personality quiz |
| 1.3 I'd like to enquire page 14 | making polite phone enquiries | phrases used in adverts | intonation in polite enquiries | read several short adverts |
| 1.4 Off the Hook page 16 | | phrases for telling a personal story | | |
| UNIT 2 ISSUES page 19  Video Podcast Does money make you happy? | | | | |
| 2.1 Comic relief page 20 | present perfect simple and present perfect continuous | social issues; verbs and nouns with the same form | sentence stress and weak forms in the present perfect | read two articles about a charity; read and answer a geography quiz |
| 2.2 We're being watched page 23 | the passive | surveillance | sentences stress with the passive | read a letter of complaint |
| 2.3 Just what I was thinking! page 26 | giving and responding to opinions | opinion adjectives | sentence stress in opinion phrases | read a series of newspaper extracts |
| 2.4 The Happiness Formula page 28 | | consumer society; survey phrases | | |
| UNIT 3 DOWNTIME page 31  Video podcast What's the perfect way to switch off? | | | | |
| 3.1 Dangerous games page 32 | Habit and routine: <i>used to, would, be/get used to</i> | good and bad behaviour | | read an article about the effects of computer gaming on one relationship; read an opinion essay |
| 3.2 Find your niche page 35 | future forms review: <i>going to, present continuous, present simple, will, be likely to, might, could</i> | locations; uncountable and plural nouns | connected speech in future forms | read and answer a travellers' quiz |
| 3.3 How does it work? page 38 | describing procedures | common actions in procedures | sentence stress in phrases to explain procedure, and in mirror questions | |
| 3.4 Great experiences page 40 | | phrases for describing and recommending an activity | | |
| UNIT 4 STORIES page 43  Video podcast What was the last book you read? | | | | |
| 4.1 And the moral is ... page 44 | narrative tenses | sayings e.g. <i>every cloud has a silver lining</i> | weak forms in narrative tenses | read stories with a moral |
| 4.2 A life in six words page 47 | wishes and regrets: <i>I wish / If only / should have</i> | regrets; multi-word verbs | sentence stress and weak forms in regrets | read a biography of Sir David Attenborough |
| 4.3 It's a great read page 50 | expressing likes and dislikes | reading | sentence stress in phrases for likes and dislikes | |
| 4.4 Tess of the D'Urbervilles page 52 | | feeling adjectives; phrases for describing a favourite scene | | read an article about a favourite film moment |
| UNIT 5 IDEAS page 55  Video Podcast If you could start a business, what would it be? | | | | |
| 5.1 Bright ideas page 56 | articles | change; compound nouns | pronunciation of <i>the</i> ; stress in compound nouns | read an article about the worst inventions ever |
| 5.2 Consumer crazy page 59 | conditionals: review of zero, first and second conditionals; <i>as long as, unless, providing that</i> | advertising | sentence stress in conditional clauses | read and answer a questionnaire on advertising |
| 5.3 What do you think? page 62 | suggesting ideas | adjectives to describe ideas | intonation in phrases for suggesting ideas | read about the five rules of brainstorming |
| 5.4 Genius page 64 | | phrases for presenting a business idea | | |
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| LISTENING/DVD | SPEAKING | WRITING |
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| listen to a radio programme about speed flatmating | ask personal questions; talk about the kind of people you get on with | write an informal email; learn to check your work for accuracy |
| listen to people describing how certain activities make them feel | talk about experiences | |
| listen to a phone enquiry about a language course | role play making phone enquiries; learn to manage enquiries | |
|  Off the Hook: watch and listen to a drama about starting university | describe a first encounter | write a summary of a first encounter story |
| | | |
| | talk about charities and social issues | |
| listen to opinions about surveillance | discuss the surveillance society; role-play a meeting to discuss crime-cutting plans | write a letter of complaint; learn to use formal written language |
| listen to informal discussions | discuss different issues; learn to support your viewpoint | |
|  The Happiness Formula: watch an extract from a documentary about happiness in the West | discuss ingredients of happiness; carry out a happiness survey | write tips for being happy for a website |
| | | |
| | talk about playing games and sports; discuss bad habits and how to prevent them | write an opinion essay about leisure time; learn to use linkers in an opinion essay |
| listen to a radio programme about niche travel | talk about holidays; plan and present a niche holiday | |
| listen to descriptions of two TV game shows | talk about game shows; learn to use mirror questions; describe a procedure | |
|  50 Things To Do Before You Die: watch an extract from a programme about great experiences | recommend an experience you have had | write a true story |
| | | |
| | tell a personal anecdote | write a story; learn to use adverbs in stories |
| listen to a radio programme about very short stories | talk about wishes and regrets | |
| listen to people recommending books | talk about reading habits; learn to summarise a plot; talk about a favourite book | |
|  Tess of the D'Urbervilles: watch an extract from a drama about a girl in 19th century rural England | describe a favourite scene in a TV programme or film | write a description of a favourite scene |
| | | |
| | talk about the effects of inventions | |
| listen to a programme about advertising | discuss advertising tactics | write a report; learn to make written comparisons |
| listen to people brainstorming | brainstorm ideas on a 'how to' topic; learn to show reservations | |
|  Genius: watch an extract from a programme about funny ideas | present a 'genius' business idea | write a product leaflet for a 'genius' idea |

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| UNIT 6 AGE page 67  Video podcast What was the best period of your life? | | | | | |
| 6.1 | The time of my life page 68 | modal verbs and phrases for obligation, prohibition, permission and ability | age; word formation: nouns from verbs | sentence stress with modal verbs and phrases | read website forum entries on the best and worst thing about being your age |
| 6.2 | Future me page 71 | future perfect and future continuous | optimism and pessimism | stress and weak forms in future perfect and continuous | read and answer a quiz on how optimistic you are; read a letter written by someone to his future self |
| 6.3 | So what you're saying is ... page 74 | persuading | verb + noun collocations | intonation in phrases for persuading | |
| 6.4 | How to Live to 101 page 76 | | collocations about living longer | | read a forum comment stating an opinion |
| UNIT 7 MEDIA page 79  Video podcast What kind of news stories interest you? | | | | | |
| 7.1 | Best of the Beeb page 80 | quantifiers: <i>a good deal of, little, a little, each, every, a few, quite a few, several, plenty of, lots of, no</i> | television; multi-word verbs with more than one meaning | final consonants and initial vowels in connected speech | read an article about five 'must see' TV programmes |
| 7.2 | The news that wasn't page 83 | reported speech | reporting verbs | | read and answer a questionnaire about trust |
| 7.3 | What's in the news? page 86 | adding emphasis | the press | stress to add emphasis | read an article about topics that keep the tabloids in business |
| 7.4 | News blunders page 88 | | when things go wrong; phrases for retelling a news story | | read a newspaper article about a man who traded a paper clip for a house |
| UNIT 8 BEHAVIOUR page 91  Video Podcast What kind of behaviour gets on your nerves? | | | | | |
| 8.1 | It's a tough call page 92 | conditionals: second, third and mixed conditionals | collocations connected to decision making | weak forms in conditionals | read three news stories about behaviour in tough situations |
| 8.2 | Body clock Page 95 | -ing form and infinitive | feelings phrases; idioms connected to time | sentence stress and weak forms in verb phrases | read a quiz on whether you're a morning or an evening person |
| 8.3 | Have you got a minute? page 98 | handling an awkward situation | adjectives of manner | sentence stress and intonation when handling an awkward situation | |
| 8.4 | The Human Animal page 100 | | phrases to talk about a family or cultural ritual | | read about a family ritual |
| UNIT 9 TROUBLE page 103  Video podcast Do you have any phobias? | | | | | |
| 9.1 | Witness page 104 | -ing form and infinitive with different meanings | crime | silent letters in connected speech | read an article about memory; read newspaper extracts about crime |
| 9.2 | Scam page 107 | past modals of deduction | synonyms for verbs connected to scams; verbs + dependent prepositions | connected speech in past modals of deduction | read an advice leaflet about how to avoid trouble on holiday |
| 9.3 | It's an emergency! page 110 | reporting an incident | verb phrases for incidents | sentence stress | read about strange reasons people call emergency services. |
| 9.4 | Mayday! page 112 | | survival items; phrases to negotiate agreement | | read a story about a lucky escape |
| UNIT 10 CULTURE page 115  Video podcast What areas of the Arts do you enjoy? | | | | | |
| 10.1 | Moving experiences page 116 | relative clauses | adjectives to describe films | intonation in non-defining relative clauses | read a film review |
| 10.2 | Popular culture page 119 | participle clauses | the arts; two-part phrases: <i>dos and don'ts, pros and cons</i> etc | connected speech in two-part phrases | read an insiders' answers to popular culture questions; read forum entries about the arts |
| 10.3 | On your left ... page 122 | giving a tour | dimensions | intonation in phrases adding interest | |
| 10.4 | Banksy page 124 | | phrases to describe art; phrases to discuss options | | |
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| LISTENING/DVD | SPEAKING | WRITING |
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| | talk about different ages; discuss similarities and differences between generations | |
| listen to a radio programme about writing letters to your future self | talk about your future hopes and plans | write a letter to your future self; learn to use linkers of purpose |
| listen to a radio phone-in programme about life's milestones | role-play a radio phone-in; learn to ask for clarification | |
|  How to Live to 101: watch an extract from a documentary about people who live to a very old age | plan and take part in a debate | write a forum comment giving your opinion |
| | talk about TV watching habits | |
| listen to an expert talking about hoax photographs | discuss answers to a quiz; discuss celebrities and the media | write a discursive essay; learn to use linkers of contrast |
| listen to people talking about recent news stories | talk about the press; discuss 'top five' lists; learn to make guesses | |
|  The Funny Side of the News: watch and understand a programme about live news | retell a recent news story | write a newspaper article |
| | discuss difficult decisions | |
| listen to people talking about their attitudes to time; listen to a radio programme about people's daily rhythms | talk about your attitude to time | write an informal article; learn to use an informal style in an article |
| listen to someone talking through an awkward situation. | talk about how to handle awkward situations; role-play an awkward situation; learn to soften a message | |
|  The Human Animal: watch an extract from a programme about body language | describe a family or cultural ritual | write about a family ritual |
| | discuss how good a witness you are; talk about what you would do in difficult situations | |
| listen to people talking about getting tricked | speculate about how scams work | write an advice leaflet to help visitors to your city; learn to avoid repetition |
| listen to someone reporting an incident | role play reporting an incident; learn to rephrase | |
|  999: watch an extract from a documentary about a sea rescue | discuss items to take on a life raft | write a story about a lucky escape |
| listen to a film review on a radio programme | talk about films | write a film review; learn to write more descriptively |
| | talk about popular culture and arts experiences | |
| listen to tours of two different places | learn to express estimates; role play showing a visitor around part of your town | |
|  The One Show: watch an extract from a programme about a famous graffiti artist | choose a new artistic project for your town | write a description of a favourite work of art or building |