

LESSON	GRAMMAR/FUNCTION	VOCABULARY	PRONUNCIATION	READING	LISTENING/DVD	SPEAKING	WRITING	
UNIT 1 WELCOME page 7  Video podcast What's your name?								
1.1	Nice to meet you page 8	present simple: <i>be</i>	countries and nationalities	word stress		listen to people introduce themselves	introduce yourself and others	improve your use of capital letters
1.2	Travel light page 10	<i>this/that, these/those</i> ; possessives	objects	word stress; weak forms: <i>this, that, these, those</i>	read about travelling light		identify objects	
1.3	Can I have a coffee? page 12	making requests	tourist places	polite intonation; sentence stress		understand people in tourist situations	make requests	
1.4	Fawlty Towers page 14				 Fawlty Towers: watch an extract from a sitcom about a hotel	check into a hotel	complete a registration form at a hotel	
UNIT 2 LIFESTYLE page 17  Video podcast What's your daily routine?								
2.1	Join us! page 18	present simple: <i>I/you/we/they</i>	activities	linking: <i>do you</i>	read about local groups		talk about activities you do	link sentences with <i>and, but</i> and <i>or</i>
2.2	High flyers page 20	present simple: <i>he/she/it</i>	daily routines; jobs	third person 's'		listen to people talk about their daily routines	talk about your daily routine and people's jobs	
2.3	What time does it start? page 22	asking for information	the time	sentence stress; polite intonation		listen to people at Tourist Information; check when you don't understand	ask questions at a tourist information centre	
2.4	A Visit to Panama page 24				 Tribal Wives: watch an extract from a programme about living with tribes	talk about good guests and bad guests	write an email asking a friend for a place to stay	
UNIT 3 PEOPLE page 27  Video podcast What do you like doing with friends/family?								
3.1	Big happy families page 28	<i>have/has got</i>	family	sentence stress	read about an unusual family		talk about your family	
3.2	Real friends? page 30	adverbs of frequency	personality	word stress		listen to people talk about their friends	describe a friend and why you like them	improve your use of apostrophe 's'; write about your family and friends
3.3	Are you free tonight? page 32	making arrangements	time expressions	intonation to show interest		learn to show interest when you listen	make arrangements to meet friends	
3.4	Diwali Celebrations page 34				 Diwali: watch an extract from a BBC programme showing the traditions of Diwali	talk about a special occasion	write a description of a special event	
UNIT 4 PLACES page 37  Video podcast Where do you live?								
4.1	A place to stay page 38	<i>there is/are</i>	rooms and furniture; prepositions	word stress; weak forms: <i>there's a, there are</i>		listen to a woman describing her apartment	describe your home	improve your use of commas; write a description of your home
4.2	Around town page 40	<i>can</i> for possibility	places in towns; prepositions	word stress; weak forms: <i>can/can't</i>	read about some unusual places in town		talk about things you can do in your town	
4.3	Can I help you? page 42	shopping	things to buy	polite intonation		understand conversations in shops	have a conversation in a shop	
4.4	Favourite Places page 44				 50 Places To See Before You Die: watch an extract from a documentary about some amazing places	talk about a favourite place	write a blog about your favourite place	
UNIT 5 FOOD page 47  Video podcast What's your favourite dish?								
5.1	My fridge page 48	countable and uncountable nouns	food and drink	weak forms: <i>a, an, some, any</i>		listen to a photographer talk about food	talk about your eating and drinking habits	
5.2	A lifetime in numbers page 50	<i>how much/many</i> ; quantifiers	containers	numbers	read about eating and drinking habits		conduct a class food survey	use paragraphs to write a short report about your class
5.3	Are you ready to order? page 52	ordering in a restaurant	restaurant words	polite intonation; linking		listen to people ordering in a restaurant	order a meal in a restaurant	
5.4	Beach Barbecue page 54				 Ainsley Harriott's Beach Barbecue: watch an extract from a cookery programme with a famous chef	describe a special dish	write an email with a recipe	
UNIT 6 THE PAST page 57  Video podcast Did you go out last night?								
6.1	In their past page 58	<i>was/were</i>	dates and time phrases	weak forms: <i>was/were</i>		hear interesting facts about famous people's lives	describe your favourite childhood things	
6.2	Time twins page 60	past simple	life story collocations	past simple verbs: <i>-ed</i> endings	read about time twins		talk about past events in your life	link sentences with <i>because</i> and <i>so</i> ; write your life story in 100 words
6.3	What did you do? page 62	asking follow-up questions	activities	linking: <i>did you</i>		listen to people talking about their weekends	talk about how your weekend was	
6.4	Nelson Mandela page 64				 Nelson Mandela: The Fight For Freedom: watch an extract from a documentary about a great leader	interview a special person	write a profile about a special person	
IRREGULAR VERBS page 127		LANGUAGE BANK page 128		PHOTO BANK page 152		COMMUNICATION BANK page 160		AUDIO SCRIPTS page 167

LESSON

GRAMMAR/FUNCTION

VOCABULARY

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UNIT 7 HOLIDAYS

page 67

 Video podcast | How was your last holiday?

7.1

Travel partners
page 68

comparatives

travel adjectives

word stress; sentence stress

listen to people talk about how they like to travel

talk about how you like to travel

7.2

The longest bike
ride page 70

superlatives

places

weak form: *the*

read an article about a
bike tour across Asia

plan and talk about a long journey

check and correct information about a holiday

7.3

Can you tell me the
way? page 72

giving directions

places

sentence stress: correcting

understand directions

give directions in the street

7.4

Hong Kong
page 74

 **Going Local: Hong Kong:** watch an extract from a
travel show about Hong Kong

describe part of a town/city you know

write a short travel article about a town/city

UNIT 8 NOW

page 77

 Video podcast | What was the last film you saw?

8.1

Having a great time
page 78

present continuous

verbs + prepositions

weak forms: prepositions and
articles

read research about
language people use on
social networking sites

talk about what people are doing

improve your use of pronouns; write comments
on a photo

8.2

What a difference!
page 80

present simple and
continuous

appearance

intonation in questions

listen to people talk about actors

describe people's appearance

8.3

What do you
recommend? page 82

recommending

types of film

word stress; linking

ask for and give recommendations

8.4

Changing Trends
page 84

 **Robert Peston Goes Shopping:** watch an extract
from a BBC programme about changing shopping
trends

talk about a survey on trends

write a summary of a survey

UNIT 9 TRANSPORT

page 87

 Video podcast | How do you get to work?

9.1

Citybikes
page 88

can/can't, have to/don't have to

adjectives

word stress;
weak sound /ə/

read an article about
Mexico City's EcoBici

talk about transport in different cities

9.2

Free ride page 90

articles: *a/an, the*, no article

transport collocations

weak forms: *a, an, the*

listen to a man talk about travelling for free

talk about types of transport

9.3

Sorry I'm late
page 92

apologising

excuses

intonation in apologies

listen to a woman talk about her problems getting
to work

apologise for being late

write a story using linkers

9.4

Airport
page 94

 **Airport:** watch an extract from a documentary
about a day at Heathrow airport

deal with problems when flying

write a website entry about your experience at
an airport

UNIT 10 THE FUTURE

page 97

 Video podcast | What are your plans for the future?

10.1

Life's a lottery
page 98

be going to; would like to

plans

weak forms: going to, *would*

listen to a radio interview with lottery winners

talk about your future plans/wishes

10.2

Survive
page 100

will, might (not), won't

phrases with *get*

contractions

reading an article about
nature's dangers

make predictions about situations

improve your use of linkers and write a
short story

10.3

Let's do something
new page 102

making suggestions

art and culture

intonation: sounding positive

make and respond to suggestions for a day out

10.4

Wild Weather
page 104

 **Wild Weather:** watch an extract from a
documentary about the wettest place in Europe

describe unusual weather

write a message forum notice about your city

UNIT 11 HEALTH

page 107

 Video podcast | Do you have a healthy lifestyle?

11.1

I don't feel well
page 108

should/shouldn't

the body; health

weak form: *should*

listen to a radio programme about colds and flu

talk about what to do when you don't feel well

11.2

On thing at a time
page 110

adverbs of manner

communication

sentence stress: adverbs

read an article about
multi-tasking

talk about ways of reducing stress

make your stories more interesting with
adverbs

11.3

Help! page 112

offering to help

verbs of movement

intonation in offers

listen to situations where people offer to help

offer to help someone

11.4

Fat or Sugar?
page 114

 **Horizon: Sugar Versus Fat:** watch an extract from
a documentary about fat and sugar

talk about diets

write some advice for a health forum

UNIT 12 EXPERIENCE

page 117

 Video podcast | What's the most exciting thing you've done?

12.1

Great experiences
page 118

present perfect

experiences

sentence stress: present perfect

listen to people talking about their experiences

ask and answer questions about life
experiences

write an email using linkers

12.2

Afraid of nothing
page 120

present perfect and past
simple

prepositions

irregular past participles

read about a dangerous
job

describe how you feel about different situations

12.3

Hello, I've got a
problem page 122

telephoning

telephoning expressions

sentence stress

listen to phone conversations

make telephone calls and say telephone
numbers

12.4

Shark Therapy
page 124

 **Shark Therapy:** watch an extract from a
documentary about sharks

talk about an exciting or frightening experience

write a story about an exciting or frightening
experience

IRREGULAR VERBS

page 127

LANGUAGE BANK

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