







Contents

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U1	ARRIVALS					
1.1	People and places (p2) Talk about countries and nationalities	present simple be: positive and negative	countries and nationalities	syllable stress	listen to people meeting for the first time	introduce yourself say where you are from
1.2	Where are you? (p4) Ask and answer questions about a place	present simple be: questions	big numbers	similar numbers	read text messages about a city listen to someone talking about a city	talk about distances describe a place
1.3	What's in your bag? (p6) Talk about everyday items	a/an and plural nouns; this, that, these, those	everyday items	vowel sounds: /ɪ/, /æ/, /i:/, /əʊ/	listen to a conversation at an airport read an article about hand luggage KEY SKILL Reading for gist	SPEAKING HUB talk about what's in your bag
1.4	Café Hub Good morning (p8) Greet people and make introductions		greet people and make introductions	word stress	watch someone introduce a friend	give a personal presentation
UNIT REVIEW p10		WRITING (p160) Fill in a form with personal details KEY SKILL Capital letters				
U2	PEOPLE					
2.1	Family (p12) Talk about your family	possessive adjectives and apostrophes	family	/ə/ 'schwa'	read an article about a famous family	talk about famous families describe your family tree
2.2	The same, but different (p14) Talk about appearance	have/has got	describing appearance	contracted <i>have</i>	read an article about family appearance listen to someone describing their brother	describe a family member's appearance compare and contrast family members
2.3	Friends (p16) Describe family members and friends	using adjectives	personality adjectives	syllable stress: adjectives	listen to a conversation about university friends read an email about flatmates KEY SKILL Reading for organisation	describe someone's personality SPEAKING HUB choose a flatmate for a friend
2.4	Café Hub Café chaos (p18) Make and respond to requests		make and respond to requests	stress and intonation	watch someone order food in a café	order in a café
UNIT REVIEW p20		WRITING (p161) Write an email to a friend KEY SKILL <i>and, but and or</i>				
U3	DAYS					
3.1	A typical day (p22) Talk about daily routines	present simple positive	everyday activities	third person -s	listen to a radio interview about a typical day	talk about someone's typical day talk about jobs and routines
3.2	All day, every day (p24) Discuss daily activities	adverbs of frequency	prepositions of time	word stress	read about daily essentials listen to people talk about screen-free week	talk about how often you do things list your top ten daily essentials
3.3	A special day (p26) Describe a special day	present simple negative	big celebrations	sentence stress	read a blog post about a festival listen to a conversation about big celebrations KEY SKILL Listening for detail	SPEAKING HUB give a short presentation about a special day
3.4	Café Hub Finding Neena (p28) Make and respond to suggestions		make and respond to suggestions	stress and intonation	watch people making and responding to suggestions	make plans with your classmates
UNIT REVIEW p30		WRITING (p162) Write a blog post about your day KEY SKILL Sequencing words				

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U4 WORK AND EDUCATION						
4.1	What do you do? (p32) Talk about jobs	present simple <i>yes/no questions;</i> short answers	work and jobs	linking sounds: <i>do/does</i>	read an interview about someone's job	talk about your job ask questions to guess someone's job
4.2	Good job! (p34) Talk about the perfect job	have to / don't have to	time expressions	connected speech: <i>have to</i>	read an article about good and bad jobs listen to a conversation about someone's job	talk about the pros and cons of a job talk about the perfect job
4.3	Learn something new (p36) Talk about adult education and career development	question words	education collocations	word stress: questions	read an FAQ page about a distance learning university listen to a conversation at a careers fair KEY SKILL Listening for gist	talk about education in your country SPEAKING HUB plan a course for adults who want to retrain
4.4	Café Hub Busy day (p38) Ask for someone and leave a message		ask for someone and leave a message	stress and intonation	watch someone leaving a message with a receptionist	talk on the phone
UNIT REVIEW p40		WRITING (p163) Write an email asking for information KEY SKILL Punctuation: question marks, commas and full stops				
U5 PLACES						
5.1	There's no place like home (p42) Describe a home	there is/are	rooms and furniture; prepositions of place	/b/, /d/ and /g/	listen to a conversation about a house swap	talk about your home write an advert for a house swap
5.2	My neighbourhood (p44) Describe a neighbourhood	can	places in a town or city	weak forms: <i>can/can't</i>	read online comments about a neighbourhood	talk about what makes a good neighbourhood talk about your neighbourhood
5.3	Amazing buildings (p46) Describe an interesting building	imperatives	adjectives to describe the appearance of things	word stress: adjectives	read an article about interesting buildings KEY SKILL Reading for specific information	practise giving instructions SPEAKING HUB describe famous buildings
5.4	Café Hub Moving in (p48) Ask for and give directions		ask for and give directions	stress and intonation	watch someone asking for directions in the street	tell someone how to get somewhere
UNIT REVIEW p50		WRITING (p164) Write a description of a place KEY SKILL Using adjectives				
U6 THAT'S ENTERTAINMENT						
6.1	Let's go out (p52) Talk about likes and dislikes	likes and dislikes	entertainment	word stress: noun patterns	read a city guide about events	talk about your free time talk about your likes and dislikes
6.2	It was fun (p54) Talk about entertainment in the present and the past	was/were	past time expressions	weak forms: <i>was/were</i>	listen to a conversation about TV	talk about TV talk about entertainment now and in the past
6.3	Life stories (p56) Talk about your life	past simple regular and irregular verbs	life events	past simple regular endings	read an article about inspiring people KEY SKILL Scanning for names	talk about what you did last year SPEAKING HUB describe important events in your life
6.4	Café Hub Love hate (p58) Ask for and give opinions		ask for and give opinions	stress and intonation	watch a group of friends talking about music	make a playlist for a road trip
UNIT REVIEW p60		WRITING (p165) Write a review of an event KEY SKILL Using narrative sequencers				

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U7	TRAVEL AND TRANSPORT					
7.1	Getting around (p62) Talk about transport in a city	<i>could</i>	transport	/eɪ/ and /əʊ/	read a quiz about transport in different cities	talk about a past ability talk about transport in a city you know well
7.2	A love of adventure (p64) Talk about a journey	past simple negative	travel phrases	word stress: cities	read an article about a famous journey	talk about transport you used last year play a transport vocabulary game
7.3	A trip to remember (p66) Talk about a holiday	past simple questions	verb phrases	connected speech	listen to a conversation about an unusual trip KEY SKILL Guessing the meaning of unknown words	SPEAKING HUB tell a story about an unusual or funny holiday
7.4	Café Hub New York (p68) Check in and out of a hotel		check in and out of a hotel	intonation in questions	 watch someone checking in and out of a hotel	ask and answer questions at a hotel
UNIT REVIEW p70		WRITING (p166) Write a short article about a travel experience			KEY SKILL <i>So and because</i>	
U8	FOOD AND DRINK					
8.1	I'm hungry! (p72) Talk about the food you eat	countable and uncountable nouns; some and any	food and drink	plurals	listen to a conversation about a diet	talk about diets discuss food habits
8.2	What we eat (p74) Talk about the food your family eats	<i>much, many, a lot of</i>	containers	short and long vowel sounds	read an article about food around the world	compare diets in other countries interview your partner about their diet write a paragraph about your partner's diet
8.3	Yes, chef! (p76) Talk about ingredients and recipes	<i>a/an, the, no article</i>	food preparation	consonant clusters	read an advert about a food business KEY SKILL Decoding	SPEAKING HUB present a recipe
8.4	Café Hub More cheese (p78) Order food in a restaurant		order food in a restaurant	stress and intonation	 watch two friends ordering a meal in a restaurant	ask and answer questions to order food
UNIT REVIEW p80		WRITING (p167) Write an online restaurant review			KEY SKILL Pronoun referencing	
U9	SHOPPING					
9.1	People watching (p82) Talk about clothes and what people are doing	present continuous	clothes	/z:/	listen to a conversation about clothes	talk about interesting clothes talk about what you're doing describe someone in a picture
9.2	Job swap (p84) Talk about what people do at different times	present simple vs present continuous	present time expressions	/ŋ/	listen to an announcement read social media posts about job swaps	talk about job swaps talk about your life now and in general interview your partner about their job/studies
9.3	Shop till you drop (p86) Talk about shopping habits and tastes	object pronouns	shops and services	/tʃ/ and /ʃ/	read an article about marketing a business KEY SKILL Reading for genre	talk about your shopping preferences SPEAKING HUB conduct a survey about shopping habits
9.4	Café Hub Meeting Milly (p88) Shop for clothes		shop for clothes	connected speech	 watch someone shopping for clothes	talk about clothes in a shop
UNIT REVIEW p90		WRITING (p168) Write a social media post			KEY SKILL Checking your work	

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U10	THE GREAT OUTDOORS					
10.1	The right location (p92) Talk about and compare outdoor places	comparatives	landscape features	weak forms: /ə/ in <i>than</i>	listen to an interview about film locations	talk about the landscape in your country compare countries, landscapes or films
10.2	Where on Earth? (p94) Talk about places around the world	superlatives	seasons and weather	/əʊ/ and /aʊ/	read an article about extreme places	talk about weather in your country complete a geography quiz
10.3	Survival (p96) Talk about living outdoors	verb + to + infinitive	phrasal verbs	weak forms: /tu:/ and /tə/	read an article about surviving in the wild listen to an interview with a survival expert KEY SKILL Identifying fact and opinion	rank survival items by importance SPEAKING HUB write a survival plan
10.4	Café Hub Party invitation (p98) Make and respond to invitations		make and respond to invitations	stress and intonation	 watch a group of friends inviting people to a party	make plans with your classmates
UNIT REVIEW p100		WRITING (p169) Write a product review	KEY SKILL Adverbs of manner			
U11	THE BODY					
11.1	Health tips (p102) Talk about the body and health	should and shouldn't	the body	sentence stress	listen to a conversation about health tips	discuss healthy/unhealthy activities practise giving advice
11.2	In it to win it (p104) Talk about your experiences	present perfect	irregular past participles	past participles	read an article about a TV show	interview your classmates about their life experiences
11.3	Move it (p106) Talk about sports and hobbies	present perfect vs past simple	sports	contractions	read a text about an ultra-runner KEY SKILL Understanding the sequence of past events	discuss extreme sports SPEAKING HUB interview your classmates about sports and hobbies
11.4	Café Hub Get fit (p108) Ask for information		ask for information	stress and intonation	 watch someone booking a yoga lesson	ask for information about a class and book lessons
UNIT REVIEW p110		WRITING (p170) Write a recommendation on a forum	KEY SKILL Adding information with <i>too, also</i> and <i>as well</i>			
U12	MODERN LIVES					
12.1	Life's too busy (p112) Talk about future plans	going to	future time expressions	<i>going to</i> : weak and strong <i>to</i>	listen to a conversation about being organised	discuss time management talk about future plans and intentions
12.2	Everything will be shiny (p114) Make predictions	will for predictions	collocations with <i>get</i>	contractions: <i>'ll</i>	read an article about life in the future	make predictions about the world in 2050
12.3	Communication (p116) Talk about social media habits	might	internet communication	diphthongs	listen to people talking about social media KEY SKILL Predicting	SPEAKING HUB interview your classmates about their social media use
12.4	Café Hub Party time (p118) Show interest in something		show interest in something	stress and intonation	 watch friends giving compliments, responding to bad news and apologising	make small talk at a party and give compliments
UNIT REVIEW p120		WRITING (p171) Write a formal email	KEY SKILL Structuring emails			