Contents

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U1	**NICE TO MEET YOU!**					
1.1	**Say hello** (p2) Talk about where you're from	**present simple *be*: *I, you***	countries; numbers 0–10	syllables and syllable stress	listen to a registration at a language school	complete a short conversation with your partner
1.2	**What's your job?** (p4) Introduce a friend	**present simple *be*: *he, she, it***	jobs	contractions with *be*	read emails about a new job **KEY SKILL** Identifying personal pronouns	**SPEAKING HUB** complete information and present a friend
1.3	**Café Hub** **How are you?** (p6) Greet people and give personal information		greet people	word stress and intonation	▶ watch someone meet others and give information	
	UNIT REVIEW (p8)	**WRITING** (p8) Fill in a form | **KEY SKILL** Using capital letters				
U2	**OUR MUSIC, OUR WORLD**					
2.1	**Where are they from?** (p10) Talk about nationalities	**present simple *be*: *we, you, they*; possessive adjectives**	languages and nationalities	syllable stress	read about some new musicians on a playlist	talk about your favourite musician
2.2	**When are you free?** (p12) Ask for and give personal information	***wh*- questions with *be***	days of the week; numbers 11–100	contractions in questions	listen to conversations **KEY SKILL** Identifying context	**SPEAKING HUB** complete an information exchange
2.3	**Café Hub** **I'm late** (p14) Ask for clarification		ask for clarification		▶ watch someone meet new people and introduce themselves	
	UNIT REVIEW (p16)	**WRITING** (p16) Write an online introduction | **KEY SKILL** Using *and* to join sentences				
U3	**MY LIFE**					
3.1	**That's my coat** (p18) Describe everyday objects	***a/an* and plural nouns; *this, that, these, those***	objects and colours	/s/, /z/ and /ɪz/	listen to a conversation at a cloakroom	have a conversation at a cloakroom
3.2	**I've got two sisters** (p20) Talk about your family	***have/has got***	family	schwa /ə/	read an article about a birthday party **KEY SKILL** Finding key information	**SPEAKING HUB** ask and answer questions about your family
3.3	**Café Hub** **Guess who** (p22) Describe people		describe people		▶ watch two people describe what they look like and meet for the first time	
	UNIT REVIEW (p24)	**WRITING** (p24) Write a social media post | **KEY SKILL** Using *but*				

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U4	**TIME**					
4.1	**Every day** (p26) Talk about daily routines	**present simple: *I, you, we, they***	daily activities; time	sentence stress	listen to a radio interview about people's daily routines	talk about your daily routine
4.2	**Every year** (p28) Talk about annual routines	**present simple questions: *I, you, we, they***	months and seasons	do you /dʒʊ/	read an article about nomads in Mongolia **KEY SKILL** Using pictures before you read	**SPEAKING HUB** complete an information exchange about different animals
4.3	**Café Hub** **Coffee chaos** (p30) Order in a café		order in a café		▶ watch a busy day in a café	
	UNIT REVIEW (p32)	**WRITING** (p32) Write an email about your routine | **KEY SKILL** Using contractions				
U5	**TIME FOR A BREAK**					
5.1	**Relax and be happy** (p34) Talk about free time	**present simple: *he, she, it***	free-time activities	*does he / does she*	listen to a short survey	talk about what you do in your free time
5.2	**When's your lunch break?** (p36) Talk about food and meals	**adverbs of frequency**	food and meals	linking with /j/	read an article about lunch breaks around the world **KEY SKILL** Skimming	**SPEAKING HUB** complete a survey about eating habits
5.3	**Café Hub** **No battery** (p38) Ask for information		ask for information		▶ watch someone ask for information about train times and prices	
	UNIT REVIEW (p40)	**WRITING** (p40) Write a blog about food | **KEY SKILL** Using object pronouns				
U6	**A PLACE TO LIVE**					
6.1	**Around town** (p42) Describe your town or city	***there is / there are; some* and *any***	places in a town	*there is / there are*	read a description of Venice	describe your town or city
6.2	**Choosing a home** (p44) Describe your home	***is there / are there* question forms**	furniture and rooms; prepositions of place	vowel sounds: /ʌ/ and /e/	listen to a phone conversation about a room to rent **KEY SKILL** Predicting	**SPEAKING HUB** ask for and give information about a place to rent
6.3	**Café Hub** **Left or right?** (p46) Ask for and give directions		ask for and give directions		▶ watch someone ask for directions	
	UNIT REVIEW (p48)	**WRITING** (p48) Write a review of a café | **KEY SKILL** Using *because*				

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U7	**SKILLS**					
7.1	**What can you do?** (p50) Talk about your abilities	***can/can't***	abilities	*can/can't*: /æ/, /ə/ and /ɑː/	read an article about animals vs humans	conduct a class survey about abilities
7.2	**He's amazing!** (p52) Talk about people's talents	**possessive *'s***	adjectives	possessive *'s*	listen to a radio programme about a very talented family **KEY SKILL** Listening for pronoun reference	**SPEAKING HUB** ask and answer questions to find out about a talented person
7.3	**Café Hub** **New hair** (p54) Book an appointment		book an appointment		watch someone book an appointment on the phone	
	UNIT REVIEW (p56)	**WRITING** (p56) Write a competition entry | **KEY SKILL** Using commas in lists				
U8	**THE HERE AND NOW**					
8.1	**What's he doing?** (p58) Describe what people are doing	**present continuous**	verb phrases	different ways to pronounce *a*	listen to a conversation between police officers	describe a picture and find the differences
8.2	**The grey coat** (p60) Talk about clothes	**adjective order**	clothes	vowel sounds: /iː/, /ɜː/, /uː/ and /ɔː/	read a text message exchange between friends **KEY SKILL** Identifying key words	**SPEAKING HUB** talk about clothes in different situations
8.3	**Café Hub** **Too loud** (p62) Shop for clothes		shop for clothes		watch someone buy something for a friend	
	UNIT REVIEW (p64)	**WRITING** (p64) Write a short message | **KEY SKILL** Using *also* and *too*				
U9	**LOOKING BACK**					
9.1	**Famous faces** (p66) Talk about famous people from the past	**past simple: *was/ were***	dates and years	*was he / was she*	listen to a guide about famous people's lives	ask and answer questions about a famous person
9.2	**Voices from the past** (p68) Talk about people's achievements	**past simple: regular verbs**	everyday verbs	past tense endings: /d/, /t/ and /ɪd/	read a text about a new children's book **KEY SKILL** Scanning	**SPEAKING HUB** complete a quiz about famous people
9.3	**Café Hub** **Pizza Roma** (p70) Ask for and give recommendations		ask for and give recommendations		watch someone ask for restaurant recommendations	
	UNIT REVIEW (p72)	**WRITING** (p72) Write a short biography | **KEY SKILL** Organising your notes				

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U10	**IT'S HISTORY**					
10.1	**Precious finds** (p74) Talk about past events	**past simple: irregular verbs**	time phrases	vowel sounds: /ɔ:/ and /əʊ/	read *A history of the world in 100 objects*	choose 5 objects to represent the world today
10.2	**Family treasures** (p76) Talk about past experiences	**past simple questions**	life events	final consonant /t/ and /d/	listen to a podcast where people talk about treasured objects **KEY SKILL** Identifying reasons	**SPEAKING HUB** conduct a survey to find out about people's past experiences
10.3	**Café Hub** **It was amazing!** (p78) Talk about what you did at the weekend		react and show interest		watch people discuss what they did at the weekend	
	UNIT REVIEW (p80)	**WRITING** (p80) Write a paragraph about a past event | **KEY SKILL** Using sequencing words				
U11	**HAVING FUN**					
11.1	**In or out?** (p82) Talk about things you like doing	***like/love/hate/ enjoy* + verb + *-ing***	leisure activities	verb + *-ing* /ŋ/	read a lifestyle article about staying in or going out	discuss what you like doing in your free time
11.2	**Super fans** (p84) Talk about favourite sports, music and films	**object pronouns**	entertainment	vowel sounds: /ʊ/ and /u:/	listen to a radio interview with fans **KEY SKILL** Listening for opinions	**SPEAKING HUB** ask and answer questions to find a super fan
11.3	**Café Hub** **Short run** (p86) Make and respond to suggestions		make and respond to suggestions		watch someone make plans to see a friend	
	UNIT REVIEW (p88)	**WRITING** (p88) Write a personal profile | **KEY SKILL** Using *so*				
U12	**GOING AWAY**					
12.1	**Journeys** (p90) Describe a journey	**countable and uncountable nouns**	travel	consonant clusters	read about journeys that go wrong	talk about a bad journey you went on
12.2	**A prize holiday** (p92) Talk about holiday plans	**present continuous**	types of holiday	vowel sounds: /ɪ/, /i:/ and /aɪ/	listen to a competition winner on the radio **KEY SKILL** Listening for feelings	**SPEAKING HUB** Discuss and plan your dream holiday
12.3	**Café Hub** **Istanbul** (p94) Ask for and give opinions		ask for and give opinions		watch two friends talk about holiday destinations	
	UNIT REVIEW (p96)	**WRITING** (p96) Write a postcard | **KEY SKILL** Editing your writing				

Irregular Verbs (p97) **Grammar Hub** (p98) **Vocabulary Hub** (p122) **Communication Hub** (p128) **Audioscripts** (p134)

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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/, /iː/, /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 *have*	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** *and, but* and *or*				
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				

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U4	**WORK AND EDUCATION**					
4.1	**What do you do?** (p32) Talk about jobs	**present simple *yes/no* questions; short answers**	work and jobs	linking sounds: *do/ does*	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: *have to*	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: *can/ can't*	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: *was/ were*	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				

Irregular Verbs (p121) **Grammar Hub** (p122) **Vocabulary Hub** (p146) **Communication Hub** (p154) **Audioscripts** (p172)

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U7	**TRAVEL AND TRANSPORT**					
7.1	**Getting around** (p62) Talk about transport in a city	***could***	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** *So* and *because*				
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	***much, many, a lot of***	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	***a/an, the,* no article**	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	/ɜː/	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	/ʧ/ 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 *than*	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: /tuː/ 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 *too*, *also* and *as well*				
U12	**MODERN LIVES**					
12.1	**Life's too busy** (p112) Talk about future plans	***going to***	future time expressions	*going to*: weak and strong *to*	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 *get*	contractions: *'ll*	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				

Irregular Verbs (p121) **Grammar Hub** (p122) **Vocabulary Hub** (p146) **Communication Hub** (p154) **Audioscripts** (p172)

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U1	**RELATIONSHIPS**					
1.1	**Breaking the ice** (p2) Find out about someone new	**question forms**	people	the alphabet	listen to a psychology podcast	find out some information about your classmates
1.2	**Blogs and bloggers** (p4) Talk about different types of people	**frequency words and phrases**	types of people	using a dictionary	read a blog review	interview a classmate about websites, blogs and vlogs
1.3	**Personality** (p6) Describe someone's personality	**indefinite pronouns**	personality adjectives, adjective + preposition	word stress in multisyllable adjectives	read a magazine article about handwriting **KEY SKILL** Previewing a text	**SPEAKING HUB** talk about your partner's handwriting
1.4	**Café Hub** **Hello again** (p8) Greet people and give personal information, make introductions		greet people and give personal information, make introductions	word stress and intonation	▶ watch people introduce themselves	greet people and give personal information, make introductions
	UNIT REVIEW p10	**WRITING** (p158) Write information about yourself | **KEY SKILL** Checking your writing				
U2	**LIVING**					
2.1	**Love where you live** (p12) Talk about your neighbourhood	**adverbs of degree**	describing places	stress in two-syllable adjectives	read about Bosco Verticale (The forest in the sky)	talk about your neighbourhood
2.2	**The boomerang generation** (p14) Talk about your life and routine	**present simple and present continuous**	verb + preposition	consonant pairs at the beginning of words	listen to a radio show about 'the boomerang generation'	talk about your life and routine
2.3	**Time flies** (p16) Talk about life events	**past simple – regular and irregular verbs**	life events	Past simple irregular verbs /ɔː/, /e/ and /eɪ/	read an online psychology article **KEY SKILL** Skimming for key words	**SPEAKING HUB** talk about first-time experiences
2.4	**Café Hub** **Noisy neighbours** (p18) Ask for and give advice		ask for and give advice	disagreeing	▶ watch people asking for and giving advice	ask for and give advice
	UNIT REVIEW p20	**WRITING** (p159) Write an email of complaint | **KEY SKILL** Linking words				
U3	**TRAVEL**					
3.1	**The four-year journey** (p22) Talk about journeys and transport	***all / some / most / no / none***	types of transport	/p/, /b/, /v/	read an article about a four-year journey	interview others about their travel habits
3.2	**Lost at sea** (p24) Tell a story about a journey	**past continuous and past simple**	prefixes	*was* and *were* with past continuous	listen to a podcast about a family lost at sea	discuss different types of adventures describe a journey
3.3	**Too good to be true** (p26) Talk about the kind of holidays you like	**verb + *-ing* and *to* + infinitive**	accommodation and facilities	/ʃ/, /tʃ/ and /dʒ/	read an article about tips for a happy holiday **KEY SKILL** Identifying tone	**SPEAKING HUB** give a presentation about holiday accommodation
3.4	**Café Hub** **Overslept** (p28) Ask for travel information and check understanding		ask for travel information and check understanding	word stress and intonation and check understanding	▶ watch someone asking for travel information	ask for travel information and check understanding
	UNIT REVIEW p30	**WRITING** (p160) Write an email about a travel experience | **KEY SKILL** Ordering events				

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U4	**SOCIALISING**					
4.1	**What's the plan?** (p32) Talk about plans you have made for a weekend with visitors	***be going to* + infinitive and present continuous for the future**	free time	*going to*	listen to a conversation about free time activities	plan a weekend
4.2	**The future of free time** (p34) Present reasons to support or argue against predictions	**making predictions**	suffixes	*will* and *won't*	read an article about the future of our social lives	discuss predictions about the future
4.3	**Hygge** (p36) Ask and answer questions about how you like to spend your free time	**subject and object questions**	relaxing	linking a consonant to a vowel	read an online article about *hygge* **KEY SKILL** Summarising	**SPEAKING HUB** talk about socialising and free time activities
4.4	**Café Hub** **Would you?** (p38) Make arrangements to meet up with somebody		make arrangements to meet up with somebody	saying *yes* or *no*	watch people making arrangements to meet up	make arrangements and say *yes* or *no* to invitations
	UNIT REVIEW p40	**WRITING** (p161) Write an invitation and reply | **KEY SKILL** Informal emails				
U5	**WORK**					
5.1	**Work** (p42) Talk about the pros and cons of different jobs and say how they help society	***can, could, be able to***	work collocations	/w/ and /v/	read an online article about what makes us happy in our jobs	discuss the pros and cons of different jobs and how valuable they are to society
5.2	**Flip-flop entrepreneurs** (p44) Decide on the rules for a workplace or classroom	**obligation, necessity and permission: *must, have to* and *can***	adjectives for appearance	*can / can't* and *must / mustn't*	read an article about a charity	talk about rules in the workplace or classroom
5.3	**Don't call us** (p46) Answer questions on topics in which you are an expert	**present perfect with *for* and *since***	*work* + preposition	*has, have, for, since*	listen to a job interview **KEY SKILL** Listening for inference	**SPEAKING HUB** talk about a topic in which you are an expert
5.4	**Café Hub** **The cat** (p48) Give information about your work experience in a job interview		give information about your work experience in a job interview	singular and plural forms	watch someone giving information about work experience in a job interview	roleplay a job interview
	UNIT REVIEW p50	**WRITING** (p162) Write a covering email | **KEY SKILL** Beginning and ending emails and letters				
U6	**HEALTH**					
6.1	**Health myths** (p52) Give a presentation on health dos and don'ts	**quantifiers *too* and *enough***	minor illnesses	/ʌ/, /ɔː/, /uː/, /eɪ/ and /ɜː/	listen to a radio show about health myths	give a presentation about staying healthy
6.2	**Keep fit** (p54) Plan an exercise event for your local community	***-ing* forms**	exercise	/ŋ/, /n/ and /m/	read articles about fitness	plan an event to promote fitness
6.3	**We may never 'meat' again** (p56) Encourage people to make a lifestyle change	**present perfect with *just, already* and *yet***	food groups	/s/ and /ʃ/	read an article about vegetarianism and veganism **KEY SKILL** Scanning for key words	**SPEAKING HUB** design a leaflet about a lifestyle change
6.4	**Café Hub** **Painful experience** (p58) Talk about your symptoms at a pharmacy		talk about your symptoms at a pharmacy	vowel sounds	watch people describing their symptoms at a pharmacy	roleplay a conversation about health
	UNIT REVIEW p60	**WRITING** (p163) Write a product review | **KEY SKILL** Ordering information				

Irregular Verbs (p121) **Grammar Hub** (p122) **Vocabulary Hub** (p146) **Communication Hub** (p152) **Audioscripts** (p170)

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U7	**MIND**					
7.1	**Smile** (p62) Discuss what makes you happy	**articles**	feelings	/ə/ (schwa) in *a* / *an*	read an article about smiling	do a class survey about everyday things that make people happy
7.2	**The internet and the brain** (p64) Write an online comment about the effects of the internet	***used to***	shortened words	*used to*	read a blog about the effect of the internet on our brains	write a comment on a blog discuss the effects of the internet
7.3	**Intelligence** (p66) Talk about intelligence and achievements	**no article (*school*, *the school*)**	phrasal verbs	practising *the*: /ðiː/ or /ðə/	listen to a podcast about a child prodigy **KEY SKILL** Listening for the order of events	**SPEAKING HUB** give a presentation about a child prodigy
7.4	**Café Hub** **Neena's dinner** (p68) Describe an object and say what you use it for		describe an object and say what you use it for	objects	watch someone describing an object and saying what you use it for	talk about objects
	UNIT REVIEW p70	**WRITING** (p164) Write a survey report | **KEY SKILL** Using survey report language				
U8	**ART**					
8.1	**Musical taste** (p72) Talk about taste in music and your favourite songs	**reflexive pronouns**	music	consonant clusters in words	listen to a podcast about music read a short text about a radio programme	talk about types of music you like
8.2	**Unusual art** (p74) Talk about art and artists	**infinitive of purpose**	types of art	/ɪ/ and /iː/	read a blog about art	talk about art
8.3	**Telling stories** (p76) Describe films and books	**first conditional**	film and book genres; adjectives for describing films and books	word stress in longer words	listen to a podcast about films and books **KEY SKILL** Identifying contrasts	**SPEAKING HUB** recommend a film or book
8.4	**Café Hub** **First date** (p78) Show interest in a topic		show interest in a topic	intonation	watch people showing interest in a topic	show interest
	UNIT REVIEW p80	**WRITING** (p165) Write a review | **KEY SKILL** Describing and recommending				
U9	**MONEY**					
9.1	**Spending money** (p82) Talk about attitudes to money and about spending money	**second conditional**	prepositions in money phrases	/ɑː/, /ʌ/ and /æ/	read an article about whether spending money can buy you happiness	talk about spending money
9.2	**Getting and giving** (p84) Talk about philanthropy and charities	**defining relative clauses**	verbs connected with money	/s/ and /z/	listen to a lecture about philanthropists	discuss different charities and attitudes towards giving money to charity
9.3	**Who needs money?** (p86) Discuss your skills and how they could help others	**gerunds**	*make* and *do* expressions	/ʒ/ and /dʒ/	read an article about bartering **KEY SKILL** Using context to guess unknown words	**SPEAKING HUB** speak about exchanging skills and services
9.4	**Café Hub** **Difficult customer** (p88) Go shopping for clothes and ask for a refund		go shopping for clothes and ask for a refund	adding emphasis	watch someone shopping for clothes and asking for a refund	roleplay buying and returning a gift
	UNIT REVIEW p90	**WRITING** (p166) Write a 'for sale' advert | **KEY SKILL** Describing a product				

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION	READING • LISTENING	SPEAKING • WRITING
U10	**SCIENCE AND TECHNOLOGY**					
10.1	**Devices** (p92) Describe and compare personal possessions	**comparatives and superlatives**	electronic devices	/ɪst/ and superlative adjectives	listen to a radio show about devices	compare phones
10.2	**It's only good when it works** (p94) Describe types of technology	**more comparative structures**	using devices and the internet	/əz/ in comparative structures	read a blog about technology and the internet	talk about different types of technology
10.3	**The best view in the universe** (p96) Discuss the requirements for a job	***need to***	collocations: science and research	/ʊ/ and /uː/	read an article about the International Space Station **KEY SKILL** Facts and opinions	**SPEAKING HUB** talk about working in space
10.4	**Café Hub** **Locked out** (p98) Make and receive formal and informal phone calls		make and receive formal and informal phone calls	word stress and intonation	▶ watch people making and receiving phone calls	make and receive phone calls roleplay calling friends to ask for help
	UNIT REVIEW p100	**WRITING** (p167) Write a recommendation | **KEY SKILL** Making recommendations				
U11	**NATURAL WORLD**					
11.1	**Natural wonders** (p102) Talk about natural wonders	**the passive (present and past simple)**	natural features	/e/ and /iː/	listen to a radio show about the Seven Natural Wonders of the World	give a presentation about a natural wonder
11.2	**Animal images** (p104) Read and talk about wildlife photography	**adjective + *to* + infinitive**	animals	*to* /tə/	read an article about a wildlife photographer	choose the best animal picture
11.3	**Throw-away world** (p106) Talk about the causes and effects of plastic pollution	***even***	*somewhere, nowhere, everywhere, anywhere*	/r/ pronounced and silent	read a news report about plastic pollution **KEY SKILL** Looking for ways of expressing cause and effect	**SPEAKING HUB** make a plan to do the Plastic Challenge
11.4	**Café Hub** **Power cut** (p108) Tell a story		tell a story	showing interest	▶ watch a someone telling a story	tell and respond to a story
	UNIT REVIEW p110	**WRITING** (p168) Write an email giving suggestions and advice | **KEY SKILL** Making suggestions and giving advice				
U12	**MEDIA**					
12.1	**The news** (p112) Talk about the pros and cons of online news	**reported speech**	news expressions	/ɒ /, /ɔː/ and /əʊ/	read an article about the news	conduct a class survey about people's attitudes to the news
12.2	**On the box** (p114) Talk and debate about different TV viewing habits	**past perfect**	television	word stress in past perfect sentences	read an article about how binge-watching has changed TV	hold a debate about TV shows, box sets and on-demand viewing
12.3	**Advertising** (p116) Talk about advertising and what makes a good advert	***shall***	advertising	/æ/ and /e/	listen to a discussion about advertising campaigns **KEY SKILL** Identifying opinion and attitudes of speakers	**SPEAKING HUB** plan and present an advertising campaign
12.4	**Café Hub** **Watch this** (p118) Give and respond to opinions		give and respond to opinions	agreeing and disagreeing	▶ watch people discussing the pros and cons of football	give and respond to opinions
	UNIT REVIEW p120	**WRITING** (p169) Write a story | **KEY SKILL** Writing a story				

Irregular Verbs (p121) **Grammar Hub** (p122) **Vocabulary Hub** (p146) **Communication Hub** (p152) **Audioscripts** (p170)

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U1	**COMMUNICATION**			
1.1	**Communication today** (p2) Update your status on social media Make a short podcast	**present simple and present continuous**	seeing and hearing	schwa /ə/
1.2	**Who owns English?** (p6) Plan and conduct an interview Use rhetorical questions in a presentation	**subject and object questions**	languages	pronouncing questions
1.3	Café Hub **Welcome back** (p10) Ask for, offer and respond to help		ask for, offer and respond to help	intonation and stress
	UNIT REVIEW (p12)	**WRITING** (p156) Write a report about trends | **KEY SKILL** Using formal language in reports		
U2	**EXPERIENCES**			
2.1	**Important decisions** (p14) Talk about past experiences and things you want to do Talk about a life-changing decision	**present perfect simple and past simple**	collocations: making big decisions	*'s* and *'ve*
2.2	**You can do it!** (p18) Talk about an inspirational person Talk about solving a problem	**present and past ability**	dependent prepositions problems and solutions	word stress: verbs with two syllables
2.3	Café Hub **Picture this** (p22) Ask for, give and refuse permission		permission	intonation and stress in questions
	UNIT REVIEW (p24)	**WRITING** (p157) Write an informal email | **KEY SKILL** Informal writing		
U3	**ON THE MOVE**			
3.1	**Travel experiences** (p26) Talk about a difficult journey or travel experience Talk about behaviour on public transport	**narrative tenses**	collocations: travel information nouns ending in *-ion*	word stress in nouns ending in *-ion*
3.2	**Travel smart** (p30) Evaluate suggestions and justify a choice Talk about why a plan didn't work	**articles and quantifiers**	gradable and ungradable adjectives	sentence stress: quantifiers
3.3	Café Hub **Getting there** (p34) Tell a story		telling a story in five stages	intonation in responses
	UNIT REVIEW (p36)	**WRITING** (p158) Write an email of complaint | **KEY SKILL** Using adverbs to give emphasis		
U4	**CHANGE**			
4.1	**Personal change** (p38) Talk about resolutions and plans Talk about a life-changing book or film	**future forms**	collocations: goals and resolutions	intonation for attitude and mood
4.2	**Social change** (p42) Make and discuss predictions Discuss problems, reasons and consequences	**making predictions**	prefixes: *dis-, mis-, over-, re-, under-*	contraction of *will* linking final consonant and first vowel sounds
4.3	Café Hub **Part-time** (p46) Clarify and ask for clarification Make and deal with complaints		clarification making and dealing with complaints	intonation and stress
	UNIT REVIEW (p48)	**WRITING** (p159) Write a short essay | **KEY SKILL** Using linking words to introduce reasons and consequences		
U5	**WORK AND BUSINESS**			
5.1	**At work** (p50) Discuss and give advice about employment skills and career interests Discuss and suggest workplace benefits and changes	**past habits and states**	employment skills and qualities verbs of influence	Intonation and rhythm: holding your turn
5.2	**In business** (p54) Describe and evaluate a small business Talk about environmental business ideas	**the passive**	business collocations	silent consonants
5.3	Café Hub **Major presentation** (p58) Structure a presentation		structuring a presentation	ordering adverbs
	UNIT REVIEW (p60)	**WRITING** (p160) Write a covering letter for a job application | **KEY SKILL** Paragraph structure		

READING • LISTENING	SPEAKING • WRITING
read a text about 'My perfect online life' listen to a homemade podcast **KEY SKILL** Listening to check predictions	discuss pictures on your phone write a social media update **SPEAKING HUB** make a podcast about an experiment
listen to a discussion about English language **KEY SKILL** Rhetorical questions	interview a classmate about their experience of English **SPEAKING HUB** give a presentation about language learning
▶ watch a video about someone asking for help	ask a friend for help
read a blog about achievable bucket lists listen to a radio interview about a life-changing decision **KEY SKILL** Listening for the main idea	write and discuss your achievable bucket list **SPEAKING HUB** interview a classmate about a life-changing decision
read a news article about an older man looking for employment **KEY SKILL** Deducing the meaning of unknown words from context listen to four people taking about a time they overcame a problem	give a presentation about an inspirational person **SPEAKING HUB** ask and answer interview questions about problem-solving skills
▶ watch a video about a photoshoot	ask for and give permission for something
listen to a radio phone-in programme about bad travel experiences read a social science article on talking to people on public transport **KEY SKILL** Skim-reading to build a map of a text	tell a story for a radio show **SPEAKING HUB** discuss annoying behaviour on public transport
read an article about Helsinki's *Kutsuplus* transport scheme listen to a town council meeting discussing 'car-free days' **KEY SKILL** Listening for signposting language	discuss Helsinki's *Kutsuplus* transport scheme **SPEAKING HUB** evaluate proposals to reduce the traffic problems and pollution in a city
▶ watch a video about someone telling a story	tell a story about someone you used to spend time with
listen to two friends talking about resolutions on a Skype call read about the book *Life Cycle* **KEY SKILL** Summarising listen to four people talking about books or films that changed their lives	make and compare resolutions **SPEAKING HUB** discuss how a book or film changed your life
read a text about super-forecasters listen to a radio programme about the future of the countryside in Japan **KEY SKILL** Paraphrasing	discuss predictions for life in the future **SPEAKING HUB** discuss solutions to predicted problems
▶ watch a video about complaints	act out a restaurant scene
listen to a conversation between a careers advisor and client read a text about modern offices **KEY SKILL** Following reference links in a text	**SPEAKING HUB** interview a classmate to give careers advice **SPEAKING HUB** discuss and agree a plan to redesign an office
read a text about a business that is selling bottled air listen to a business podcast about marketing **KEY SKILL** Listening for examples	**SPEAKING HUB** present a company for an award **SPEAKING HUB** talk about an environmental business idea on a podcast
▶ watch a video about a presentation	give a presentation about a personal possession

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION
U6	**SPORTS AND HOBBIES**			
6.1	**Take part!** (p62) Describe a sport or game Give a short, persuasive talk	**modals of obligation**	adjectives ending in *–ive* sport	rhythm: pausing
6.2	**Hobbies** (p66) Talk about hobbies and free time activities Discuss trying new things	**present perfect continuous** ***had to* / *needed to***	hobbies and free time activities	*been*: weak form
6.3	Café Hub **You got served** (p70) Express your opinion		express an opinion	intonation for expressing opinions
	UNIT REVIEW (p72)	**WRITING** (p161) Write an article for a magazine | **KEY SKILL** Introductory clauses		
U7	**FOOD**			
7.1	**Eating out** (p74) Talk about eating out Make speculations and deductions about food	**modals of speculation and deduction**	phrasal verbs adjectives to describe food	diphthongs word stress with modals
7.2	**Food fads** (p78) Compare different types of food Compare a range of solutions and choose the best one	**comparatives and superlatives** ***the …, the …***	waste	vowel + *w*
7.3	Café Hub **Comfort eating** (p82) Make suggestions		making suggestions	suggestions
	UNIT REVIEW (p84)	**WRITING** (p162) Write a reply in an online discussion forum | **KEY SKILL** Comparing and recommending		
U8	**INNOVATION**			
8.1	**Making a difference** (p86) Explain how an invention works Suggest and evaluate creative ideas	**relative clauses**	word families creative thinking	relative clauses
8.2	**Must-have gadgets** (p90) Use positive language to promote a new product Give a friend advice about choosing a gadget	**zero and first conditionals** **conditionals with modals and imperatives**	positive adjectives	*'ll* and *won't*
8.3	Café Hub **Flat-packed** (p94) Give and follow instructions		giving and following instructions	sentence stress
	UNIT REVIEW (p96)	**WRITING** (p163) Write a biography | **KEY SKILL** Using linking words to show contrast		
U9	**THE ARTS**			
9.1	**Art for everybody** (p98) Suggest improvements to a proposal Plan an arts event	**second conditional**	the arts verbal idioms	/tʃ/, /ʃ/ and /k/
9.2	**Tell me a story** (p102) Report a conversation Create a collaborative story	**reported speech**	reporting verbs	using your voice to make a story more interesting
9.3	Café Hub **Leaving London** (p106) Talk about films and books		phrases to talk about films	words connected to films
	UNIT REVIEW (p108)	**WRITING** (p164) Write a review | **KEY SKILL** Using colons to introduce explanations		
U10	**PSYCHOLOGY**			
10.1	**Making up your mind** (p110) Talk about different versions of past events Talk about past mistakes	**third conditional** ***should have* + past participle**	psychology verbs expressions with *mind*	third conditional
10.2	**Wish lists** (p114) Talk about your wishes and regrets Plan a to-do list	**hopes and wishes**	reflexive verbs staying organised	emphasis and reflexive pronouns
10.3	Café Hub **Come home** (p118) Make and accept apologies		make and accept apologies	vowel sounds
	UNIT REVIEW (p120)	**WRITING** (p165) Write a report | **KEY SKILL** Writing a report		

Irregular verbs (p121) Grammar Hub (p122) Vocabulary Hub (p142) Communication Hub (p147) Writing lessons (p156) Audio scripts (p166)

READING • LISTENING	SPEAKING • WRITING
read an article about the sport of snowball fighting in Scotland listen to a talk about eSports **KEY SKILL** Listening for main and supporting points	describe a sport or a game and discuss sports **SPEAKING HUB** give a persuasive talk about a sport or a game
listen to a radio programme about hobbies and free time activities read about a person who tries something new every month for six months **KEY SKILL** Identifying tone	**SPEAKING HUB** interview your classmates about their free time activities **SPEAKING HUB** talk and ask about new activities
watch a video about different types of food	give an opinion about doing exercise
read an article about supper clubs **KEY SKILL** Hidden contrasts listen to a conversation at a dinner party	plan and present a supper club **SPEAKING HUB** describe a dish you would like to bring to a dinner party
read a food fad blog listen to a radio show about household food waste **KEY SKILL** Identifying people's opinions	ask and answer questions using superlatives **SPEAKING HUB** give a presentation about how to reduce food waste in the home
watch a video about a problem and a suggestion	talk about possible solutions to problems
read a text about a Canadian inventor read a short text on 'thinking outside the box' listen to friends discussing what you can do to be more creative **KEY SKILL** Listening for problems and solutions	talk about a person, a place and an object **SPEAKING HUB** talk about ideas for creating a website
listen to a podcast about new gadgets read a magazine article about gadgets **KEY SKILL** Topic sentences	invent a new gadget and promote it **SPEAKING HUB** give advice to a friend who wants to buy a gadget
watch a video about people assembling furniture	follow and give practical instructions
listen to finalists from a public arts competition read an article about immersive theatre **KEY SKILL** Using linking words to understand the writer's opinion	discuss proposals for an arts venue and suggest improvements **SPEAKING HUB** discuss ideas for an immersive theatre performance
listen to two friends talking about *The Great Gatsby* read an extract from *The Great Gatsby* listen to two friends talking about storytelling **KEY SKILL** Listening for definitions of new words	talk about books and stories and report a conversation **SPEAKING HUB** create and tell a collaborative story
watch a video about a film	describe a favourite film
read an article about thinking rationally and decision making listen to a conversation between two friends about a failed shopping trip **KEY SKILL** Listening for phrases that support an argument	discuss different outcomes of past events **SPEAKING HUB** discuss past mistakes
listen to a conversation on the power of habit read about the psychology of the to-do list **KEY SKILL** Bridge sentences	talk about wishes, hopes, regrets and dreams **SPEAKING HUB** make a wish list into a to-do list
watch a video about an apology	act out conversations to make and accept apologies

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	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION
U1	**CONNECTIONS**			
1.1	**Personality** (p2) Talk about reactions and feelings Design and present a meet-up group	**question forms**	feelings	intonation in *yes/no* and *wh-* questions
1.2	**Who we are** (p6) Compare, contrast and summarise short biographies Talk about people that have influenced you	**tense review**	personality adjectives noun suffixes	connected speech: final consonant and initial vowel
1.3	Café Hub **Keeping it in the family** (p10) give your opinion on the role of inherited ability in success		idioms: family	
	UNIT REVIEW (p12)	**WRITING** (p154) Write a formal letter asking for information | **KEY SKILL** Structuring formal letters		
U2	**LIFESTYLES**			
2.1	**A full life** (p14) Talk about health and lifestyle choices Plan and conduct a lifestyle survey	**present perfect simple and present perfect continuous**	health and fitness	connected speech: present perfect continuous
2.2	**Change** (p18) Conduct an interview about lifestyle changes Debate the impact of smartphones	***used to, would, get used to, be used to***	adverbs of stance adverb + adjective collocations	catenation: *used to*
2.3	Café Hub **Clean eating** (p22) give your opinion on food choices		adding emphasis	
	UNIT REVIEW (p24)	**WRITING** (p155) Write an article giving advice | **KEY SKILL** Using different structures to give advice		
U3	**SURVIVAL**			
3.1	**Staying alive** (p26) Create a collaborative story Tell a personal anecdote	**narrative tenses**	descriptive verbs	dramatic storytelling techniques
3.2	**Fear and danger** (p30) Discuss priorities in a survival situation Talk about fears and offer advice	**alternatives to *if* in conditionals**	phrasal verbs to describe problems dependent prepositions: adjectives	intonation in conditional sentences
3.3	Café Hub **Don't look down** (p34) describe a journey		shortened idioms	
	UNIT REVIEW (p36)	**WRITING** (p156) Write a short story | **KEY SKILL** Using adverbs to add detail to a story		
U4	**THE FUTURE**			
4.1	**My future** (p38) Talk about future plans and goals Make predictions about the future of work	**future forms**	noun + preposition collocations nouns and verbs with the same spelling	nouns and verbs with the same spelling
4.2	**What will life be like?** (p42) Evaluate future predictions Debate a range of transport proposals	**future perfect simple, future continuous and future perfect continuous**	intensifiers	intonation with intensifiers
4.3	Café Hub **The robot revolution** (p46) give your opinion on automation in the workplace		*right*	
	UNIT REVIEW (p48)	**WRITING** (p157) Write a for and against blog post | **KEY SKILL** Structuring a for and against blog post		
U5	**CHANGE**			
5.1	**Changing environment** (p50) Summarise a sequence of past events Evaluate a range of proposals	**the passive** **causative *have* and *get***	green vocabulary	glottal stops
5.2	**Changing places** (p54) Talk about changes in your town or city Evaluate candidates and put together a team	***-ing* and infinitive forms**	describing areas of a city prefixes	words that lose a syllable
5.3	Café Hub **Getting into the habit** (p58) discuss ways to help the environment		conditional counterarguments	
	UNIT REVIEW (p60)	**WRITING** (p158) Write a problem solution article | **KEY SKILL** Describing problems and solutions		

READING • LISTENING	SPEAKING • WRITING
read an online article about everyday heroes **KEY SKILL** Skimming for the main ideas listen to three conversations at meet-up groups	discuss how you would react in three different scenarios **SPEAKING HUB** plan and present an idea for a new meet-up group in your area
read biographies of famous people who overcame challenges listen to a radio interview about personality types **KEY SKILL** Listening for the main ideas	research and discuss famous people that overcame great challenges **SPEAKING HUB** discuss someone influential from your past
watch a video about an Olympic medal winner watch people talking about family traits	**KEY SKILL** Developing and introducing new topics **SPEAKING HUB** debate the influence of practice on ability
read a newspaper article about how to live longer listen to radio interviews about lifestyle changes **KEY SKILL** Listening for reasons	discuss health, fitness and modern lifestyles **SPEAKING HUB** conduct a lifestyle survey and offer advice
listen to a TV interview about quitting the rat race read a for and against article about the impact of social media **KEY SKILL** Identifying assumptions	interview your partner about how their life has changed over the last ten years **SPEAKING HUB** have a debate about the impact of smartphones on personal relationships
watch a video about clean eating watch people talking about food	**KEY SKILL** Backchannelling and lexical repetition **SPEAKING HUB** present your opinion on veganism
read a newspaper article about someone who survived against the odds **KEY SKILL** Following the sequence of a narrative listen to a radio phone-in programme about extreme sports	tell a dramatic survival story **SPEAKING HUB** tell an anecdote from your personal experience
read an interview with a survival expert listen to an extract from an audiobook about phobias **KEY SKILL** Listening for definitions, examples and explanations	discuss how to survive a dangerous situation **SPEAKING HUB** discuss people's fears and how to address them
watch a video about climbing a mountain watch someone telling an anecdote	**KEY SKILL** Backtracking **SPEAKING HUB** tell an anecdote about a journey
listen to a podcast about turning points in people's lives read a magazine article about the future of work **KEY SKILL** Identifying evidence	interview your partner about their plans and goals **SPEAKING HUB** discuss jobs and automation
read a magazine article about predictions in films listen to a debate about the future of transport **KEY SKILL** Identifying agreement and disagreement	discuss predictions from film and TV **SPEAKING HUB** debate transport options in a city
watch a video about the automation of jobs watch people talking about running a small business	**KEY SKILL** Asking for clarification **SPEAKING HUB** conduct an interview on the use of robots in the workplace
read a magazine article about the reintroduction of wolves in Yellowstone park **KEY SKILL** Identifying cause and effect listen to a radio interview about making a house more eco-friendly	describe changes to an ecosystem **SPEAKING HUB** discuss how to make a school more eco-friendly
read an article about fast-growing cities listen to a radio interview with Mars One applicants **KEY SKILL** Listening for rhetorical questions	discuss key changes in your town or city **SPEAKING HUB** select the perfect team for a Mars mission
watch a video about how to encourage changes in behaviour watch people discussing a green issue	**KEY SKILL** Taking the floor **SPEAKING HUB** prioritise steps we can take to live a greener lifestyle

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION
U6	**COMING OF AGE**			
6.1	**The right method?** (p62) Discuss rules in education Talk about changes to education in your country	**obligation, prohibition and permission**	education	intonation to show interest
6.2	**Traditions of youth** (p66) Discuss age milestones in your country Debate the best time to start university	**articles**	compound adjectives phrases with *make* and *do*	intrusive /j/ sounds
6.3	Café Hub **A new perspective** (p70) give your opinion on an aspect of education		emphatic structures	
	UNIT REVIEW (p72)	**WRITING** (p159) Write a report | **KEY SKILL** Describing data		
U7	**COMMUNITY**			
7.1	**Open spaces** (p74) Discuss community development projects Discuss responses to hypothetical situations	**first conditional with different future forms** **unreal conditionals**	verbs to describe change	connected speech in conditionals
7.2	**Make a change** (p78) Talk about wishes and regrets Design and present a community project	***wish* and *if only***	three-part phrasal verbs compound nouns	two-stress phrasal verbs
7.3	Café Hub **A shared vision** (p82) give your opinion on a social initiative		*you know*	
	UNIT REVIEW (p84)	**WRITING** (p160) Write a formal letter of complaint | **KEY SKILL** Hedging		
U8	**MYSTERY**			
8.1	**Myths and legends** (p86) Speculate about past events Summarise a cultural story	**past modals of deduction**	word families	thought groups
8.2	**Who did it?** (p90) Write and perform a short scene Speculate about the causes and consequences of a crime	**order of adjectives**	easily confused verbs crime	adding information
8.3	Café Hub **Fact or fiction?** (p94) discuss how to test an idea		understatement	
	UNIT REVIEW (p96)	**WRITING** (p161) Write a complex essay | **KEY SKILL** Writing conclusions		
U9	**BUSINESS**			
9.1	**Customers** (p98) Talk about the risks and benefits of apps Make an effective complaint about a product or service	**relative clauses**	dependent prepositions: verbs	pitch on non-defining relative clauses
9.2	**Products** (p102) Conduct a survey about what influences our purchases Design and present an advertising campaign	**determiners and quantifiers**	science advertising	connected speech: determiners and quantifiers
9.3	Café Hub **Raising capital** (p106) discuss investment opportunities		illustrating your argument	
	UNIT REVIEW (p108)	**WRITING** (p162) Write a proposal | **KEY SKILL** Using discourse markers in formal writing		
U10	**MEDIA**			
10.1	**Reporting the news** (p110) Give opinions on recent news stories Intervene appropriately in a discussion	**reported speech**	traditional media	avoiding interruption
10.2	**Digital media** (p114) Report a conversation Plan and create a viral marketing advert	**reporting verbs**	social media adjective + noun collocations	using intonation to attract and keep interest
10.3	Café Hub **Watch on demand** (p118) give your opinion on streaming services		*from … to*	
	UNIT REVIEW (p120)	**WRITING** (p163) Write a persuasive essay | **KEY SKILL** Concession		

Irregular Verbs (p121) **Grammar Hub** (p122) **Vocabulary Hub** (p142) **Communication Hub** (p147) **Writing** (p154) **Audioscripts** (p164)

READING • LISTENING	SPEAKING • WRITING
listen to a radio discussion about different school systems listen to an interview about a new film **KEY SKILL** Pronoun referencing	design rules for the perfect school **SPEAKING HUB** discuss how education has changed in your country
read an article about coming-of-age ceremonies around the world listen to three interviews about age **KEY SKILL** Decoding: idioms	discuss legal milestones in your country **SPEAKING HUB** debate when the best time to start university is
watch a video about a floating school watch people working on a presentation	**KEY SKILL** Using correct register **SPEAKING HUB** give a presentation about education
listen to a talk about regeneration projects read a magazine article about a failing restaurant **KEY SKILL** Identifying speculation	discuss the best way to regenerate an area **SPEAKING HUB** discuss how to address hypothetical situations
read a blog post and comments about regrets **KEY SKILL** Inferring meaning listen to an interview about a moneyless society	discuss your wishes and regrets **SPEAKING HUB** design a community project
watch a video about building your own home in London watch a video call between two people	**KEY SKILL** Talking on the telephone **SPEAKING HUB** debate the merits of an approach to affordable housing
read an online article about unexplained mysteries **KEY SKILL** Decoding: similes and metaphors listen to a podcast about myths and legends	make deductions about an unexplained mystery **SPEAKING HUB** discuss myths and legends
read a scene from a detective story listen to a lecture about eye-witness testimony **KEY SKILL** Following an argument	write and perform a scene from a detective story **SPEAKING HUB** solve a murder mystery
watch a video about an urban myth watch people discussing how to escape from a locked room	**KEY SKILL** Maintaining a conversation **SPEAKING HUB** discuss how to test different urban myths
read an article about the trust economy listen to a customer complaint **KEY SKILL** Fronting	talk about the risks and benefits of apps you use **SPEAKING HUB** practise making complaints
listen to a radio interview about health myths read an article about a successful entrepreneur **KEY SKILL** Topic sentences	conduct a survey about shopping habits **SPEAKING HUB** pitch a product
watch a video about crowdfunding watch people discussing ways to raise money for a business	**KEY SKILL** Reformulating and paraphrasing **SPEAKING HUB** discuss how much to invest in different business ideas
read an article about the death of print listen to an interview about fake news **KEY SKILL** Listening for repair and elaboration	discuss recent news stories and your opinions of them **SPEAKING HUB** discuss fake news, bias and online media
read three fake news stories **KEY SKILL** Substitution listen to a talk about viral marketing campaigns	interview your partner and report their answers **SPEAKING HUB** design a viral marketing campaign
watch a video about streaming services watch someone talking about getting a new job	**KEY SKILL** Circumlocution **SPEAKING HUB** debate the pros and cons of streaming services

Contents

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION
U1	**TRENDS**			
1.1	**Dress for success** (p2) Talk about style and fashion Give fashion advice	**nominal clauses**	clothes and fashion metaphors	linking and intrusive **/r/**
1.2	**Trendsetting** (p6) Compare different trends Make a podcast or vlog	**comparatives and superlatives**	experimenting with prefixes and suffixes	emphatic stress
1.3	Café Hub **Diet and lifestyle** (p10) Pitch your own business idea		*give it a go*	
	UNIT REVIEW (p12)	**WRITING** (p156) Write a blog post | **KEY SKILL** Making your blog post successful		
U2	**CREATIVITY**			
2.1	**The story behind it** (p14) Give a presentation about art Talk about creative projects	**narrative tenses**	describing art	contrastive stress
2.2	**Creative people** (p18) Talk about finding inspiration Describe a life-changing moment	**future in the past**	ideas and inspiration compound adjectives	questions for comment or criticism
2.3	Café Hub **Art and design** (p22) Discuss a work of art		*nowhere* phrases	
	UNIT REVIEW (p24)	**WRITING** (p157) Write a review | **KEY SKILL** Writing concisely		
U3	**PROGRESS**			
3.1	**Progressive design** (p26) Make predictions about the future Use persuasive language to sell something	**future structures**	sustainability forming verbs from adjectives	sounding persuasive
3.2	**Better … or worse?** (p30) Discuss progress and society Evaluate costs and benefits	**negative inversion**	verb–noun collocations	stress-shift words
3.3	Café Hub **Sustainability** (p34) Discuss renewable energy		the 'rule of three'	
	UNIT REVIEW (p36)	**WRITING** (p158) Write a persuasive email | **KEY SKILL** Persuasive techniques		
U4	**INTELLIGENCE**			
4.1	**Brain training** (p38) Discuss improving the brain Talk about future technology	**conditionals without *if***	conceptual metaphors	adding information
4.2	**Thinking and thought** (p42) Talk about regrets Discuss intelligence	**wishes and regrets**	science and research thinking	adding information or changing the topic
4.3	Café Hub **Life-changing tech** (p46) Recount events		*straight out of*	
	UNIT REVIEW (p48)	**WRITING** (p159) Write a report | **KEY SKILL** Hedging		
U5	**GAMES**			
5.1	**21st century games** (p50) Discuss problem-solving tasks Discuss gaming and game design	**the passive**	competition and cooperation	expressing disbelief
5.2	**Serious gaming** (p54) Identify generalisations Discuss ideas for solving a challenge	**passive reporting structures**	reporting verbs motivation and manipulation	*-ate* words
5.3	Café Hub **Win or lose** (p58) Plan a fundraising event		ellipsis	
	UNIT REVIEW (p60)	**WRITING** (p160) Write a formal report | **KEY SKILL** Using depersonalisation		

	READING • LISTENING	SPEAKING • WRITING
	read an article about how clothes affect the way you think listen to a conversation about how to look good for less **KEY SKILL** Listening for recommendations	discuss trends in clothes and fashion **SPEAKING HUB** roleplay a conversation about fashion
	read a blog post about the lifecycle of a trend **KEY SKILL** Using contrasts to work out meaning listen to a podcast about how to be a trendsetter	compare trends from different time periods **SPEAKING HUB** plan and make a podcast or vlog
	watch a video about veganism watch someone pitching a business idea	**KEY SKILL** Using circumlocution **SPEAKING HUB** plan and give a short pitch
	listen to a radio programme about a famous painting **KEY SKILL** Anticipating content before listening read a newspaper article about how the Eden Project was made	give a short presentation about a work of art **SPEAKING HUB** tell a story about a project
	listen to a conversation about how creative people get inspiration read an article about famous people who were discovered by accident **KEY SKILL** Inferring meaning	discuss suggestions for finding inspiration **SPEAKING HUB** tell a story about a life-changing moment
	watch a video about the London Design Festival watch people giving their interpretation of a work of art	**KEY SKILL** Managing a discussion **SPEAKING HUB** discuss a painting
	read a newspaper article about an architect's plans for a city in the future listen to a conversation about smart materials **KEY SKILL** Listening to identify persuasive techniques	discuss future developments and changes **SPEAKING HUB** persuade someone to buy a product
	listen to a radio show about declinism read a magazine article about voluntourism **KEY SKILL** Reading to determine costs and benefits	discuss whether life is getting better or worse **SPEAKING HUB** discuss the costs and benefits of a project
	watch a video about seaweed farming in Bali watch people discussing alternative fuels	**KEY SKILL** Maintaining a conversation **SPEAKING HUB** talk about the pros and cons of renewable energies
	listen to a radio discussion about brain training **KEY SKILL** Identifying logical fallacies read an article about brain augmentation	compare products to boost intelligence **SPEAKING HUB** discuss responses to hypothetical situations
	read two articles about embarrassment **KEY SKILL** Identifying different writing styles listen to part of a debate about the disadvantages of being highly intelligent	talk about a time when you did something you regret **SPEAKING HUB** have a debate about intelligence and education
	watch a video about Neil Harbisson watch someone tell an anecdote about a technology fair	**KEY SKILL** Recounting events **SPEAKING HUB** tell an interesting and complex anecdote
	listen to a conversation about escape rooms read a blog post about urban games **KEY SKILL** Understanding colloquial asides	suggest creative solutions to a problem **SPEAKING HUB** design an urban game
	listen to a presentation about Game Theory **KEY SKILL** Distinguishing generalisations from preferred solutions read an article about the gamification of life	talk about generalisations, expectations and assumptions **SPEAKING HUB** use gamification and game theory to solve a problem
	watch a video about risk-taking in games watch people come up with strategies while playing a game	**KEY SKILL** Building relationships **SPEAKING HUB** discuss and plan a fundraising event for a charity

	LESSON • OBJECTIVES	GRAMMAR	VOCABULARY	PRONUNCIATION
U6	**DISCOVERIES**			
6.1	**Challenging journeys** (p62) Speculate and make deductions about the past Plan an amazing journey	**past modals of speculation and deduction**	journeys and adventures three-part phrasal verbs	showing your attitude
6.2	**Inquisitive minds** (p66) Discuss rewarding jobs Give a presentation about someone you admire	***-ing* and infinitive forms**	binomial expressions	pauses and pitch in presentations
6.3	Café Hub **Word of knowledge** (p70) Plan and perform an interview		engaging listeners	
	UNIT REVIEW (p72)	**WRITING** (p161) Write an expository essay | **KEY SKILL** Structuring an expository essay		
U7	**EXTREMES**			
7.1	**Beyond the limits** (p74) Describe reactions to extreme experiences Describe extreme situations and achievements	***it* clefting**	feelings	intonation in question tags
7.2	**Extreme jobs** (p78) Discuss extreme jobs Deal with difficult interview questions	***what* clefting and *all* clefting**	polysemy intensifiers	*any* and *quite*
7.3	Café Hub **Push your limits** (p82) Tell a story about an exciting journey		fronting	
	UNIT REVIEW (p84)	**WRITING** (p162) Write a cover letter | **KEY SKILL** Using power verbs		
U8	**WELL-BEING**			
8.1	**Health and wellness** (p86) Discuss wellness treatments Talk about health and technology	**relative clauses with complex relative pronouns**	health problems	building suspense
8.2	**Sport and wellness** (p90) Talk about sports psychology Discuss nutrition and fitness	**pronouns and determiners**	idioms describing taste	pronunciation of idioms
8.3	Café Hub **Health hacks** (p94) Explain and give instructions about a process		reformulating	
	UNIT REVIEW (p96)	**WRITING** (p163) Write a summary | **KEY SKILL** Paraphrasing		
U9	**BEHAVIOUR**			
9.1	**Language and behaviour** (p98) Talk about group behaviour Discuss factors that affect behaviour	**noun phrases**	slang	pronouncing vague expressions
9.2	**Animal behaviour** (p102) Discuss animal behaviour Talk about behavioural experiments	**participle clauses and verbless clauses**	verb + object + infinitive gestures and body language	intrusive stops
9.3	Café Hub **Model behaviour** (p106) Give and justify your opinion on social engagement		*end up*	
	UNIT REVIEW (p108)	**WRITING** (p164) Write a conclusion to an academic report | **KEY SKILL** Linking in academic writing		
U10	**SOCIETY**			
10.1	**Urban problems** (p110) Discuss issues related to tourism Present solutions to urban problems	**discourse markers**	culture and heritage nouns with *to*	introducing new information
10.2	**How to change the world** (p114) Talk about political activism Discuss how to make a difference	**ellipsis and substitution**	word building	managing conversations
10.3	Café Hub **Changing cities** (p118) Debate for and against a motion		describing a scene in real-time	
	UNIT REVIEW (p120)	**WRITING** (p165) Write a persuasive essay | **KEY SKILL** Using counter-arguments and rebuttals		

Irregular verbs (p121) **Grammar Hub** (p122) **Vocabulary Hub** (p142) **Communication Hub** (p149) **Writing lessons** (p156) **Audioscripts** (p166)

READING • LISTENING	SPEAKING • WRITING
read an article about a famous explorer **KEY SKILL** Prediction strategies for reading listen to a discussion about travel challenges	make speculations about historical mysteries **SPEAKING HUB** design and present an original travel challenge
read an article about investigative journalism listen to a presentation about an inventor **KEY SKILL** Taking notes while listening	compare different types of job **SPEAKING HUB** give a presentation about an inspirational person
watch a video about nature and the universe watch an interview with a scientist	**KEY SKILL** Conducting an interview **SPEAKING HUB** roleplay an interview between Veronica Matos and a journalist
read an extract from a story listen to a TV show about hysterical strength **KEY SKILL** Identifying causation	describe your experiences of mental states **SPEAKING HUB** conduct a media interview about extreme abilities/achievements
read an article about working in extreme places listen to a talk about extreme job interviews **KEY SKILL** Understanding reference within texts	give advice to a job applicant **SPEAKING HUB** interview candidates for a job
watch a video about extreme driving watch a phone call between two people	**KEY SKILL** Changing and recycling topics **SPEAKING HUB** perform a conversation about an exciting journey
read a newspaper article about new wellness treatments **KEY SKILL** Identifying writers' opinions listen to a conversation about technology and health	talk about the value of wellness treatments **SPEAKING HUB** design and pitch a health/wellness product
listen to a podcast about sports psychology **KEY SKILL** Understanding speech with background noise read an article about a gluten-free diet	discuss the benefits of sports psychology techniques **SPEAKING HUB** design a fitness plan for an athlete
watch a video about food packaging watch two people discuss a recipe	**KEY SKILL** Repairing misunderstandings **SPEAKING HUB** explain a process you know well to your partner
listen to a conversation about a psychology experiment **KEY SKILL** Understanding rapid colloquial speech read a newspaper article about how language affects behaviour	discuss the problems of group behaviour **SPEAKING HUB** analyse and present evidence for or against an idea
read an article about understanding animal behaviour **KEY SKILL** Identifying outcomes of scientific research listen to a radio show about behavioural psychology	discuss experiences and opinions of animal intelligence **SPEAKING HUB** plan and carry out a behavioural experiment
watch a video about group behaviour watch people discuss sociological experiments	**KEY SKILL** Backtracking and reformulating **SPEAKING HUB** present your opinion on social engagement
read three short articles about the problems caused by tourism **KEY SKILL** Integrating information from different texts listen to a radio report about building design	talk about the importance and problems of tourism **SPEAKING HUB** discuss how to solve problems in your city
read a newspaper article about political activism listen to a conversation about finding a job after university **KEY SKILL** Recognising shifts in register	discuss world problems and activism **SPEAKING HUB** persuade people to support a charity
watch a video about cable cars in Mexico City watch people argue about the benefits of urban development	**KEY SKILL** Using vague language **SPEAKING HUB** debate whether vehicles should be banned from city centres