










# Contents

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

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<b>U4 WORK AND EDUCATION</b>						
4.1	<b>What do you do?</b> (p32) Talk about jobs	<b>present simple</b> <i>yes/no questions;</i> <b>short answers</b>	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	<b>Good job!</b> (p34) Talk about the perfect job	<b>have to / don't have to</b>	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	<b>Learn something new</b> (p36) Talk about adult education and career development	<b>question words</b>	education collocations	word stress: questions	read an FAQ page about a distance learning university listen to a conversation at a careers fair <b>KEY SKILL</b> Listening for gist	talk about education in your country <b>SPEAKING HUB</b> plan a course for adults who want to retrain
4.4	<b>Café Hub</b> <b>Busy day</b> (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
<b>UNIT REVIEW</b> p40		<b>WRITING</b> (p163) Write an email asking for information   <b>KEY SKILL</b> Punctuation: question marks, commas and full stops				
<b>U5 PLACES</b>						
5.1	<b>There's no place like home</b> (p42) Describe a home	<b>there is/are</b>	rooms and furniture; prepositions of place	<b>/b/, /d/ and /g/</b>	listen to a conversation about a house swap	talk about your home write an advert for a house swap
5.2	<b>My neighbourhood</b> (p44) Describe a neighbourhood	<b>can</b>	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	<b>Amazing buildings</b> (p46) Describe an interesting building	<b>imperatives</b>	adjectives to describe the appearance of things	word stress: adjectives	read an article about interesting buildings <b>KEY SKILL</b> Reading for specific information	practise giving instructions <b>SPEAKING HUB</b> describe famous buildings
5.4	<b>Café Hub</b> <b>Moving in</b> (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
<b>UNIT REVIEW</b> p50		<b>WRITING</b> (p164) Write a description of a place   <b>KEY SKILL</b> Using adjectives				
<b>U6 THAT'S ENTERTAINMENT</b>						
6.1	<b>Let's go out</b> (p52) Talk about likes and dislikes	<b>likes and dislikes</b>	entertainment	word stress: noun patterns	read a city guide about events	talk about your free time talk about your likes and dislikes
6.2	<b>It was fun</b> (p54) Talk about entertainment in the present and the past	<b>was/were</b>	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	<b>Life stories</b> (p56) Talk about your life	<b>past simple regular and irregular verbs</b>	life events	past simple regular endings	read an article about inspiring people <b>KEY SKILL</b> Scanning for names	talk about what you did last year <b>SPEAKING HUB</b> describe important events in your life
6.4	<b>Café Hub</b> <b>Love hate</b> (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
<b>UNIT REVIEW</b> p60		<b>WRITING</b> (p165) Write a review of an event   <b>KEY SKILL</b> Using narrative sequencers				

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<b>U7</b>	<b>TRAVEL AND TRANSPORT</b>					
<b>7.1</b>	<b>Getting around</b> (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
<b>7.2</b>	<b>A love of adventure</b> (p64) Talk about a journey	<b>past simple negative</b>	travel phrases	word stress: cities	read an article about a famous journey	talk about transport you used last year play a transport vocabulary game
<b>7.3</b>	<b>A trip to remember</b> (p66) Talk about a holiday	<b>past simple questions</b>	verb phrases	connected speech	listen to a conversation about an unusual trip <b>KEY SKILL</b> Guessing the meaning of unknown words	<b>SPEAKING HUB</b> tell a story about an unusual or funny holiday
<b>7.4</b>	<b>Café Hub</b> <b>New York</b> (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
<b>UNIT REVIEW</b> p70		<b>WRITING</b> (p166) Write a short article about a travel experience			<b>KEY SKILL</b> <i>So and because</i>	
<b>U8</b>	<b>FOOD AND DRINK</b>					
<b>8.1</b>	<b>I'm hungry!</b> (p72) Talk about the food you eat	<b>countable and uncountable nouns; some and any</b>	food and drink	plurals	listen to a conversation about a diet	talk about diets discuss food habits
<b>8.2</b>	<b>What we eat</b> (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
<b>8.3</b>	<b>Yes, chef!</b> (p76) Talk about ingredients and recipes	<i>a/an, the, no article</i>	food preparation	consonant clusters	read an advert about a food business <b>KEY SKILL</b> Decoding	<b>SPEAKING HUB</b> present a recipe
<b>8.4</b>	<b>Café Hub</b> <b>More cheese</b> (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
<b>UNIT REVIEW</b> p80		<b>WRITING</b> (p167) Write an online restaurant review			<b>KEY SKILL</b> Pronoun referencing	
<b>U9</b>	<b>SHOPPING</b>					
<b>9.1</b>	<b>People watching</b> (p82) Talk about clothes and what people are doing	<b>present continuous</b>	clothes	/z:/	listen to a conversation about clothes	talk about interesting clothes talk about what you're doing describe someone in a picture
<b>9.2</b>	<b>Job swap</b> (p84) Talk about what people do at different times	<b>present simple vs present continuous</b>	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
<b>9.3</b>	<b>Shop till you drop</b> (p86) Talk about shopping habits and tastes	<b>object pronouns</b>	shops and services	/tʃ/ and /ʃ/	read an article about marketing a business <b>KEY SKILL</b> Reading for genre	talk about your shopping preferences <b>SPEAKING HUB</b> conduct a survey about shopping habits
<b>9.4</b>	<b>Café Hub</b> <b>Meeting Milly</b> (p88) Shop for clothes		shop for clothes	connected speech	 watch someone shopping for clothes	talk about clothes in a shop
<b>UNIT REVIEW</b> p90		<b>WRITING</b> (p168) Write a social media post			<b>KEY SKILL</b> Checking your work	

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