

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

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UNIT 7 HOLIDAYS page 67 Video podcast How was your last holiday?							
7.1	Travel partners page 68	comparatives	travel adjectives	word stress; sentence stress		listen to people talk about how they like to travel	talk about how you like to travel
7.2	The longest bike ride page 70	superlatives	places	weak form: <i>the</i>	read an article about a bike tour across Asia		plan and talk about a long journey check and correct information about a holiday
7.3	Can you tell me the way? page 72	giving directions	places	sentence stress: correcting		understand directions	give directions in the street
7.4	Hong Kong page 74				Going Local: Hong Kong: watch an extract from a travel show about Hong Kong	describe part of a town/city you know	write a short travel article about a town/city
UNIT 8 NOW page 77 Video podcast What was the last film you saw?							
8.1	Having a great time page 78	present continuous	verbs + prepositions	weak forms: prepositions and articles	read research about language people use on social networking sites		talk about what people are doing improve your use of pronouns; write comments on a photo
8.2	What a difference! page 80	present simple and continuous	appearance	intonation in questions		listen to people talk about actors	describe people's appearance
8.3	What do you recommend? page 82	recommending	types of film	word stress; linking			ask for and give recommendations
8.4	Changing Trends page 84				Robert Peston Goes Shopping: watch an extract from a BBC programme about changing shopping trends	talk about a survey on trends	write a summary of a survey
UNIT 9 TRANSPORT page 87 Video podcast How do you get to work?							
9.1	Citybikes page 88	<i>can/can't, have to/don't have to</i>	adjectives	word stress; weak sound /ə/	read an article about Mexico City's EcoBici		talk about transport in different cities
9.2	Free ride page 90	articles: <i>a/an, the</i> , no article	transport collocations	weak forms: <i>a, an, the</i>		listen to a man talk about travelling for free	talk about types of transport
9.3	Sorry I'm late page 92	apologising	excuses	intonation in apologies		listen to a woman talk about her problems getting to work	apologise for being late write a story using linkers
9.4	Airport page 94				Airport: watch an extract from a documentary about a day at Heathrow airport	deal with problems when flying	write a website entry about your experience at an airport
UNIT 10 THE FUTURE page 97 Video podcast What are your plans for the future?							
10.1	Life's a lottery page 98	<i>be going to, would like to</i>	plans	weak forms: <i>going to, would</i>		listen to a radio interview with lottery winners	talk about your future plans/wishes
10.2	Survive page 100	<i>will, might (not), won't</i>	phrases with <i>get</i>	contractions	reading an article about nature's dangers		make predictions about situations improve your use of linkers and write a short story
10.3	Let's do something new page 102	making suggestions	art and culture	intonation: sounding positive			make and respond to suggestions for a day out
10.4	Wild Weather page 104				Wild Weather: watch an extract from a documentary about the wettest place in Europe	describe unusual weather	write a message forum notice about your city
UNIT 11 HEALTH page 107 Video podcast Do you have a healthy lifestyle?							
11.1	I don't feel well page 108	<i>should/shouldn't</i>	the body; health	weak form: <i>should</i>		listen to a radio programme about colds and flu	talk about what to do when you don't feel well
11.2	On thing at a time page 110	adverbs of manner	communication	sentence stress: adverbs	read an article about multi-tasking		talk about ways of reducing stress make your stories more interesting with adverbs
11.3	Help! page 112	offering to help	verbs of movement	intonation in offers		listen to situations where people offer to help	offer to help someone
11.4	Fat or Sugar? page 114				Horizon: Sugar Versus Fat: watch an extract from a documentary about fat and sugar	talk about diets	write some advice for a health forum
UNIT 12 EXPERIENCE page 117 Video podcast What's the most exciting thing you've done?							
12.1	Great experiences page 118	present perfect	experiences	sentence stress: present perfect		listen to people talking about their experiences	ask and answer questions about life experiences write an email using linkers
12.2	Afraid of nothing page 120	present perfect and past simple	prepositions	irregular past participles	read about a dangerous job		describe how you feel about different situations
12.3	Hello, I've got a problem page 122	telephoning	telephoning expressions	sentence stress		listen to phone conversations	make telephone calls and say telephone numbers
12.4	Shark Therapy page 124				Shark Therapy: watch an extract from a documentary about sharks	talk about an exciting or frightening experience	write a story about an exciting or frightening experience