

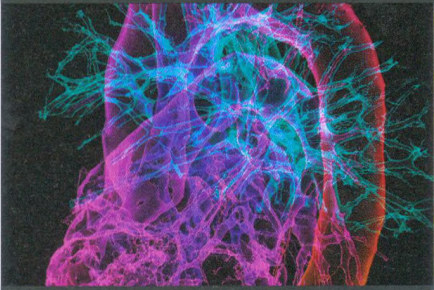

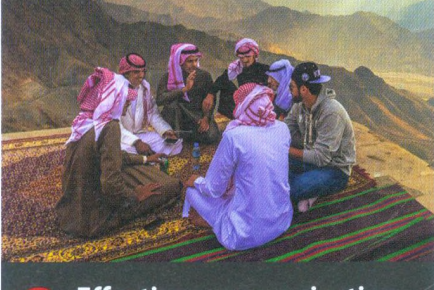


CONTENTS

UNIT	VOCABULARY	LISTENING	GRAMMAR	READING
 <b>1 In touch with your feelings</b> Pages 8–19	Describing emotions <b>Pronunciation</b> -ed adjectives <b>Vocabulary building</b> Suffixes	Descriptions of three National Geographic explorers' work	Subject / object questions	Why do people smile? <b>Critical thinking</b> Rhetorical questions
 <b>2 Enjoy the ride</b> Pages 20–31	Travel <b>Vocabulary building</b> Compound nouns	A description of three unusual journeys to school	Adjectives ending in -ed and -ing	Urbexers – life on the edge of the city <b>Critical thinking</b> Selecting information
 <b>3 Active lives</b> Pages 32–43	Sports <b>Vocabulary building</b> Phrasal verbs	A podcast about Ashima Shiraishi	Past simple and present perfect	Can athletics protect Africa's lions? <b>Critical thinking</b> Presenting a balanced view
 <b>4 Food</b> Pages 44–55	Describing food <b>Vocabulary building</b> Compound adjectives	A podcast about cooking in schools	Future plans, intentions and arrangements	Could the best street food in the world be Filipino?
 <b>5 Work</b> Pages 56–67	Describing work <b>Vocabulary building</b> Ways of seeing	A podcast about the world of work	Verb patterns: verb + -ing or infinitive with to	A real-life, crime-fighting superpower! <b>Critical thinking</b> Exaggerating



GRAMMAR	TEDTALKS		SPEAKING	WRITING
<p>Talking about the present</p>	 <p><b>This app knows how you feel – from the look on your face</b></p>	<p><b>RANA EL KALIOUBY</b></p> <p><b>Idea worth spreading</b> By teaching computers how to understand emotions on the faces of users, we can make more personal connections with the devices we use.</p> <p><b>Authentic listening skills</b> Content words</p>	<p>Asking follow-up questions</p>	<p>A review</p> <p><b>Writing skill</b> Emphasis</p>
<p>Narrative forms</p> <p><b>Pronunciation</b> Weak forms: <i>used to</i></p>	 <p><b>Happy maps</b></p>	<p><b>DANIELE QUERCIA</b></p> <p><b>Idea worth spreading</b> The fastest route may be efficient, but there are times when taking a different route can be more interesting and memorable.</p> <p><b>Authentic listening skills</b> Understanding accents</p>	<p>Asking for and giving directions</p>	<p>A story</p> <p><b>Writing skill</b> <i>just</i></p>
<p>Present perfect simple and continuous</p> <p><b>Pronunciation</b> Weak forms: <i>for</i></p>	 <p><b>How I swam the North Pole</b></p>	<p><b>LEWIS PUGH</b></p> <p><b>Idea worth spreading</b> Sometimes we have to do extraordinary things to make people pay attention to important issues.</p> <p><b>Authentic listening skills</b> Signposts</p>	<p>Agreeing and disagreeing</p>	<p>An opinion essay</p> <p><b>Writing skill</b> Giving your opinion</p>
<p>Making predictions</p> <p><b>Pronunciation</b> Sentence stress in future continuous and future perfect sentences</p>	 <p><b>Why I'm a weekday vegetarian</b></p>	<p><b>GRAHAM HILL</b></p> <p><b>Idea worth spreading</b> Cutting meat from our diet – even just part of the time – can have a powerful impact on the planet.</p> <p><b>Authentic listening skills</b> Pausing</p> <p><b>Critical thinking</b> Persuading</p>	<p>Talking about hopes and goals</p>	<p>A social media update</p> <p><b>Writing skill</b> Interesting language</p>
<p>Present and past modal verbs</p>	 <p><b>Why the best hire might not have the perfect résumé</b></p>	<p><b>REGINA HARTLEY</b></p> <p><b>Idea worth spreading</b> Our résumés tell employers about our experiences, determination, and ability to deal with life's challenges.</p> <p><b>Authentic listening skills</b> Understanding contrasts</p>	<p>Job interviews</p> <p><b>Pronunciation</b> <i>quite</i></p>	<p>A formal letter of application</p> <p><b>Writing skill</b> Hedging</p>



UNIT	VOCABULARY	LISTENING	GRAMMAR	READING
 <p><b>6 Superhuman</b> Pages 68–79</p>	<p>The human body</p> <p><b>Vocabulary building</b> Verbs describing ability</p>	<p>A radio programme about the human body</p>	<p>Zero and first conditional</p>	<p>A world of cyborgs</p> <p><b>Critical thinking</b> Bold claims</p>
 <p><b>7 Shopping around</b> Pages 80–91</p>	<p>Money and shopping</p> <p><b>Vocabulary building</b> Adverbs</p>	<p>Three people talk about alternatives to normal shopping</p>	<p>The passive</p>	<p>Nothing for a year</p> <p><b>Critical thinking</b> Reading between the lines</p>
 <p><b>8 Effective communication</b> Pages 92–103</p>	<p>Effective communication</p> <p><b>Vocabulary building</b> Negative prefixes</p>	<p>A conversation about how Chris Hadfield communicated with Earth from the International Space Station</p>	<p>Reported speech: statements and questions</p>	<p>An experiment in intercultural communication</p> <p><b>Critical thinking</b> Using direct speech</p>
 <p><b>9 Unexpected entertainment</b> Pages 104–115</p>	<p>Creative arts</p> <p><b>Vocabulary building</b> Expressions with <i>make</i></p>	<p>Four conversations about different types of entertainment</p>	<p>Defining relative clauses</p>	<p>Making a splash</p>
 <p><b>10 Time</b> Pages 116–127</p>	<p>Phrasal verbs about time</p> <p><b>Vocabulary building</b> Expressions with <i>time</i></p>	<p>Eight older people offer advice</p>	<p>Third conditional</p>	<p>John Harrison: the clockmaker who changed the world</p> <p><b>Critical thinking</b> Drawing conclusions</p>



Second conditional

**Pronunciation***I wish and If only*

Deep sea diving ... in a wheelchair

**SUE AUSTIN****Idea worth spreading**

A wheelchair doesn't have to mean 'disability', it can be an exhilarating new way to see and experience the world.

**Authentic listening skills**

Following the argument

Describing photos

An informal email describing people

**Writing skill**

Informal language

*have / get something done*

**Pronunciation**

Sentence stress



Grow your own clothes

**SUZANNE LEE****Idea worth spreading**

We can use bacteria to produce materials that we can turn into clothes, as sustainable and biodegradable alternatives to leather, cotton and plastics.

**Authentic listening skills**

Reformulating

Shopping for clothes

An announcement

**Writing skill**

Relevant information

Reported speech: verb patterns with reporting verbs

**Pronunciation**

Contrastive stress



10 ways to have a better conversation

**CELESTE HEADLEE**

**Idea worth spreading** When we talk and listen with genuine interest in the other person, we will learn amazing things.

**Authentic listening skills**

Understanding fast speech

**Critical thinking**

Investigating opinions

Responding sympathetically

An email of complaint

**Pronunciation**

Sympathetic intonation

**Writing skill**

Using formal linkers

Defining and non-defining relative clauses

**Pronunciation**

Relative clauses



The world's most boring television ... and why it's hilariously addictive

**THOMAS HELLUM**

**Idea worth spreading** Slow TV provides real-time, surprisingly popular entertainment which viewers can relate to.

**Authentic listening skills**

Collaborative listening

**Critical thinking**

Supporting your argument

Asking for and making recommendations

An email describing a place and its culture

**Writing skill**

Paragraphing

Modal verbs: past speculation, deduction and regret

**Pronunciation**Weak forms: *have*

Inside the mind of a master procrastinator

**TIM URBAN****Idea worth spreading**

Procrastination can keep us from chasing our dreams, and we're all affected by it.

**Authentic listening skills**

Guessing the meaning of new words

Explaining causes and reasons

A for and against essay

**Writing skill**

Using discourse markers