

# Contents - Life Beginner

Unit	Grammar	Vocabulary	Real life	Pronunciation	Listening	Reading	Speaking	Writing	
<b>1</b> Hello pages 9–20	<i>be: I + am, you + are</i> <i>be: he/she/it + is</i> <i>my, your</i>	the alphabet countries and nationalities numbers 1–10 greetings in your classroom	classroom language		word stress questions	introductions phone numbers	a description of two people an article about international phone calls from New York	introductions a quiz greeting people	text type: an identity card writing skill: capital letters (1)
VIDEO: My top ten photos page 18 ► REVIEW page 20									
<b>2</b> Holidays pages 21–32	<i>be: we, they + are</i> <i>be: negative forms</i> <i>be: questions and short answers</i> <i>a/an</i> plural nouns	days of the week numbers 11–100 colours word focus: <i>in</i> car hire	personal information		<i>we're, they're</i> <i>isn't, aren't</i> <i>be</i> questions and short answers plural nouns syllables	a description of a place a conversation about a holiday	a description of photos of a trip a conversation about a holiday a quiz about holiday places	holiday photos on holiday general knowledge	text type: a form writing skill: capital letters (2)
VIDEO: Travel page 30 ► REVIEW page 32									
<b>3</b> Family and friends pages 33–44	<i>his, her, its, our, their</i> possessive 's irregular plural nouns	family people months special occasions	special occasions giving and accepting presents		possessive 's linking with <i>in</i> intonation	a description of a family from Mexico a conversation about a family from Iraq a description of good friends	a description of a family from Scotland an article about important days	my family people and things celebrations around the world	text type: a greetings card writing skill: contractions
VIDEO: Title of video page 42 ► REVIEW page 44									
<b>4</b> Cities pages 45–56	prepositions of place (1) <i>this, that, these, those</i> question words	places in a town the time word focus: <i>at</i> snacks	buying snacks		<i>th /ʃ/</i> linking with <i>can</i>	a description of Astana tourist information	describing places a description of two famous towers an article about time zones	locations famous places days and times	text type: a text message writing skill: <i>and</i>
VIDEO: Where's that? page 54 ► REVIEW page 56									
<b>5</b> My things pages 57–68	<i>can/can't</i> <i>can</i> questions and short answers <i>have/has</i> <i>be + adjective</i> adjective + noun	abilities possessions technology money and prices	shopping		<i>can/can't</i> <i>have/has</i> numbers	a profile of Yves Rossy an interview with a robot expert people talk about their interesting things	an article about robots and people a blog about technology	my abilities my things my favourite object	text type: an email writing skill: <i>but</i>
VIDEO: What's your favourite gadget? page 66 ► REVIEW page 68									
<b>6</b> We love it! pages 69–80	<i>like</i> <i>like</i> questions and short answers <i>he/she + like</i> object pronouns	sports interests food opinion adjectives	suggestions		<i>do you ... ?</i> <i>likes, doesn't like</i> intonation	a description of a sport in South Africa an interview with a man about sport	an article about sport a profile of a TV presenter an article about street food	a sports survey a puzzle food	text type: short messages writing skill: punctuation and sentence structure
VIDEO: At the market page 78 ► REVIEW page 80									

Unit	Grammar	Vocabulary	Real life	Pronunciation	Listening	Reading	Speaking	Writing
<b>7</b> Daily life pages 81–92	present simple <i>I/you/we/you/they</i> prepositions of time present simple questions <i>I/you/we/you/they</i> present simple <i>Wh-</i> questions	routines hobbies weather problems	problems	<i>don't</i> intonation in questions sentence stress	a description of the Holi festival interviews about hobbies with friends	an article about a day in China an article about the seasons of the year	my partner and I a survey about hobbies activities in different seasons	text type: a profile writing skill: paragraphs
VIDEO: The elephants of Samburo page 90 ► REVIEW page 92								
<b>8</b> Work and study pages 93–104	present simple <i>he/she</i> present simple questions <i>he/she/it</i> frequency adverbs	job activities education	on the phone	s and es verb endings <i>/s/</i> and <i>/z/</i>	an interview about a man's job an interview about an unusual school	an article about jobs on the London underground an article about a job in tiger conservation	jobs things we usually do animals	text type: an email writing skill: spelling: double letters
VIDEO: Title of video page 102 ► REVIEW page 104								
<b>9</b> Travel pages 105–116	<i>there is/are</i> <i>there is/are</i> negative and question forms imperative forms	clothes hotel rooms travel hotels	requests	<i>there are</i> <i>I'd like, We'd like</i>	four people talking about travel a conversation about a trip to Cape Town	an article about things in people's suitcase an article about a trans-Siberian trip	things in my suitcase hotels travel tips	text type: travel advice writing skill: <i>because</i>
VIDEO: Title of video page 114 ► REVIEW page 116								
<b>10</b> Famous people pages 117–128	<i>be: was/were</i> <i>be: was/were</i> negative and question forms past simple regular verbs	dates describing people activities	apologizing	<i>was/were</i> weak forms <i>was/were</i> and <i>wasn't/ weren't</i> strong forms sentence stress	a profile of Ayrton Senna a radio programme about people we remember	a quiz about 'firsts' in exploration an article about the first people in the American continents	dates and events people in my past who was he/she?	text type: an email writing skill: expressions in emails
VIDEO: Title of video page 126 ► REVIEW page 128								
<b>11</b> True stories pages 129–140	irregular past simple verbs past simple negative and question forms past simple <i>Wh-</i> questions	life events word focus: <i>get</i> time expressions	talking about the past	<i>-ed</i> regular past simple verbs <i>did you ... ?</i> <i>didn't</i>	a story from Timbuktu, Mali an interview with a woman from New Orleans	an article about an unusual discovery a story about an adventure in Madagascar	Ötzi's story last week and year one day last week	text type: a life story writing skill: <i>when</i>
VIDEO: Title of video page 138 ► REVIEW page 140								
<b>12</b> The weekend pages 141–152	present continuous present continuous questions and short answers present continuous for the future prepositions of place (2) tense review	rooms in a house times and places	offers and invitations	<i>going</i> and <i>doing</i> <i>would you ... ?</i>	three people talk about weekend activities a description of a family in Indonesia	short message about next weekend an article about helping people at the weekend	my photos next weekend a special weekend	text type: a thank you note writing skill: spelling: verb endings
VIDEO: Title of video page 150 ► REVIEW page 152								

# Contents - Life Elementary

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>1</b> People pages 9–20	<i>be (am/is/are)</i> possessive 's and possessive adjectives	personal information family wordbuilding: word roots everyday verbs word focus: <i>in</i>	meeting people for the first time	contracted forms the same or different sounds saying numbers and percentages spelling	a photographer talking about a diver an interview with an explorer people at a conference	an article about a family of explorers an article about world population	types of text	asking questions friends and family facts about countries	text type: a personal description writing skill: <i>and</i> , <i>but</i>
VIDEO: World party page 18 ► REVIEW page 20									
<b>2</b> Possessions pages 21–32	<i>there is/are</i> prepositions of place plural nouns <i>this, that, these, those</i>	colours furniture useful objects countries and nationalities wordbuilding: suffixes (1) prices and currencies word focus: <i>one/ones</i> adjectives	shopping	/ɪ/ or /i:/ word stress contrastive stress	someone talking about a family's plastic possessions an interview with Andy Torbet	an article about four apartments in Seoul an article about a global product	close reading	a room in your home your possessions where things are from	a description of a room in your home text type: adverts writing skill: describing objects with adjectives
VIDEO: A thousand words page 30 ► REVIEW page 32									
<b>3</b> Places pages 33–44	present simple (I/you/ we/they) present simple questions	telling the time describing cities places of work wordbuilding: adjective + noun collocations ordinal numbers and cardinal places in a city	giving directions	-s endings ordinal numbers	someone talking about a famous meeting place in Melbourne an interview with a student living in London three people talking about their jobs	an article about no-car zones an article about languages spoken around the world	main ideas and supporting information	your life exchanging information about a photographer your languages	text type: a description of a place writing skill: capital letters
VIDEO: Cowley Road page 42 ► REVIEW page 44									
<b>4</b> Free time pages 45–56	<i>like/love + -ing</i> form adverbs of frequency expressions of frequency <i>can/can't</i>	wordbuilding: verb + noun collocations everyday activities sports	talking about abilities and interests	/ɪ/ <i>can</i> sentence stress	three people talking about their free-time activities an interview with Norbert Rosing	an article about identical twins an article about extreme sports gap year volunteer work	fact or opinion	likes and dislikes saying how often you do things your abilities	text type: short emails writing skill: reference words
VIDEO: In my free time page 54 ► REVIEW page 56									
<b>5</b> Food pages 57–68	countable and uncountable nouns ( <i>a/an some and any</i> ) <i>a lot of and much / many</i> <i>how many/how much</i>	food verbs food quantities and containers word focus: <i>mean</i> menus wordbuilding: British or American English	ordering a meal	/tʃ/ or /dʒ/ linking <i>of</i> contracted forms	someone talking about street food in Oaxaca people describing famous dishes from their countries a conversation at a market	an article about food markets around the world an article labels on food	ways of giving advice	famous dishes from different countries planning a special meal buying food at a market advice about healthy eating	advice for a healthy eating blog text type: instructions writing skill: punctuation
VIDEO: The world food quiz page 66 ► REVIEW page 68									
<b>6</b> Past lives pages 69–80	<i>was/were</i> past simple regular and irregular verbs, negatives and question forms	periods of time time expressions word focus: write opinion adjectives	asking about past events	-ed endings intonation	someone talking about photographs showing how lives have changed a documentary about a woman who lived in a cave three people describing their evening	an article about famous people from the past an article about life-logging	for or against	past lives talking about what you did yesterday a survey about life-logging	text type: thank you messages writing skill: formal and informal expressions
VIDEO: Precious objects page 78 ► REVIEW page 80									

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>7</b> Journeys pages 81–92	comparative adjectives superlative adjectives	journey adjectives ways of travelling word focus: <i>than</i> money	requesting	stressed and weak syllables /ə/	someone talking about the journey of a ladybird a documentary about a journey to the deepest place on earth	an article about animal migration an article about Colombia's cities	the writer's choices	a journey you made your opinion places you know your town	a paragraph about your town text type: a travel blog writing skill: <i>so</i> and <i>because</i>
VIDEO: The final journey page 90 ► REVIEW page 92									
<b>8</b> Appearance pages 93–104	present continuous present simple and present continuous <i>have got</i>	adjectives about festivals clothes face and body word focus: <i>time</i>	talking about pictures and photos	/s/ and /ʃ/ sound and spelling silent letters	someone describing the Dinagyang festival a description of two photos of a festival	an article about a fashion business an article about boys' and girls' colour choices a text about emoticons	is it in the text?	your life at the moment opinion of an article people's appearance	text type: short messages writing skill: the KISS rule
VIDEO: Festivals and special events page 102 ► REVIEW page 104									
<b>9</b> Entertainment pages 105–116	<i>be going to</i> (for plans) infinitive of purpose	films see or watch? talking about TV nature	inviting and making arrangements	/tə/ showing enthusiasm	someone talking about an unusual video two people at a film festival changing TV habits two people discussing a Broadway show	an article about the Tallgrass Film Festival an article about nature in art	the writer's preferences	deciding which films to see your future plans explaining preferences	text type: reviews writing skill: giving your opinion with sense verbs
VIDEO: Filming wildlife page 114 ► REVIEW page 116									
<b>10</b> Learning 117–128	present perfect present perfect and past simple	school subjects learning wordbuilding: synonyms and antonyms daily habits word focus up email addresses and websites	checking and clarifying	contrastive stress	someone talking about a place for learning a news report about a memory champion someone phoning his office	a survey about outdated technology jigsaw reading about memory an article about good habits	supporting the main idea	experiences with learning explaining memory techniques something you have learned	advice about good habits text type: a telephone message writing skill: imperatives
VIDEO: Memory and language learning page 126 ► REVIEW page 128									
<b>11</b> Tourism pages 129–140	<i>have to / don't have to,</i> <i>can / can't</i> <i>should/shouldn't</i> <i>something, nobody,</i> <i>anywhere</i>	places for entertainment types of holiday in another country tourism wordbuilding: word families word focus: <i>take</i>	making suggestions	/hæftə/ /ʌ/, /ʊ/ or /u:/ 	someone talking about their holiday a podcast from a travel programme two friends discussing a trip to South America	a tourist information leaflet a quiz from a travel magazine a travel article	arguments for and against	rules advice for a tourist what's important in a hotel	a description of a tourist destination text type: a questionnaire writing skill: closed and open questions
VIDEO: ???????????????? page 138 ► REVIEW page 140									
<b>12</b> The Earth pages 141–152	<i>will/won't</i> articles with the names of places	parts of the Earth measurements wordbuilding: word forms land and water word focus: <i>how</i>	making a presentation	/'// pausing on commas	a documentary about a photographer	maps showing climate change an article about a new planet an article about Earth Day	the writer's opinion	your future places on Earth life on another planet	text type: an announcement writing skill: important words and information
VIDEO: Earth University page 150 ► REVIEW page 152									

# Contents - Life Pre-Intermediate

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>1</b> Lifestyle pages 9–20	present simple adverbs and expressions of frequency present simple and present continuous	everyday routines wordbuilding: collocations with <i>do</i> , <i>play</i> and <i>go</i> word focus: <i>feel</i> medical problems	talking about illness	/s/, /z/ or /ɪz/ one or two syllables?	someone talking about a national park near a city a radio interview about long life	a quiz about how well you sleep an article about centenarians an article about how nature is good for you	giving examples	finding out about lifestyle your current life making a town healthier	text type: filling in a form writing skill: information on forms
VIDEO: My local park page 18 ► REVIEW page 20									
<b>2</b> Competitions pages 21–32	verbs for rules <i>-ing</i> form	sport wordbuilding: suffixes word focus: <i>like</i>	talking about interests	/ŋ/ silent letters	someone describing an Ironman competition three people talking about competitive sports	an article about crazy competitions an article about female wrestlers in Bolivia	reading between the lines	explaining the rules of a competition talking about your sport preferences your opinions about Olympic sports	text type: an advert or notice writing skill: checking your writing
VIDEO: Mongolian horse racing page 30 ► REVIEW page 32									
<b>3</b> Transport pages 33–44	comparatives and superlatives <i>as ... as</i> comparative modifiers	ways of travelling transport nouns wordbuilding: compound nouns transport adjectives transport verbs taking transport	going on a journey	<i>than</i> sentence stress intonation	someone describing a photo of a woman travelling by train in India two people discussing the pros and cons of types of transport a documentary about animal transport	an article about solutions to transport problems an article about the fate of the rickshaw in Kolkata	opinions for and against	talking about and comparing journeys advice on transport a presentation about a pedicab company	text type: notes and messages writing skill: writing in note form
VIDEO: Indian Railways page 42 ► REVIEW page 44									
<b>4</b> Challenges pages 45–56	past simple past continuous and past simple	risks and challenges personal nouns wordbuilding: verbs and nouns	telling a story	/d/, /t/ or /ɪd/ <i>was/were</i> intonation for responding	a caver talking about his hobby an impossible decision	an article about adventurers an article about different types of challenges	looking for evidence	asking about your past events you remember telling a story	text type: a short story writing skill: structure your writing
VIDEO: A microadventure page 54 ► REVIEW page 56									
<b>5</b> The environment pages 57–68	quantifiers articles: <i>a/an</i> , <i>the</i> or no article	materials recycling results and figures word focus: <i>take</i>	phoning about an order	/ðə/ or /ðiː/ sounding friendly	extract from a documentary about a house of recycled materials news about environmental projects	an article about e-rubbish an article about a boat made of plastic bottles, the <i>Plastiki</i> an online order	close reading	recycling where you are general knowledge quiz changing attitudes and behaviour	a quiz text type: emails writing skill: formal words
VIDEO: Recycling Cairo page 66 ► REVIEW page 68									
<b>6</b> Stages in life pages 69–80	<i>to</i> + infinitive future forms: <i>going to</i> , <i>will</i> and present continuous	life events describing age celebrations word focus: <i>get</i> wordbuilding: synonyms	inviting, accepting and declining	/tə/ contracted forms emphasizing words	differences between the generations a news item about Mardi Gras	an article about how a couple changed their life an article about how Mardi Gras is celebrated around the world an article about coming-of-age ceremonies	analysing the writer's view	plan the trip of a lifetime your favourite festival planning a celebration describing annual events	text type: a description writing skill: descriptive adjectives
VIDEO: Steel drums page 78 ► REVIEW page 80									

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>7</b> Work pages 81–92	present perfect and past simple present perfect with <i>for</i> and <i>since</i> prepositions of place and movement	language to describe jobs wordbuilding: suffixes parts of a building word focus: <i>make</i> or <i>do</i> job adverts	a job interview	intrusive /w/	a description of a job in a steel factory an interview with a scientist two people giving instructions	an article about new jobs in an area an article about modern-day cowboys	analysing comparisons in a text	describing past experiences giving directions job satisfaction a job interview	text type: a CV writing skill: missing out words in CVs
VIDEO: My working life page 90 ► REVIEW page 92									
<b>8</b> Technology pages 93–104	zero and first conditional defining relative clauses	internet verbs wordbuilding: dependent prepositions instructions	finding out how something works	linking	a documentary about the importance of technology a science programme about a new invention	an explorer's blog an article about biomimetics	the writer's sources	planning a trip important inventions design an invention for everyday life favourite technology	text type: a paragraph writing skills: connecting words
VIDEO: Ancient languages, modern technology page 102 ► REVIEW page 104									
<b>9</b> Holidays pages 105–116	past perfect simple subject questions	holiday collocations wordbuilding: <i>-ed</i> / <i>-ing</i> adjectives word focus: <i>place</i>	requesting and suggesting	'd number of syllables /dʒə/	three people talk about their holidays an interview with a tour guide	a holiday story an article about the two sides of Paris	the author's purpose	a story about a holiday planning the holiday of a lifetime a place you know	text type: an email requesting information writing skill: formal expressions
VIDEO: Living in Venice page 114 ► REVIEW page 116									
<b>10</b> Products pages 117–128	the passive (present and past simple) <i>used to</i>	wordbuilding: word forms describing design websites	giving your opinion	stress in different word forms /s/ or /z/	a description of a producer and his products a programme about a product from the past	an article about some famous logos an article about having less 'stuff'	fact or opinion?	some famous products talk about things you used to do in the past using less stuff planning a new website	text type: a review writing skill: giving your opinion
Video: Wind turbines page 126 ► REVIEW page 128									
<b>11</b> History pages 129–140	reported speech reporting verbs ( <i>say</i> and <i>tell</i> )	wordbuilding: verb + preposition communication ancient history word focus: <i>one</i>	giving a short presentation	pausing	a historian talking about Scott's hut at the Antarctic a message in a bottle	the history of video gaming an article about stealing history	emotion words	planning a time capsule opinions about games reporting a message a museum in your town	a message in a bottle text type: a biography writing skill: punctuation in direct speech
VIDEO: The Golden Record page 138 ► REVIEW page 140									
<b>12</b> Nature pages 141–152	second conditional <i>anywhere, everyone, nobody, something, etc.</i>	extreme weather nature word focus: <i>start</i>	finding a solution	<i>would</i> / <i>wouldn't</i> / 'd	a description of a photo and the life of a storm chaser a documentary about a photographer	an article about a science blog an article about Jane Goodall	close reading	hopes and dreams questions with <i>any</i> interview questions	text type: an article writing skill: planning an article
VIDEO: Cambodia animal rescue page 150 ► REVIEW page 152									

COMMUNICATION ACTIVITIES page 153 ► GRAMMAR SUMMARY page 156 ► AUDIOSCRIPTS page 181



# Contents - Life Intermediate

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing	
<b>1</b> Culture and identity pages 9–20	present simple and present continuous stative verbs question forms: direct questions question forms: indirect questions	word focus: <i>love</i> feelings wordbuilding: adjective and noun collocations	opening and closing conversations	direct questions short questions		an extract from a TV programme about Native American culture two people doing a quiz about colours and their meaning	an article about cultural identity an article about globalization	examples	getting to know you my language course how international you feel first impressions	text type: a business profile writing skill: criteria for writing
VIDEO: Faces of India page 18 ► REVIEW page 20										
<b>2</b> Performing pages 21–32	present perfect simple <i>already, just</i> and <i>yet</i> present perfect simple and past simple	musical styles emotions word focus: <i>kind</i> describing performances	choosing an event	weak forms intonation with <i>really, absolutely</i> , etc.		three people talking about arts events a man talking about his dance academy	an article about listening to music an article about performance art	balance	new releases performing a survey on the arts arts events	text type: a review writing skill: linking ideas (1)
VIDEO: Taiko master page 30 ► REVIEW page 32										
<b>3</b> Water pages 33–44	past simple and past continuous past perfect	describing experiences wordbuilding: adverbs word focus: <i>get</i>	telling stories	<i>d</i> and <i>t</i> after <i>-ed</i> endings <i>was</i> and <i>were</i>		an extract from a radio programme about recreation in the water interviews about what happened next	an interview about underwater discoveries an article about an unforgettable experience	drawing conclusions	the first time what had happened learning a lesson it happened to me	text type: a blog post writing skill: interesting language
VIDEO: Four women and a wild river page 42 ► REVIEW page 44										
<b>4</b> Opportunities pages 45–56	predictions future forms	word focus: <i>job</i> and <i>work</i> education wordbuilding: prefix <i>re-</i> <i>pay</i> and conditions job requirements	making and responding to requests	weak and strong auxiliary verbs		three people talking about their childhood ambitions three women talking about decisions	an article about the future of work an article about the economic boom in China	the author's view	predictions planning your work the perfect job requests	text type: a covering letter writing skill: formal style
VIDEO: Everest tourism changed Sherpa lives page 54 ► REVIEW page 56										
<b>5</b> Wellbeing pages 57–68	modal verbs (1) first conditional: <i>if + will</i> <i>when, as soon as, unless, until, before</i>	a healthy lifestyle word focus: <i>so</i> restaurants	describing dishes	weak forms disappearing sounds		an extract from a radio programme about healthy eating two people discussing the power of the mind	a news item about traditional dishes a news item about imaginary eating an article about modern lifestyles	writer's purpose	rules and regulations consequences modern life restaurant dishes	text type: a formal letter/email writing skill: explaining consequences
VIDEO: Dangerous dining page 66 ► REVIEW page 68										
<b>6</b> Mysteries pages 69–80	purpose: <i>to ...</i> , <i>for ...</i> and <i>so that ...</i> certainty and possibility	word focus: <i>long</i> art wordbuilding: nouns and verbs <i>-ly</i> adverbs in the news	reacting to surprising news	weak form of <i>have</i> showing interest and disbelief		two people discussing an unusual photo a speaker at a conference talking about a mystery an extract from a radio programme about the Nasca lines	an article about flexible thinking an article about one of aviation's greatest mysteries	speculation or fact?	what's it for? speculating comparing ideas surprising news	text type: a news story writing skill: structuring a news story
VIDEO: Encounters with a sea monster page 78 ► REVIEW page 80										

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<b>7</b> Living space pages 81–92	used to, would and past simple comparison: adverbs comparison: patterns	in the city wordbuilding: noun → adjective word focus: as and like	stating preferences and giving reasons	rising and falling intonation		three people talking about different living arrangements podcast replies about house design	an article about what New York used to be like an article about a little town in Puerto Rico	descriptions places advice a tourist destination choices	text type: a description of a place writing skill: organizing ideas
VIDEO: The town with no wi-fi page 90 ► REVIEW page 92									
<b>8</b> Travel pages 93–104	verb patterns: -ing form and to + infinitive present perfect continuous and simple How long?	holiday activities travel problems	dealing with problems	strong and weak forms		three people talking about travel tips people talking about their holidays an extract from a radio programme about a wildlife conservationist	an article about writers returning to their roots an article about tourism	close reading holiday companions favourite activities going green travel problems	text type: a text message writing skill: informal style
VIDEO: Questions and answers page 102 ► REVIEW page 104									
<b>9</b> Shopping pages 105–116	passives articles and quantifiers	shopping (1) wordbuilding: compound adjectives shopping (2)	buying things	linking silent letters		market research interviews with three people who are shopping an extract from a radio programme about impulse buying	an article about two ways of going shopping an article about how to negotiate a price	testing a conclusion shopping now and in the future souvenirs buying things	text type: customer feedback writing skill: clarity: pronouns
VIDEO: Making a deal page 114 ► REVIEW page 116									
<b>10</b> No limits pages 117–128	second conditional defining relative clauses	medicine word focus: take injuries	talking about injuries	sentence stress and		a podcast about the <i>Marathon des Sables</i> an extract from a TV preview show about bionic bodies	an article about life on another planet two stories about acts of endurance	reading between the lines I'd love to live in ... medicine inspirational people talking about injuries	text type: a personal email writing skill: linking ideas (2)
VIDEO: What does an astronaut dream about? page 126 ► REVIEW page 128									
<b>11</b> Connections pages 129–140	reported speech reporting verbs	communications technology	telephone language	contrastive stress polite requests with <i>can</i> and <i>could</i>		four conversations about the news four conversations about news headlines	an article about isolated tribes an article about community journalism	opinions news stories personal communication apps telephone messages	text type: an opinion essay writing skill: essay structure
VIDEO: Can you read my lips? page 138 ► REVIEW page 140									
<b>12</b> Experts pages 141–152	third conditional <i>should have</i> and <i>could have</i>	wordbuilding: prefixes <i>in-</i> , <i>im-</i> , <i>un-</i> word focus: <i>go</i>	making and accepting apologies	<i>should have</i> and <i>could have</i> sentence stress		an interview with a farmer two stories about uncomfortable situations	a review of a book about Arctic expeditions an article about the samurai	relevance decisions where did I go wrong? going back in time making and accepting apologies	text type: a website article writing skill: checking your writing
VIDEO: Shark vs. octopus page 150 ► REVIEW page 152									

COMMUNICATION ACTIVITIES page 153 ► GRAMMAR SUMMARY page 156 ► AUDIOSCRIPTS page 180



# Contents - Life Upper Intermediate

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>1</b> Relationships pages 9–20	present tenses: simple, continuous and perfect past simple and present perfect	describing character friendships: phrasal verbs wordbuilding: forming adjectives word focus: <i>sense</i>	meeting people	auxiliary verbs <i>have</i> and <i>has</i> word boundaries	three people talking about important relationships in their lives an extract from a radio programme about animal friendships	an article about changing attitudes in China an article about immigrant families in New York	evaluating conclusions	friendships differences between generations family influences	text type: an informal email writing skill: greetings and endings
VIDEO: 'Lady Liberty' and Ellis Island page 18 ► REVIEW page 20									
<b>2</b> Storytelling pages 21–32	narrative past tenses the passive	describing stories communication wordbuilding: verb + noun collocation word focus: <i>keep</i>	reacting to stories	/æ/, /ʌ/ and /ɒ/ weak forms in passive verbs linking and elision	an interview with a film critic an interview with a professional photographer	an incredible story of a Formula 1 racing driver an article about the Brothers Grimm	the main message	a key moment the stories pictures tell storytelling	text type: a story writing skill: using descriptive words
VIDEO: How not to climb a mountain page 30 ► REVIEW page 32									
<b>3</b> Science and technology pages 33–44	future forms future continuous and future perfect simple	materials wordbuilding: compound nouns (noun + noun) describing technology word focus: <i>out of</i>	dealing with problems	/r/ and /r/ in American English stress in two-syllable words	three people making predictions about the future a lecture about overpopulation an interview from a radio programme about 3D printing	a lecture about overpopulation an article about appropriate technology	supporting examples	predictions the future technological solutions	text type: short email requests writing skill: being polite
VIDEO: 3D-printed prosthetic limbs page 42 ► REVIEW page 44									
<b>4</b> Art and creativity pages 45–56	determiners expressions of quantity	art wordbuilding: word families word focus: <i>spend</i>	describing likes and dislikes	weak form of disappearing sounds	a conversation about two people who are creative in their free time an extract from a radio programme about what's on in Melbourne	an article about unusual street art an article about how music helps us	identifying opinions	art and music participation in the arts music playlists	text type: an online review writing skill: personalizing your writing
VIDEO: Art for the people page 54 ► REVIEW page 56									
<b>5</b> Development pages 57–68	verb + infinitive or <i>-ing</i> verbs with both <i>-ing</i> and <i>to</i> + infinitive	urban features wordbuilding: adverb + adjective word focus: <i>fall</i>	debating issues	rhyming words sentence stress	someone talking about the development of the Belo Monte dam in Brazil an interview with a journalist about social development in southern India	an article about urban development in Dubai an article about the teenage mind	ways of arguing	changes in your town a happy society stages of life	text type: an opinion essay writing skill: linking words
VIDEO: Scandinavian mega-bridge page 66 ► REVIEW page 68									
<b>6</b> Alternative travel pages 69–80	negative forms question forms	holiday activities travel word focus: <i>mind</i>	getting around	intonation in question forms intonation in sentences with two clauses	someone describing their stay at a mountainside guesthouse an interview about volunteer vacations	a blog about holidays at home an extract from a travel magazine about historical hotels	analysing tone	planning a staycation a volunteer holiday ideas for an unusual hotel	text type: a letter/ email of complaint writing skill: formal language
VIDEO: The unexpected beauty of travelling solo page 78 ► REVIEW page 80									

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>7</b> Customs and behaviour pages 81–92	zero and first conditionals time linkers <i>usually, used to, would, be used to and get used to</i>	raising children: verbs food word focus: <i>same</i> and <i>different</i> weddings wordbuilding: word pairs	describing traditions	/ju:/ and /u:/ the letter <i>s</i>	someone describing the customs on the subway in Tokyo an extract from a radio programme about the diet of the indigenous people of northern Alaska	an article about the ‘tiger mother’ approach to parenting a blog about personal space and turn-taking	questions and answers	traditional rules of behaviour food and eating habits turn-taking in conversations	text type: a description writing skill: adding detail
VIDEO: Eating insects page 90 ► REVIEW page 92									
<b>8</b> Hopes and ambitions pages 93–104	second, third and mixed conditionals <i>wish and if only</i>	word focus: <i>make</i> and <i>do</i> wordbuilding: noun suffixes strong feelings word focus: <i>better</i>	discussing preferences	contracted or weak forms /ʃ/ and /tʃ/ <i>do you, would you, shall we</i>	someone talking about an unusual mural eight explorers describing superpowers they wish they had	an article about the first human computers an article about Madagascar’s unique environment	emotive language	ambitions wishes strong feelings	text type: an online comment writing skill: giving vivid examples
VIDEO: What would you do if money didn’t matter? page 102 ► REVIEW page 104									
<b>9</b> The news pages 105–116	verb patterns with reporting verbs passive reporting verbs	reporting verbs positive adjectives wordbuilding: forming adjectives from verbs word focus: <i>word</i>	reporting what you have heard	the schwa	a radio news report about the parents of Chinese university students three good-news stories reported on the television news	an article about an iconic image an article about the power of the press	different perspectives	news stories good-news stories the media	text type: a news article writing skill: using quotations
VIDEO: News: the weird and the wonderful page 114 ► REVIEW page 116									
<b>10</b> Talented people pages 117–128	articles: <i>alan, the</i> or zero article? relative clauses	careers wordbuilding: verb (+ preposition) + noun collocations the senses word focus: <i>self</i> personal qualities	describing skills, talents and experience	linking vowels difficult words	a description of a mahout’s job someone talking about an extraordinary career a description of a man with an unusual talent	an article about an extraordinary career an article about a woman who was king	examining the evidence	a career path definitions job characteristics	text type: a personal profile writing skill: using <i>with</i>
VIDEO: Queen of Egypt page 126 ► REVIEW page 128									
<b>11</b> Knowledge and learning pages 129–140	<i>could, was able to, managed to and succeeded in</i> future in the past	education wordbuilding: homonyms word focus: <i>learn</i>	getting clarification	contrastive sentence stress linking in question forms	a parent talking about a children’s museum a talk by a psychologist on memory	an article about an innovative school an article about how animals think	explaining ideas	learning experiences memory tests making excuses types of learner	text type: an email about a misunderstanding writing skill: linking contrasting ideas
VIDEO: Paraguay shaman page 138 ► REVIEW page 140									
<b>12</b> Money pages 141–152	focus adverbs: <i>only, just, even</i> causative <i>have</i> and <i>get</i>	money services wordbuilding: <i>the</i> + adjective getting things done business words	negotiating	focus adverbs /ʃ/, /ʒ/, /z/ and /dʒ/ long vowel sounds	three people talking about the standard of living an interview with a professor about the growing service economy	an article about Norway’s riches an article about a new business trend	opinion words	the economy in your country getting things done new business ideas	text type: a short report writing skill: key phrases in report writing
VIDEO: The Farmery page 150 ► REVIEW page 152									

# Contents - Life Advanced

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>1</b> Lessons for life pages 9–20	time phrases the continuous aspect	personality and identity wordbuilding: irreversible word pairs word focus: <i>life</i>	getting to know people	linking in word pairs merged words in everyday phrases	two speakers talk about important lessons in life a talk by a sociologist about understanding what makes people who they are	an article about the lessons we learn from the past an article about the language of Shakespeare	the reason for writing	your favourite saying situations in your life call my bluff	taking notes writing skill: using abbreviations
	VIDEO: Arctic wisdom page 18 ► REVIEW page 20								
<b>2</b> More than a job pages 21–32	perfect forms passive forms	wordbuilding: phrasal verb <i>get</i> idioms: safety word focus: <i>foot/feet</i>	giving a talk speaking skill: keeping people's attention	word stress	a speech about the livelihood of Kazakh nomads an interview with a firefighter	an article about the Moken people of Myanmar an article about rock climbing in Yosemite	analysing language	more than a job safety features your comfort zone	taking notes a covering letter writing skill: abbreviations
	VIDEO: Climbing Yosemite page 30 ► REVIEW page 32								
<b>3</b> Design for life pages 33–44	qualifiers intensifying adverbs	describing towns adverb and adjective collocations word focus: <i>ground</i>	expressing opinions speaking skill: making a case	<i>quite, fairly</i> and <i>pretty</i> stress in intensifying adverbs linking vowel sounds (intrusion)	a description of a photograph an interview with an architect about small homes	an article about two towns with individual characters an article about the architect Zaha Hadid	summarizing	your hometown a bit of luxury town planning how spaces affect you	an opinion essay writing skill: discourse markers
	VIDEO: A story of solutions page 42 ► REVIEW page 44								
<b>4</b> Innovation pages 45–56	probability past modals	wordbuilding: <i>-able</i> partitives phrasal verb <i>come</i> word focus: <i>give</i>	making a short pitch speaking skill: using rhetorical questions	weak forms in past modals word stress	a news report about bionic body parts an interview about the inspiration for inventions	an article about the future of bendable technology an article about a social entrepreneur	finding counter arguments	future solutions how people managed in the past a social business	a proposal writing skill: making recommendations
	VIDEO: This man risked it all page 54 ► REVIEW page 56								
<b>5</b> The magic of travel pages 57–68	emphatic structures avoiding repetition	repeated word pairs wordbuilding: synonyms adjectives word focus: <i>matter</i>	telling an anecdote speaking skill: linking events	<i>do, does</i> and <i>did</i> stress in short responses long vowel sounds	an extract from a talk by a travel writer a radio interview about holidays to unknown places	a travel blog about different approaches to travelling an article about travel in graphic novels	evaluating sources	how you travel a mystery tour knowing places	a book review writing skill: descriptive words
	VIDEO: On the road: Andrew McCarthy page 66 ► REVIEW page 68								
<b>6</b> Body matters pages 69–80	phrasal verbs verb patterns	wordbuilding: compound words with prepositions injuries idioms: health word focus: <i>face</i>	discussing proposals speaking skill: proposing and conceding a point	stress in two-syllable verbs toning down negative statements	a conversation between two friends about health and exercise an interview with an ultrarunner about sports injuries	an article about different exercise regimes an article about beauty	evaluating author influence	exercise trends describing an injury does beauty sell?	a formal report writing skill: avoiding repetition
	VIDEO: The art of parkour page 78 ► REVIEW page 80								

Unit	Grammar	Vocabulary	Real life (functions)	Pronunciation	Listening	Reading	Critical thinking	Speaking	Writing
<b>7</b> Digital media pages 81–92	passive reporting verbs nominalization	wordbuilding: verb prefix <i>out</i> idioms: business buzz words word focus: <i>break</i>	making a podcast speaking skill: hedging language	new words	a talk by a journalist about digital technology an interview about social media marketing	a study of global facts about selfies an article about a day at a hacker's conference	identifying personal opinion	the impact of digital media using social media attitudes to security	a news report writing skill: cautious language
VIDEO: Talking dictionaries page 90 ► REVIEW page 92									
<b>8</b> The music in us pages 93–104	the adverb <i>just</i> expressing purpose and result	themes of songs idioms: music word focus: <i>hit</i> wordbuilding: negative prefixes	your favourite music speaking skill: responding to questions	expressions with <i>just</i> intonation to express uncertainty	an interview with a busker a talk by a neuroscientist about music therapy	an interview with a musician about cultural influences a review of a documentary about Bob Marley	identifying key points	themes of songs how to relax a charity concert	a description writing skill: parallel structures
VIDEO: A biopic page 102 ► REVIEW page 104									
<b>9</b> Window on the past pages 105–116	linking words present and perfect participles	wordbuilding: verb + preposition crime and punishment word focus: <i>board</i>	checking, confirming and clarifying speaking skill: seeking and giving clarification	silent letters	a talk about the significance of historical objects a description about an unusual crime	an article about what personal letters reveal about our past a story about hidden treasure	unanswered questions	an important past event a case of fraud historical irony	describing a past event writing skill: sequencing events
VIDEO: Collecting the past page 114 ► REVIEW page 116									
<b>10</b> Social living pages 117–128	adverbs and adverbial phrases negative adverbials and inversion	idioms: animal verbs being a good member of society wordbuilding: verb + noun + preposition phrases word focus: <i>free</i>	making conversation speaking skill: showing interest	sentence stress intonation and elision	an extract from a radio programme about ethnic communities a podcast about the importance of play	an article about ant society an article about the Hadza of Tanzania	reading between the lines	being a good member of society social games a conservation project	a discursive essay writing skill: referring to evidence
VIDEO: Initiation with ants page 126 ► REVIEW page 128									
<b>11</b> Reason and emotion pages 129–140	unreal past forms conditionals and inversion	feelings wordbuilding: heteronyms word focus: <i>beyond</i>	recognizing feelings speaking skill: recognizing other people's feelings	heteronyms adjectives ending in <i>-ed</i>	a short talk by a photographer about photographing people an article about irrational thinking	an article about understanding emotions an article about Artificial Intelligence in the future	analysing structure	modern life mind games technology and occupations	an email message writing skill: avoiding misunderstandings
VIDEO: Madeleine the robot tamer page 138 ► REVIEW page 140									
<b>12</b> Mother nature pages 141–152	approximation and vague language <i>would</i>	wordbuilding: adverb + adjective collocations idioms: adjective collocations word focus: <i>move</i>	a debate speaking skill: interrupting	<i>quite, fairly and pretty</i> intonation in interruptions	three people describe the landscape where they live an extract from a radio programme about the Japanese poet Basho	an article about the importance of geo- literacy an article about how wildlife are moving into our cities	different perspectives	natural and man-made features events in nature the animal and human worlds	a letter to a newspaper writing skill: persuasive language
VIDEO: Three years and 6,000 miles on a horse page 150 ► REVIEW page 152									