










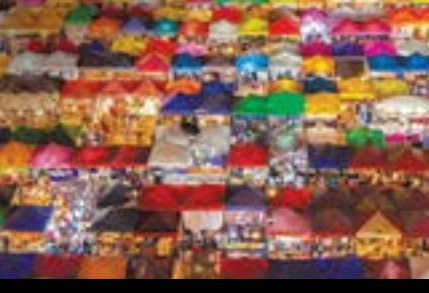







# CONTENTS

UNIT	VOCABULARY	LISTENING	GRAMMAR	READING	GRAMMAR	TEDTALKS	SPEAKING	WRITING
 <p><b>1 In touch with your feelings</b> Pages 8–19</p>	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	Talking about the present	 <p><b>This app knows how you feel – from the look on your face</b></p>	<b>RANA EL KALIOUBY</b> <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. <b>Authentic listening skills</b> Content words	Asking follow-up questions <b>Writing skill</b> Emphasis
 <p><b>2 Enjoy the ride</b> Pages 20–31</p>	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	Narrative forms <b>Pronunciation</b> Weak forms: used to	 <p><b>Happy maps</b></p>	<b>DANIELE QUERCIA</b> <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. <b>Authentic listening skills</b> Understanding accents	Asking for and giving directions <b>Writing skill</b> just
 <p><b>3 Active lives</b> Pages 32–43</p>	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	Present perfect simple and continuous <b>Pronunciation</b> Weak forms: for	 <p><b>How I swam the North Pole</b></p>	<b>LEWIS PUGH</b> <b>Idea worth spreading</b> Sometimes we have to do extraordinary things to make people pay attention to important issues. <b>Authentic listening skills</b> Signposts	Agreeing and disagreeing <b>Writing skill</b> Giving your opinion
 <p><b>4 Food</b> Pages 44–55</p>	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?	Making predictions <b>Pronunciation</b> Sentence stress in future continuous and future perfect sentences	 <p><b>Why I'm a weekday vegetarian</b></p>	<b>GRAHAM HILL</b> <b>Idea worth spreading</b> Cutting meat from our diet – even just part of the time – can have a powerful impact on the planet. <b>Authentic listening skills</b> Pausing <b>Critical thinking</b> Persuading	Talking about hopes and goals <b>Writing skill</b> Interesting language
 <p><b>5 Work</b> Pages 56–67</p>	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	Present and past modal verbs	 <p><b>Why the best hire might not have the perfect résumé</b></p>	<b>REGINA HARTLEY</b> <b>Idea worth spreading</b> Our résumés tell employers about our experiences, determination, and ability to deal with life's challenges. <b>Authentic listening skills</b> Understanding contrasts	Job interviews <b>Pronunciation</b> quite <b>Writing skill</b> Hedging

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 <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>Second conditional</p> <p><b>Pronunciation</b> <i>I wish</i> and <i>If only</i></p>	 <p><b>Deep sea diving ... in a wheelchair</b></p>	<p><b>SUE AUSTIN</b></p> <p><b>Idea worth spreading</b> A wheelchair doesn't have to mean 'disability', it can be an exhilarating new way to see and experience the world.</p> <p><b>Authentic listening skills</b> Following the argument</p>	<p>Describing photos</p> <p>An informal email describing people</p> <p><b>Writing skill</b> Informal language</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><i>have / get something done</i></p> <p><b>Pronunciation</b> Sentence stress</p>	 <p><b>Grow your own clothes</b></p>	<p><b>SUZANNE LEE</b></p> <p><b>Idea worth spreading</b> We can use bacteria to produce materials that we can turn into clothes, as sustainable and biodegradable alternatives to leather, cotton and plastics.</p> <p><b>Authentic listening skills</b> Reformulating</p>	<p>Shopping for clothes</p> <p>An announcement</p> <p><b>Writing skill</b> Relevant information</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>Reported speech: verb patterns with reporting verbs</p> <p><b>Pronunciation</b> Contrastive stress</p>	 <p><b>10 ways to have a better conversation</b></p>	<p><b>CELESTE HEADLEE</b></p> <p><b>Idea worth spreading</b> When we talk and listen with genuine interest in the other person, we will learn amazing things.</p> <p><b>Authentic listening skills</b> Understanding fast speech</p> <p><b>Critical thinking</b> Investigating opinions</p>	<p>Responding sympathetically</p> <p><b>Pronunciation</b> Sympathetic intonation</p> <p><b>Writing skill</b> Using formal linkers</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>Defining and non-defining relative clauses</p> <p><b>Pronunciation</b> Relative clauses</p>	 <p><b>The world's most boring television ... and why it's hilariously addictive</b></p>	<p><b>THOMAS HELLUM</b></p> <p><b>Idea worth spreading</b> Slow TV provides real-time, surprisingly popular entertainment which viewers can relate to.</p> <p><b>Authentic listening skills</b> Collaborative listening</p> <p><b>Critical thinking</b> Supporting your argument</p>	<p>Asking for and making recommendations</p> <p>An email describing a place and its culture</p> <p><b>Writing skill</b> Paragraphing</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>	<p>Modal verbs: past speculation, deduction and regret</p> <p><b>Pronunciation</b> Weak forms: <i>have</i></p>	 <p><b>Inside the mind of a master procrastinator</b></p>	<p><b>TIM URBAN</b></p> <p><b>Idea worth spreading</b> Procrastination can keep us from chasing our dreams, and we're all affected by it.</p> <p><b>Authentic listening skills</b> Guessing the meaning of new words</p>	<p>Explaining causes and reasons</p> <p>A for and against essay</p> <p><b>Writing skill</b> Using discourse markers</p>