

	Goals	Language	Skills	Explore
Intro pages 7–9	About you <ul style="list-style-type: none"> introduce yourself ask for and give personal information fill in a form say what you can do 	Grammar Subject pronouns, possessive adjectives p9 <i>can</i> for ability p9 Vocabulary Countries and languages p7 Introducing yourself p7 Letters, numbers, addresses p8 Personal information p9	Listening Agata enrolls on a course p8 Speaking Enrol on a course p9	
1 pages 10–17	People in your life <ul style="list-style-type: none"> introduce people say who people are talk about present and past jobs say how you know people ask people to repeat ask questions to check information <p>Target activity Talk about someone you know well</p>	Grammar Possessive 's (singular) p10 <i>be</i> present: <i>am, is, are</i> p11 <i>be</i> past: <i>was, were</i> p13 Vocabulary People you know p10 Talking about jobs p13 How you know people p14 Pronunciation Syllables p10	Listening Rob's family and friends p10 Michel's and Donna's friends p14 Reading Life's work p12 Speaking Introductions p11 Talk about relationships p11 Talk about jobs p13	Keyword <i>OK</i> EXPLORE Speaking <ul style="list-style-type: none"> ask people to repeat ask questions to check information Across cultures Greetings Look again Spelling and sounds: Vowels and consonants
2 pages 18–25	Away from home <ul style="list-style-type: none"> make and respond to requests make and respond to offers say what your interests are say what you want to do <p>Target activity Take care of a guest</p>	Grammar <i>a, an, some</i> p19 Present simple: positive sentences p21 Vocabulary Offers and requests p19 Interests and wants p21 Taking care of a guest p22 Pronunciation Word stress 1 p19	Listening What do you miss? p18 Carly asks for things p18 Reading Sofasurfing.com p20 Reading and Listening Erkan's guest p22 Speaking Ask for something p19 Writing Profile for a website p21	Keyword <i>in</i> EXPLORE Writing <ul style="list-style-type: none"> write a letter or email requesting something Capital letters Independent learning Finding information Look again Spelling and sounds: Two consonants together
3 pages 26–33	Your time <ul style="list-style-type: none"> say what you do in your free time say what you like and dislike talk about habits and customs make and respond to invitations <p>Target activity Invite someone out</p>	Grammar Subject and object pronouns p26 Present simple: negative sentences p27, questions p29 Possessive 's and s' p28 Vocabulary Free time activities p27 Adverbs of frequency p28 Invitations p30 Pronunciation Word stress 2 p29	Reading Happiness is ... p26 Listening Min's and Paul's New Year p28 Invitations p30 Speaking Your free time p27 Your New Year p29 Special occasions p29 Writing For me, happiness is ... p27	Keyword <i>go</i> EXPLORE Speaking <ul style="list-style-type: none"> take a phone message ask people to repeat and speak more slowly show you understand Across cultures Conversation 'dos and don'ts' Look again Spelling and sounds: <i>ch, tch</i> and <i>sh</i>
4 pages 34–41	Changes <ul style="list-style-type: none"> talk about past events talk about first times talk about trips talk about important events in your life <p>Target activity Talk about an important event</p>	Grammar Singular, plural p34 Past simple verbs p35 Past simple p37 Vocabulary Past time expressions p35 Things for a trip p36 Good and bad experiences p38 Pronunciation Sentence stress 1 p37	Reading Three small things that changed the world p34 Listening Sang-mi's business trip p36 From Nigeria to Scotland p38 Speaking Your technology firsts p35 Did you have a good time? p37	Keyword <i>have</i> EXPLORE Writing <ul style="list-style-type: none"> write a personal letter or email giving news Punctuation Independent learning Self-study Look again Spelling and sounds: <i>th</i>

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5 pages 42–49	Your space <ul style="list-style-type: none"> talk about cities and neighbourhoods talk about homes find information in adverts for rooms Target activity Rent a room	Grammar <i>There is, there are</i> p45 Vocabulary Places p42 Describing places p43 Prepositions of place p43 Things in the home p44 Adverts for rooms p46 Pronunciation Sentence stress 2 p45	Reading I live here but I work 800 kilometres away p42 DublinCapitalRentals.com p46 Listening House-sitting p44 Alicja looks for a room p46 Speaking Describe places you know p43 Where you live p43 Rooms in your home p44 Writing and speaking House-sit for a friend p45	Keyword <i>on</i> EXPLORE Speaking show interest in a conversation Across cultures Personal space Look again Spelling and sounds: Final e
6 pages 50–57	What would you like? <ul style="list-style-type: none"> buy things in shops talk about shopping and food talk about preferences and give reasons order a meal Target activity Order a meal	Grammar Countable and uncountable nouns p53 Vocabulary Shops and shopping p50 Buying things p51 Food p52 Talking about preferences and giving reasons p53 Ordering food p54 Pronunciation Sentence stress 3 p51	Listening and speaking About shopping p50 Listening Jon in the shopping centre p51 At an airport café p54 Reading Weird fruit and veg p52 Speaking Buy things in shops p51 Talk about food p53	Keyword <i>this, that, these, those</i> EXPLORE Writing write short practical requests and reminders <i>and, but</i> Independent learning Using a dictionary Look again Spelling and sounds: <i>ou</i>
7 pages 58–65	Work-life balance <ul style="list-style-type: none"> talk about work and studies describe present activities say why you can't do things Target activity Explain what you do	Grammar Present progressive p61 Vocabulary Work and studies 1 p58 <i>spend</i> p59 Saying you're busy p60 Work and studies 2 p62 Pronunciation The schwa sound 1 p60	Reading So what do you do all day? p58, p125 Listening Dean on the phone p60 What do you do? p62 Speaking Your work-life balance p59 Say you're busy p61 What you're doing p61 Writing Your work and studies p58	Keyword <i>of</i> EXPLORE Speaking say you're not sure about facts and numbers Across cultures Workplaces Look again Spelling and sounds: <i>c</i>
8 pages 66–73	What's she like? <ul style="list-style-type: none"> talk about your family describe people's personality describe people's appearance describe relationships Target activity Describe someone you admire	Grammar <i>have got</i> p69 Vocabulary Family p66 Personality p67 Appearance p69 Relationships p70 Pronunciation The schwa sound 2 p66	Listening Onyinye's family p66 Someone I admire p70 Reading How we met p66, p126 Changing image p68 Speaking Your family p66 People in your life p67 Fashion and image p68 Describe people p69 Writing Describe a famous person p69	Keyword <i>like</i> EXPLORE Writing write a web posting giving an opinion <i>so</i> Independent learning Reading the phonemic script 1: consonants Look again Spelling and sounds: <i>ee, ea, ie</i>
9 pages 74–81	Getting around <ul style="list-style-type: none"> get information in places you visit compare ways of travelling buy a travel ticket Target activity Buy a ticket	Grammar Comparatives and superlatives p76 Vocabulary Using transport p74 Getting information p75 Prepositions of movement p77 Buying a ticket p78 Pronunciation Sentence stress and /ə/ p75	Listening Vijay visits Lucknow p74 Vijay buys a ticket p78 Reading One-wheeled wonder p76 Speaking Getting around p74 Ask for information p75 Writing and speaking A journey you like p77	Keyword <i>get</i> EXPLORE Speaking correct yourself and other people check and summarise information Across cultures Transport culture Look again Spelling and sounds: Double consonants

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10 pages 42–49	Getting together <ul style="list-style-type: none"> talk about films find information in a cinema programme make and respond to suggestions make arrangements to meet Target activity Arrange a film night	Grammar Present progressive for future arrangements p85 Vocabulary Films p82 Suggestions p83 Talking about films p86 Pronunciation Compound nouns p85	Reading International Film Week p82 Jon and Kimiko’s messages p84 Listening Jon and Mia choose a film p83 Jon and Kimiko’s phone call p84 A film night p86 Speaking Choose a film to see p83 Arrange to meet p85	Keyword <i>about</i> EXPLORE Writing <ul style="list-style-type: none"> write and reply to an invitation write a thank-you note <i>Ellipsis</i> Independent learning Reading the phonemic script 2: vowels Look again 🔄 Spelling and sounds: g
11 pages 90–97	Journeys <ul style="list-style-type: none"> check in and board a flight tell a story talk about a journey Target activity Describe a journey	Grammar Articles p92 Vocabulary Airports p90 Storytelling expressions p93 Talking about a journey p94 Pronunciation Polite intonation p91	Listening Belinda at the airport p91 Sam’s journey p94 Reading Help! A traveller’s tale p92 Speaking At an airport p91 Tell a story p93	Keyword <i>at</i> EXPLORE Speaking <ul style="list-style-type: none"> ask questions to develop a conversation change the topic of a conversation Across cultures Saying sorry Look again 🔄 Spelling and sounds: ng
12 pages 98–105	Are you OK? <ul style="list-style-type: none"> talk about health buy things in a pharmacy understand instructions on medicines give advice Target activity Give advice	Grammar Giving advice with <i>if</i> p101 Vocabulary The body and health p98 Giving advice p101 Giving reasons for advice p102 Pronunciation Linking consonants and vowels 1 p99	Listening and reading Marc at the pharmacy p99 Reading Home remedies p100 Stay healthy in the workplace p102 Speaking Role play: At a pharmacy p99 Remedies for a cold p101	Keyword <i>take</i> EXPLORE Writing <ul style="list-style-type: none"> write an email or note apologising Independent learning Learning collocations Look again 🔄 Spelling and sounds: ay, ai
13 pages 106–113	Experiences <ul style="list-style-type: none"> talk about experiences say what you’ve never done and always wanted to do talk about places you’ve been to find out information about things Target activity Get information and recommendations	Grammar Present perfect verbs p107 Present perfect p109 Vocabulary Sights p108 Getting information p110 Pronunciation Linking consonants and vowels 2 p109	Reading Happy to say, I’ve never... p106 The people behind the places p108, p123, p127 Listening I’ve always wanted to ... p107 Have you been to ...? p108 Advice about restaurants p110 Speaking When was the last time ...? p106 I’ve always wanted to ... p107 Places you’ve been p109 Writing Things you’ve never done p107	Keyword <i>thing</i> EXPLORE Speaking <ul style="list-style-type: none"> start and finish conversations in different situations Across cultures Your experiences Look again 🔄 Spelling and sounds: wh-
14 pages 114–121	Choices <ul style="list-style-type: none"> give opinions talk about hopes and plans make decisions Target activity Plan a weekend break	Grammar <i>be going to, be hoping to, would like to</i> p117 Vocabulary <i>too much, enough, not enough</i> p115 Life changes p116 Planning p118 Pronunciation Review p115	Reading Keep your brain in top condition p114 Listening Barry Cox p116 Weekend in La Mauricie p118 Speaking Your lifestyle p115 Game: Hopes and plans p117	Keyword <i>really</i> EXPLORE Writing <ul style="list-style-type: none"> write a profile for a networking website Time expressions Independent learning How can you learn languages? Look again 🔄 Spelling and sounds: Silent consonants