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Listening	Use of English	Speaking	Writing	Switch on
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topic: map exhibition skill: listening for detail task: sentence completion	key word transformations word formation	topic: useful items skill: making a decision task: collaborative task	topic: differing opinions skill: linking ideas task: essay	video: eyeborg project: pitch a film or documentary
topic: film and cinema skill: recognising speaker's point of view task: multiple choice: short texts	open cloze multiple-choice cloze	topic: social media skill: agreeing and disagreeing task: discussion	topic: creative writing skill: sequencing events task: story	video: museum mystery project: create a fictional news report
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topic: when others decide for you skill: recognising distractors task: multiple choice	open cloze word formation	topic: shopping skill: talking about preferences task: long turn	topic: influences skill: avoiding repetition task: essay	video: Does smell sell? project: create a social media campaign
topic: giving advice task: multiple choice: short texts	open cloze key word transformations multiple choice cloze word formation	topic: free time task: interview; long turn; collaborative task; discussion	topic: eating together; a weekend trip; a music magazine task: email, article or review	

The only source of knowledge is **experience**.

Everything else is just information.

Albert Einstein



READING

topic: trying new things skill: referencing clues task: gapped text

GRAMMAR

present tenses comparative forms: adjectives and adverbs

VOCABULARY

describing experiences and feelings; phrasal verbs suffixes, introduction to collocations

LISTENING

topic: synaesthesia skill: listening for specific information

task: sentence completion

USE OF ENGLISH

word formation

SPEAKING

topic: comparison of experiences skill: comparing photos task: long turn

WRITING

topic: activities for teens skill: opinions and recommendation task: review

SWITCH ON **I**

video: chef tests

project: presentation on food in world festivals

READING

Power up

- 1 Look at the photo and discuss the questions.
 - 1 How do you think the person feels?
 - 2 Would you enjoy the experience?
 - **3** What would the challenges be?

Read on

- 2 Read the title of the blog post. What do you think 'The 7 Day Challenge' is? Read the blog post and check your answer.
- 3 Read the exam tip and complete the task.

exam tip: gapped text

Look at the words before and after the gap. The sentence you choose will need to make sense with the information that follows it, as well as what comes before. Look for referencing clues in the text which will help you match the sentence with the correct paragraph, for example, time words, pronouns, names, etc.

Read the second paragraph of the blog again and find the sentence from A–G in E 4 which fits in gap 1. What referencing clues are there to show the sentence fits in this gap?

- •
- 4 Read the blog post again and choose which sentence (A–G) fits each gap (2–6). You do not need one of the sentences.
 - **A** Once there, initial reservations start to disappear.
 - **B** Rob doesn't actually get a part, but at least he's brave enough to go through with it!
 - **C** OK, I know it's early days, but so far I've found our challenge fun and actually a bit of an eye-opener.
 - **D** It definitely hasn't turned out how I expected and I feel a bit annoyed with Rob and Sophia.
 - **E** She had a point as we never sign up for anything new.
 - **F** For someone who loves his creature comforts, it's not an idea with huge appeal!
 - **G** It hasn't actually been that difficult as, despite being close friends, we have very different interests!

The 7 Day Challenge

Summer's over and you've slipped back into your cosy, comfortable routine. Well, not for me and my friends, Rob and Sophia. This year we've decided to take on 'The 7 Day Challenge' and step out of our comfort zones. Not sure what I mean? Read on ...

- 5 Find the words or phrases in the blog post that mean the following.
 - 1 warm and comfortable (adj) (para 1)
 - **2** boring (*adj*) (para 2)
 - **3** stressful or terrifying (*adj*) (para 4)
 - **4** affecting you very strongly, and you don't know how to deal with it (*adj*) (para 4)
 - **5** ready (*adj*) (para 5)
 - **6** not really wanting to do something (*adv*) (para 6)
 - 7 quite or very (adv) (para 7)
 - **8** useful or important enough to spend time on (*adj*) (para 7)
 - **9** to have an idea of what type someone or something is (*v*) (para 7)
 - **10** reject (*v*) (para 7)

Sum up

6 Why do you think Tom describes his experience as an 'eye opener'?

Speak up

- 7 Work in groups and discuss the questions.
 - 1 Do you like to set yourself challenges? Why / Why not?
 - **2** What kind of activities would require you to step out of your comfort zone?
 - 3 Have you ever tried something new and been surprised by how you felt about the experience?



The idea of 'The 7 Day Challenge' is to encourage your friends, over the course of a week, to do activities they normally shy away from. We each come up with an activity we enjoy, but that the other two friends haven't

tried before. ² We've been doing the challenge for a few days and let's say it's had its ups and downs!

OK rewind to day one – audition for something! Clearly not one of my suggestions as the mere idea of performing in front of people sends me

into a cold sweat! It's Sophia's turn and she's challenged Rob and me to audition for a play at her local theatre group. So we're standing in the dark, looking at a lit stage and it's nerve-racking. The director calls my name first and suddenly it's too overwhelming. I leg it. My first challenge and I've fallen at the first hurdle. 3

Not wanting to lose face I agree to carry on with the challenge. It's Rob's turn and he's invited us to go 'wild camping'. My first question is 'What is wild camping?' To be honest I'm a bit put off by the word 'wild'. Basically, it means not pitching your tent anywhere near a toilet or hot shower. 4_______But it's only for one night so I'm willing to give it a go.

So how does challenge two compare with my first disaster? Well, I reluctantly turn up at our local woods with a huge rucksack on my back. My gut feeling is that this is not my thing at all. After a few wrong turns (it seems Rob doesn't have a great sense of direction!) we arrive at this stunning lake and

pitch our tents. 5 We cook our food on an open fire and chat into the night and I must admit, I love the sense of freedom of being away from everything.

It's my turn now and I've chosen baking. I love it and I'm pretty good at it. Sophia and Rob, however, are not exactly looking forward to it,

but you know what? They might just surprise themselves! So is 'The 7 Day Challenge' a worthwhile experience? Definitely.

My advice is next time you say to yourself, 'no thanks, it's not really me,' stop and give it a chance. It's often too easy to pigeonhole yourself and dismiss things without even trying them.



in the mere idea of

performing in front of

people sends me into a

cold sweat!'

GRAMMAR

- Read the sentences below. Read the grammar box and match the sentences to the rules.
 What is the difference in meaning?
 - **1** This year we'**ve decided** to take on 'The 7 Day Challenge'.
 - **2** We've been doing the challenge for a few days.



2 Complete the rules E and F with the correct form of the verbs in brackets.

-/		
	╼-	
V.		
		7

4 0 1.2 Watch or listen again and complete the sentences. Then ask and answer in pairs.

1	We	*********************	everything	and we	******************************	around	the	world
---	----	-----------------------	------------	--------	--------------------------------	--------	-----	-------

- **2** So we _____ on a photography adventure and journey.
- **3** You _____ what? Life is too short!
- 4 I think it _____ on the person, _____ you?
- **5** I anything crazy.



5 Read the text. Use the correct present form of these verbs to complete the gaps.

be call find have (x2) not feel not spend say send try

explore grammar

₩ p142

present tenses

present simple and present continuous

- **A** for present habits, facts and repeated actions Laura **takes** lots of photographs.
- **B** for actions happening now and changing situations
 - They're watching TV at the moment.
- **C** with *always* for something that happens often and is usually annoying Dan's always forgetting his homework.
- D to add dramatic interest when telling a story Imagine this, they give me the award and I'm feeling so shocked, I don't even say thank you!

present perfect simple

- **E** for states that started in the past and continue now, recently finished actions or past actions with a present result. The focus is on the result.
 - I ¹ (see) this film before, it's really good.

present perfect continuous

F for an action that started in the past and is still continuing

Mr Lee ² (teach) us tennis this term.



- 3 0 1.1 Watch or listen to four people talking about experiences and routines. Match the speakers with the questions.
 - **A** Do you prefer trying new activities alone or with friends? Why?
 - **B** In general, do you think people are creatures of habit?
 - **C** Do you do any dangerous activities?
 - **D** Do you consider yourself an adventurous person?

WHAT IS A 'GUT FEELING'?

you ever that sense that something
is wrong without knowing why? Sometimes it 2
a funny feeling in your stomach or a little voice in your head
that 3 you a warning or telling you that something
right. Gut feelings can also direct us to the help of
others. For example, 5 a friend ever they're
'fine' but your gut feeling tells you they're not? In most cases our gut
feelings are right. Some 6it the body's second brain and
throughout history people have been fascinated by this special sense
that humans 7
years scientists 8 to discover
why we get this feeling or sixth sense but
so far there has been no single answer.
Interestingly, research 9
that people who usually follow their gut
feelings, and 10 a long time
making decisions, are generally more
content.

Speak up

6 Work in pairs and discuss in what situations you think it is important to follow your gut feeling and why. Compare your opinions with other pairs.

game on

Write two true and one false statement about yourself. The statements should be about something:

- 1 you have tried for the first time this year.
- **2** you have been wanting to do for ages, but are not brave enough to do. In groups, guess which statements are true and which are false.

VOCABULARY

describing experiences and feelings

€

1.3 Listen to six people talking about feelings and experiences. Choose the word which best describes how each person (1–6) is feeling. There are two words you do not need.

determined moved offended petrified relieved sympathetic tense thrilled



2	Complete	each gap	below	with a	word 1	from	Ex 1
	4 1/		+ - C: - :	الماز والعراجات			17

1 I'm to finish this work today I'm not going out until I do.

2 I always feel ______when I'm watching my football team take a penalty.

3 My cousin was ______ during the storm. She's really scared of lightning.

5 I'm sorry for crying, but I just feel so by everyone's kind words.

6 My brother's never very _____ when I get upset and he definitely never gives me a hug!

7 I'm so _____ that I don't have to make a speech, I hate public speaking.

8 She's _____ by his nasty comments about her new haircut.



Match six of the words used in Ex 2 with these synonyms.

anxious delighted insulted strong-willed terrified understanding

4 Ask and answer questions using words from Ex 3. Would you describe yourself as strong-willed?

5 Read the vocabulary box. Can you think of any more examples?

explore vocabulary

phrasal verbs (1)

A phrasal verb is a verb followed by prepositions or adverbs. Different prepositions or adverbs change the meaning. For example, 'give up' = quit/stop. However, 'give away' = tell people a secret by accident. I've given up the violin because I don't have enough time to practise. The holiday was meant to be a surprise for the children, but Daniel gave it away.

6 Read the article. What are multisensory exhibitions and where did the idea come from?



7 Replace the highlighted words in the article with the correct form of these phrasal verbs.

add to get across miss out put off take off try out

Please do not touch the art!

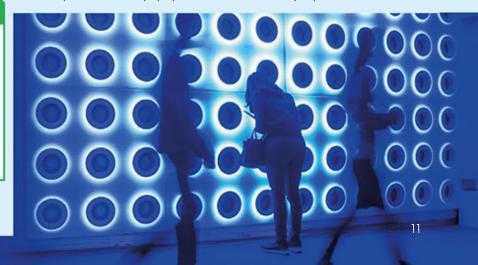
Many young people ¹are discouraged from going to art galleries because of the formal atmosphere. Art galleries have traditionally been very visual, which means our other four senses ²have been deprived of the same experience. But how about a more playful approach where you can touch, smell, taste and hear the art? In recent years, art museums and galleries ³have been testing the effectiveness of some creative ideas to stimulate all five senses of their art-lovers.

In most cases, this has meant using technology to trigger the senses in order to 'increase the quality of our experience of pieces of art. For example, to 'make people understand the message or emotion of a piece of art, a gallery may play music, release smells, offer food to taste and even stimulate their sense of touch through ultrasound vibrations. The public reaction to these 'multi-sensory' exhibitions has been extremely positive and clearly the idea 'is becoming popular.

- 8 Complete each question with the correct form of a phrasal verb from Ex 7. Then work in pairs and discuss. Extend your answers.
 - 1 What kinds of things can ______ the experience of a meal?
 - **2** Is there anything you ______ on this year because you were ill? For example, a party, a trip, etc.
 - **3** Do online reviews ever ______you _____going somewhere?
 - **4** Can you think of any fashion trends that ______really at the moment?
 - **5** Apart from your choice of words, how can you ______ your message _____ clearly when talking to other people?

Speak up

- 9 Work in pairs and discuss the questions.
 - 1 What do you usually do when you're feeling tense?
 - **2** Do you consider yourself a sympathetic person? In which situations do you not feel very sympathetic towards other people?



LISTENING

Power up

1 Work in groups. Which of your five senses (touch, sight, smell, taste and hearing) do you experience when doing these activities? Which is the strongest sense in each case?

learning to windsurf talking to a friend playing the guitar going shopping

2 Look at the image on the page representing synaesthesia. What do you think synaesthesia is?

Listen up



- 3 1.4 Listen to a girl talking about her experience of having synaesthesia. What is synaesthesia? Were your guesses in Ex 2 correct?
- 4 Read the exam tip. Look at the other gaps in the task. What part of speech do you think is missing?

exam tip: sentence completion

Before you listen, read the sentences carefully. Decide what kind of information you need to listen out for. For example, a noun, adjective + noun, adjective, noun phrase. Wait until you hear all the information for each part before completing the gap.

Look at gap 1 in Ex 5. What part of speech do you think is missing – a noun, verb or adjective?



5 0 1.5 Listen again and complete the sentences with a word or short phrase.



Synaesthesia

Rachel is disappointed that she only discovered the 1 of her condition recently.
Rachel was delighted with a ² which gave her useful information about her condition.
Rachel says that ³ music makes her see dark colours.
Rachel likes the idea of experiencing different 4when hearing different sounds, which she doesn't do.
Rachel used to amuse ⁵ by telling them what colour their name was.
Experts say that synaesthesia first develops in a person during 6
Rachel agrees with the idea that people with
synaesthesia are generally better at ⁷ subjects.
Rachel was surprised at how many 8painters and composers have the condition.
The strength of Rachel's synaesthesia is increased when she feels 9 .
Rachel gives the example of 10 as a noise that can affect her concentration.

- 6 Read the sentences. What do the highlighted words or phrases mean? Can you think of other sentences using these words?
 - 1 I even went to seminars on the subject.
 - 2 I'm not sure my parents always approved when I'd tell someone their name was a yucky brown!
 - **3** They have concluded that women are more likely to have it than men.
 - 4 Apparently, people with synaesthesia are often not as good as our peers at subjects such as maths or science.
 - **5** You see my synaesthesia is affected by my mood or emotions.
 - **6** All in all though, I do feel it's a gift and I can't imagine life without my synaesthesia.

Speak up

- 7 Work in pairs and discuss the questions.
 - **1** Which is your most and least important sense?
 - 2 If you were able to strengthen one of your senses, which would it be and why?

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USE OF ENGLISH 1



3 Read the article and complete it with these words or phrases.

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T.	V.	7	ı
•			_

Read the grammar box. Complete the questions using the correct form of the word in brackets.

1	Do you speak English (good) than your parents?
2	What time of the day do you study (efficiently)?
3	If your homework is (difficult), who do you talk to?
4	Can you run (fast) as your friends?
5	If you're stressed, what can help you feel

6 Who tells _____ (funny) jokes in your

explore grammar

class?

_____(relaxed)?

→ p142

comparative forms: adjectives and adverbs

- A adjectives/adverbs with one or two syllables Women are **more likely** to have the condition than men.
- **B** adjectives/adverbs with more than two syllables Some people experience music **more emotionally** because of the colours it produces.
- **C** irregular adjectives/adverbs Our sense of direction is often **worse**.
- **D** comparing one item in a group with other items in the same group
 - I have **the most common** form of the condition.
- **E** adjectives/adverbs that show when something is more than necessary (too) or not sufficient (not enough)
 - Suddenly the background sounds can become **too loud**.
- F comparing two equal things (as ... as) or two different things (not as ... as)

 They perform as well as others in most
 - They perform **as well as** others in most subjects.
 - We often don't do as well as our peers at maths.
- **G** double comparatives for emphasis and to show continual change
 - **The older** I get, **the keener** I am to keep it to myself.
- **H** adverbs of degree
 If I feel very stressed, the colours feel **much stronger**.
- 2 Work in pairs and discuss the questions in Ex 1.

as well as better finer more accurately more upset not as good as the most debated too

Science of **senses**

A stinky gym bag in your kitchen? Who will be 1by the smell – the men or the women in your family? Some scientists suggest that women not only smell, but feel, taste, and hear 2than men.
Take colours, for example. One study suggests that men are 3 women at distinguishing between shades of colour, although they focus well on rapidly changing images. As for touch, small fingers have a 4 sense of touch, whether male or female.
Hearing is possibly one of ⁵ areas, when talking about the senses. Evidence shows that boys hear ⁶ girls at birth, but with age, a man's hearing may soon deteriorate. However, environmental factors could play a role in this. Women may also be ⁷ at identifying different flavours, as studies have shown that they have more taste buds on their tongue.
Going back to the smelly gym bag – yes, it's likely that Mum will be the most freaked out by it. But is that because women's brains have more 'smell cells' or because you were *lazy to move it?
Rewrite the sentences using the word given. Use between two

- 4 Rewrite the sentences using the word given. Use between two and five words, including the word given.
 - 1 I couldn't hear her because she spoke too quietly.

LOUDLY

She didn't speak _____hear her.

2 The coffee was weaker than I liked.

AS

The coffee _____I liked.

3 Sam is a deeper thinker than Ben.

THINKS

Sam _____Ben.

4 The experience was too boring to repeat.

INTERESTING

The experience was ______to repeat.

5 She's the best cook in her class.

CAN

She _____else in her class.

6 I've never had such a strange feeling.

EVER

That's the had.

Speak up

Work in pairs. Talk about the things you have tasted, smelled, seen and heard over the last 24 hours.

USE OF ENGLISH 2

- 1.6 Listen to three people talking about dancing.
 Which speaker thinks they can dance well?
- 2 Read vocabulary box 1. Add the correct suffix to make nouns or adjectives.

1 achieve (v) (n)
2 athlete (n) (adj)
3 pain (n) (adj)

4 lazy (adj) (n)
5 comfort (n) (adj

(n)

6 excite (*v*)

explore vocabulary 1

word formation - suffixes

Adding a suffix at the end of a word changes the meaning.

Noun suffixes: -ence, -ment, -ness, -ity, -y

Adjective suffixes: -able, -ful, -ible, -ic, -ish, -ive, -less

verb \rightarrow noun differ \rightarrow difference adjective \rightarrow noun tired \rightarrow tiredness verb \rightarrow adjective access \rightarrow accessible noun \rightarrow adjective fool \rightarrow foolish Note: Sometimes the spelling changes happy \rightarrow happiness, energy \rightarrow energetic

3 1.7 Listen again. Tick the words the speakers use.

childish comfortable competitive confidence confident difference dreadful fitness hopeless movement painful painless visible

- 4 Read the article. Who do you think is a good dancer? How would you rate your dancing?
- 5 Read the exam tip, then complete the article with the correct form of the words in capitals.

exam tip: word formation

Read the words around the gap and decide what type of word you need for the space.

Read the words before and after gap 1 in Ex 5. What type of word is needed between the and the preposition of – noun, adjective or verb?

Scientists discover why you can't dance

Have you ever found yourself leaping around	
to music with the ¹ of a young	ENTHUSIASTIC
puppy and suddenly realised that you've	
emptied the dance floor? Maybe your skills	
are ² to you but others are	IMPRESS
wondering why you have absolutely no	
sense of rhythm. Now scientists may have	
the answer.	
Apparently there is a condition called	
beat ³ , which means you	DEAF
can't coordinate your movements with the	
rhythm in the music. Although you have	
the 4 to produce repeated	ABLE
beats by tapping your feet or clapping,	
once music is added you can get into	
5 . So, at least now you can	DIFFICULT
offer a 6reason for some of	SCIENCE
your awkward moves. In the meantime, why	
not forget about appearing 7	FOOL
and enjoy the exercise? Who knows, your	
unique style of dancing might soon become a	
alternative on the dance floor.	FASHION

6 Read vocabulary box 2. Which of these 'senses' is most important to you and why?

explore vocabulary 2

introduction to collocations

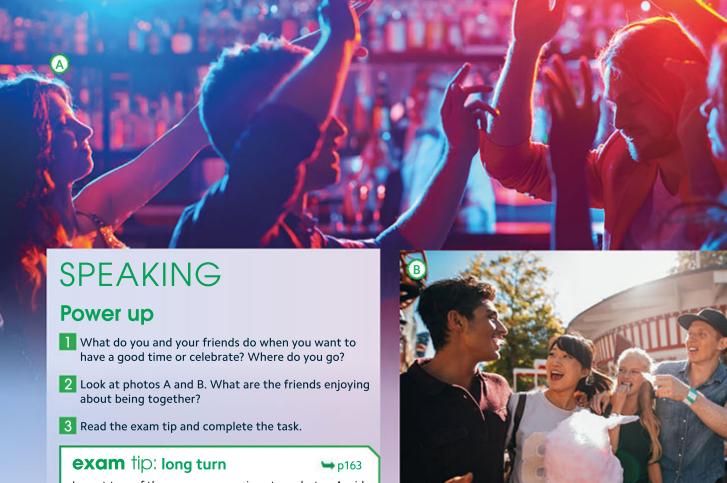
It's useful to remember words that go together.

a sense of ...

achievement adventure direction fun freedom humour rhythm

Speak up

- Work in pairs and discuss the questions.
 - 1 What type of activities are suitable for a person with a sense of adventure?
 - **2** Who do you know with a good sense of humour?
 - **3** When do you feel a sense of achievement?
 - 4 How would you describe your sense of direction?



In part two of the exam you are given two photos. Avoid talking about each photo separately. Instead compare the two photos **before** you answer the question.

How many similarities and differences can you find between photos A and B?

Similar Different

•

4 1.8 Read the useful language and listen to a student talking about the photos. Which phrases are used?

useful **language:** comparing photos

In both photos, ...

Both photos show ...

The photos are similar because ...

One/Another similarity is that ...

One of the main differences is that ...

In the first photo ..., whereas in the second one ...

One photo is brighter/darker/more atmospheric, etc. than the other one.



5 1.9 Listen again. Where does the student think the two photos were taken? Do you agree? Why / Why not?

Speak up

6 📵 Work in pairs.





Student A: Compare these two photos. What are the friends enjoying about spending time outdoors?

Student B: How many of the phrases in the useful language box did your partner use?

Now turn to the photos on page 171, then answer the questions.

Speaking extra

7 Work in pairs or small groups. Choose one of the photos and imagine a conversation that is taking place. Act out your conversation to the rest of the class.