

Carolyn Barraclough, Bob Hastings with Fiona Beddall, James Savery

BBC

WIDER WORLD

SECOND EDITION

Student's Book and eBook

4







Pearson

GSE
Global Scale of English

45-55 B1/B1+


































Contents

Starter Unit pp. 8–13	Vocabulary <ul style="list-style-type: none"> • Relationships • Food • Holidays and travel • School • Using technology • Sport • Hobbies and free time activities • Film and TV • Crime 			
You can do it! 1 pp. 14–25	Vocabulary <ul style="list-style-type: none"> • Adjectives of emotion • Success, failure and goals • Immigration • Personality adjectives 	Grammar <ul style="list-style-type: none"> • Present tenses (Present Simple, Present Continuous, state and dynamic verbs) 	Reading An article about living in a new country 	Grammar <ul style="list-style-type: none"> • Past Simple, Past Continuous and Present Perfect
Clean and green! 2 pp. 26–37	<ul style="list-style-type: none"> • Protecting and damaging the environment • Environmental issues • Elections and campaigns 	<ul style="list-style-type: none"> • Past Perfect; Past Simple and Past Perfect 	A blog article about littering in the countryside	<ul style="list-style-type: none"> • <i>used to</i> and Past Simple
Looking good 3 pp. 38–49	<ul style="list-style-type: none"> • Clothes and appearance • Fashion • Parts of clothes and shoes 	<ul style="list-style-type: none"> • Present Perfect Continuous 	A magazine article about trends in fashion	<ul style="list-style-type: none"> • Present Perfect Simple and Continuous
Work hard, dream big! 4 pp. 52–63	<ul style="list-style-type: none"> • Work and jobs • Working conditions • Job training • Success at work 	<ul style="list-style-type: none"> • Talking about the future (<i>will, be going to</i>, Present Continuous, Present Simple) 	A newspaper article about new ways of working	<ul style="list-style-type: none"> • Future Continuous
To the stars and beyond 5 pp. 64–75	<ul style="list-style-type: none"> • Space • Dimensions and distance • Large numbers • Space travel • Space science 	<ul style="list-style-type: none"> • Zero, First and Second Conditionals 	A web article about tourism in space	<ul style="list-style-type: none"> • Third Conditional 
Good health 6 pp. 76–87	<ul style="list-style-type: none"> • Sickness, health and illness • First-aid kit • Extreme sports 	<ul style="list-style-type: none"> • Reported statements and questions 	A report about ways to keep healthy and happy	<ul style="list-style-type: none"> • Reported commands, requests, offers and suggestions
Beyond words 7 pp. 90–101	<ul style="list-style-type: none"> • Effective communication and body language • Word building: communication • The media • Advertising 	<ul style="list-style-type: none"> • The Passive (Present Simple, Past Simple, Present Perfect, modal verbs) 	A magazine article about truth and dishonesty	<ul style="list-style-type: none"> • The Passive with <i>will</i>
Experience art 8 pp. 102–113	<ul style="list-style-type: none"> • Art and literature • Painting • Journalism 	<ul style="list-style-type: none"> • Modal verbs for ability (<i>can, could, be able to, manage to</i>) 	A web article about being a young artist	<ul style="list-style-type: none"> • Modal verbs for obligation and prohibition (Present Simple, Past Simple, Present Perfect, modal verbs)
Party time! 9 pp. 114–125	<ul style="list-style-type: none"> • Celebrations • Special occasions • Types of celebrations • Phrases to express likes • Sense verbs 	<ul style="list-style-type: none"> • Defining and non-defining relative clauses 	A blog article about how to celebrate a special day	<ul style="list-style-type: none"> • Direct and indirect questions

Grammar

- Present Simple and Present Continuous • Past Simple • Past Simple and Past Continuous
- Comparatives and superlatives • Present Perfect • Reported speech • Verb patterns • Past Perfect • Future forms
- First, Second and Third Conditionals • Present and Past Simple Passive • Defining and non-defining relative clauses

THE REVISION GAME

Listening and Vocabulary	Speaking	Writing	 YOUR WORLD AND YOU	Progress Check
A conversation about a workshop	Asking for and offering help  Self-management 	A blog post describing a personal challenge • Verbs that express emotion	BBC  <i>An almost impossible journey</i> Prepare a digital poster about a desert	Units 1–3 • Vocabulary and Grammar • Speaking • Listening • Reading • Writing
Dialogues about elections, campaigns and the environment	Agreeing and disagreeing  Social responsibility  BBC 	A survey report • Quantifiers	Learning Experience 1 Self-management  Role-play a conversation about having a growth mindset	
A conversation about a fashion museum BBC 	Giving and responding to compliments  Communication 	An email describing appearance • Opinion adjectives	BBC  <i>The price of fashion</i> Create an infographic about fast fashion	
A conversation about business achievements	Warnings, recommendations and prohibition  Self-management 	A job application letter • Formal style	Learning Experience 2 Communication  Role-play a job interview	Units 4–6 • Vocabulary and Grammar • Speaking • Listening • Reading • Writing
A podcast about space matters	Giving and responding to instructions  Self-management 	A for and against essay • Linkers of addition	BBC  <i>Exploring the unknown</i> Create an online advert for a day trip	
A presentation about extreme sports BBC 	Asking for and giving advice  Creativity 	A forum post about an experience • Reporting verbs	Learning Experience 3 Social responsibility  Plan a campaign	
TV commercials and conversations about advertising BBC 	Clarifying and rephrasing  Communication  • Question tags	A review • Prepositional phrases	BBC  <i>Keeping languages alive</i> Create a digital presentation about an endangered language	Units 7–9 • Vocabulary and Grammar • Speaking • Listening • Reading • Writing
A conversation about life in a newspaper office	Comparing ideas and expressing opinions  Self-management  BBC 	A comparison • Linkers of contrast	Learning Experience 4 Critical thinking  Develop your critical thinking skills	
A radio interview about the history of a tradition	Being polite  Communication 	An informal invitation • Informal writing	BBC  <i>Two different festivals</i> Create a digital leaflet for a festival	

Good friends

0

VOCABULARY

Relationships | School | Using everyday technology | Holidays and travel | Transport | Hobbies and free time activities

GRAMMAR

Present Simple | Adverbs of frequency | *Wh*- questions | Comparatives and superlatives | Present Continuous | Past Simple | Present Perfect | *For* and *since*



Bea Baxter is sixteen. Bea and her cousin Abe Kerr live in New Park, near London. They usually get on really well and spend a lot of time together.

Abe's good at photography and his new hobby is baking. He likes hiking and cycling. His friend Eren King loves tennis and enjoys cycling with Abe although he sometimes has problems with his bike.

Bea and her best friend Carla Silva are classmates. They aren't neighbours, but Carla lives in the next street, so they often see each other. Carla likes acting and art. She has First Aid classes every week too. Bea doesn't do First Aid classes – she prefers to do gardening and programming in her free time.

Bea and Carla sometimes play frisbee with Abe and Eren in a local park. They usually have fun. The park's a great place to relax and they all like hanging out there.

0.1

Catching up with Bea

Relationships | Present Simple | Adverbs of frequency | *Wh*- questions | School | Comparatives and superlatives

- 1 0.1 Watch or listen. What hobbies and interests do Bea and her friends have? Do you share any of the same interests?
- 2 Read the text again and decide if the sentences are true (T) or false (F).
 - 1 Bea and her cousin live in the same town.
 - 2 Abe and Bea often argue.
 - 3 Eren and Abe don't enjoy any of the same things.
 - 4 Carla lives near Bea.
 - 5 Carla and Bea have similar interests.
 - 6 All the friends enjoy spending time in the park.

- 3 0.2 Study Vocabulary box A. Which of the words can you find in the text?

VOCABULARY A Relationships

aunt best friend classmate cousin grandmother
great-grandfather half-sister neighbour parents
relative stepbrother stepfather

- 4 **I KNOW!** In pairs, add more words to Vocabulary box A. You have three minutes! Then compare your answers with another pair.

- 5 Study Grammar box A. Find more examples of the Present Simple in the text.

GRAMMAR A

Present Simple, adverbs of frequency, *wh-* questions

Present Simple

I **live** in London. She **likes** acting.
 I **don't like** doing sports. She **doesn't do** First Aid classes.
 Do you **live** near your cousins? Yes, I **do**./No, I **don't**.
 Does she **go** to your school? Yes, she **does**./No, she **doesn't**.

Adverbs of frequency

always, never, usually, often, rarely, sometimes

Wh- questions

Where **do** you live?
 When **do** you see friends?
 Who **do** you hang out with?
 Which school **do** you go to?
 Why **do** you like your home?
 What sports **do** you play?
 How often **do** you visit your relatives?

- 6 Complete the questions with the Present Simple form of the verbs in brackets. Then write answers that are true for you.

- 1 *Where do you relax* (where/you/relax)?
- 2 _____ (what/you/usually/do) in your free time?
- 3 _____ (you/think) it's better to live in a city or a small town?
- 4 _____ (who/you/often/meet) at the weekend?
- 5 _____ (you/spend) a lot of time online?
- 6 _____ (you/see) your neighbours every day?

- 7 0.3 Read the dialogue. What subjects and classes do Abe and Bea like/dislike?

Abe: Have you got your timetable for this term yet?
 Bea: Yes, I'm actually looking forward to Monday mornings! I have Biology first and then Information Technology.
 Abe: Why do you like Biology so much? It's the worst science subject!
 Bea: Biology's fun – and it's easy. I have to say IT is the best, though. I'd love to do some more programming. I might do a science discovery project this year too.
 Abe: Sometimes I just don't understand you!
 Bea: Well, that's because you're really good at Art and creative subjects.
 Abe: True. Hey, do you want to try some after-school classes?
 Bea: Yeah, why not? Let's have a look at the list.
 Abe: What about First Aid?
 Bea: You're joking! I need to do something more relaxing after school.
 Abe: We can join Drama Club.
 Bea: Hmm ... I guess it's better than chess or football.

- 8 0.4 **I KNOW!** Study Vocabulary box B. In pairs, add more words to each group. You have three minutes! Then compare your answers with another pair.

VOCABULARY B School

School subjects

History Information Technology (IT) Physics

Places at school

canteen library

Types of assessment

practical exam project

Verbs

learn revise take exams

- 9 Study Grammar box B. Find examples of comparative and superlative forms in the dialogue in Exercise 7.

GRAMMAR B Comparatives and superlatives

Comparatives

The new library is **bigger than** the old one.
 Art is **more interesting than** Science.
 Practical exams are **better/worse than** written exams.

Superlatives

The classrooms have **the latest** technology.
 The first day back at school is **the most difficult**.
 It's **the best/worst** school in the area.

- 10 Complete the sentences with the comparative or superlative form of the adjectives in brackets.
- 1 Abe thinks their school is **the friendliest** (friendly) in the area.
 - 2 Bea is _____ (excited) about her timetable than Abe.
 - 3 New Park Secondary is _____ (big) school in the area.
 - 4 This year's after-school classes are _____ (interesting) than last year's classes.
 - 5 Abe is _____ (good) at creative subjects than science subjects.
 - 6 Bea thinks Biology is _____ (easy) than other subjects.

YOUR WORLD

- 11 In pairs, compare different schools, school subjects and after-school classes.
History is more boring than Science.

My mum and I are having an amazing time in Istanbul this month. We're visiting my grandparents in the city centre. We're being tourists as well and exploring the city. We're by the Bosphorus today. We're sitting in a café at the moment. I'm writing my blog and uploading some photos, and Mum's watching boats go by.

My mum is originally from Turkey, so she's visiting some of her old school friends here in Istanbul. I'm spending a lot of time with my cousins because they live near my grandparents. I don't understand much Turkish, so I'm glad my cousins speak good English. I'm trying to use some basic Turkish phrases, but I'm not learning very fast!

We aren't staying in Istanbul much longer. School term starts next week, so we have to fly home at the weekend. I'm looking forward to catching up with my friends when I get back to New Park. I message them every day. I hope they're missing me!



1 0.5 Look at the photo. Where do you think Eren is? What do you think he's there for? Read the text and check.

2 Read the text again and answer the questions.

- 1 What language does Eren speak with his cousins?
- 2 Can he speak Turkish?
- 3 When does he have to leave Turkey? Why?

3 Study the Grammar box. Find more examples of the Present Continuous in the text.

GRAMMAR Present Continuous

He's **studying** Turkish this year.

I'm **not learning** very fast.

Are you **exploring** the city? Yes, I **am**./No, I'm **not**.

Time expressions

at the moment, now, right now, this month, this year, today

4 Complete the dialogues with the Present Continuous form of the verbs in brackets.

- 1 A: What **are you doing** (you/do) on the laptop?
B: I _____ (look for) information about London for my English homework.
- 2 A: Why _____ (he/read) a German book?
B: Because he _____ (study) German Literature at school this year.
- 3 A: _____ (you/enjoy) that book?
B: Yes, it's great! Everyone _____ (talk) about it!

5 0.6 **WORD FRIENDS** Study the phrases and find examples in the text.

chat online

chat with people

download apps

download songs

film a video

go online

make a video

message someone

post on social media

send links

send videos

share links

share videos

text someone

upload pictures

upload videos

write a blog

6 0.7 Complete the text with words from Exercise 5. Listen and check.

I'm trying to learn Turkish. I'm not having lessons at school - I ¹**go** online to learn basic grammar and vocabulary. When I'm not on holiday with my family in Turkey, I often chat ²_____ my grandparents on the phone. I also ³_____ songs in Turkish to my phone so I can listen and learn the words. I have two Turkish cousins and we often ⁴_____ links to music videos. I sometimes ⁵_____ them in Turkish and they like to upload ⁶_____ and videos of my grandparents.

YOUR WORLD

- 7 In pairs, talk about a language you are learning. Say what you are learning about now and how you use technology to help you.

This is Carla Silva. Her dad, Pedro, is from Brazil. He came to England many years ago to study, but he found a job, so he decided to stay. He met Carla's mum, Alicia, when they were at college in London. Alicia was born in Spain, but her parents moved to the UK when she was a baby.

Last summer Carla and her parents had a great holiday. They spent a month in Brazil. They flew from London to São Paulo, hired a car and drove all over the country. They did lots of wonderful things. They sailed on the Amazon River, went horse-riding, saw some amazing animals, sunbathed on some beautiful beaches and stayed in some great hotels and campsites. They also visited Pedro's family, so Carla got to know lots of relatives. She spoke Portuguese with them. Carla didn't want the holiday to end.



- 1 0.8 Study the Vocabulary box. Write the words below in the correct categories. Listen and check.

B&B campsite city break coach ferry hiking sightseeing

VOCABULARY Holidays and travel

Means of transport: boat plane train

Types of holiday: activity camp beach holiday

Accommodation: hostel hotel

Activities: horse-riding sailing sunbathing

- 2 **I KNOW!** How many more words related to holidays and travel can you think of in one minute?
- 3 0.9 Read the text. Name three facts about Carla's parents and three things they did on holiday this summer.
- 4 Study the Grammar box. Find more examples of the Past Simple in the text. Which verbs are regular and which are irregular?

GRAMMAR Past Simple

They *stayed* in a hotel. (regular verb)

We *had* a great holiday. (irregular verb)

They *didn't stay* in a campsite.

Did you *hire* a car? Yes, I *did*. No, I *didn't*.

When *did* he *come* here?

Time expressions

earlier this morning, in 2020, last summer, over a year ago, the day before yesterday, yesterday, when she was ...

- 5 Make questions in the Past Simple. Then, in pairs, ask and answer the questions.

1 Pedro / come / to England / last week / ?

Did Pedro come to England last week?

2 Carla's parents / meet / in Madrid / ?

3 they / spend / a year in Brazil / ?

4 Carla / visit / her mother's family / ?

5 Carla / speak / Spanish / during the holiday / ?

- 6 0.10 In pairs, listen and answer the questions.

- 7 0.11 **WORD FRIENDS** Study the phrases. Check you understand them.

catch a bus/a ferry/a train

sail a boat/a yacht

drive a car

take a bus/a train

fly a helicopter

travel abroad/by bus

ride a bicycle/a horse

- 8 Choose the correct option.

1 When was the last time you *took* / *rode* a train?

2 Do you know anyone who can *fly* / *drive* a helicopter?

3 When did you learn to *ride* / *drive* a bike?

4 Did you *travel* / *catch* a bus to get to school today?

5 Would you like to learn to *drive* / *sail* a boat?

- 9 In pairs, ask and answer the questions in Exercise 8.

YOUR WORLD

- 10 In pairs, talk about an enjoyable trip or holiday you went on. Talk about where you went, how you travelled and what you did.

This is Abe Kerr. His mum is American and his dad is English. Before, they lived in the US, but then they moved to New Park. Abe and his dad have been here for a year now. His mum hasn't been here for so long – only since April.

At first, Abe found England boring compared to the US and he didn't think much of the food. But since then, he's discovered some amazing new places and met some lovely people, and now he thinks it's a cool place to live.

Abe has done a lot of exciting things this year. He's taken some awesome photos and recently he's taken up a new hobby: film-making. He's already directed a film. He's also run a 5K race, but he hasn't taken part in any longer races yet.

Since he arrived, he's spent a lot of time hanging out with his cousin Bea and he's made some great new friends, especially Eren and Carla. They've had a lot of fun together.



1 **0.12** Read the text and mark the sentences T (true) or F (false).

- 1 Abe's dad is English.
- 2 Abe doesn't like England.
- 3 He's into photography and film-making.
- 4 He's not into sport.
- 5 His cousin's name is Carla.

2 **0.13 WORD FRIENDS** Study the phrases. Check you understand them. Can you add more phrases for hobbies and free time activities?

direct a film	take a photo
discover new places	take part in a marathon
hang out with friends	take up a hobby
run a race	

3 In pairs, ask and answer questions using the phrases in Exercise 2.

Would you like to take part in a marathon?

4 Study the Grammar box. Find more examples of the Present Perfect in the text.

GRAMMAR Present Perfect

Affirmative

He *has* (just/already) *directed* a film.

They *have moved* to England.

Negative

I *haven't* (ever)/I *have never lived* in the US.

He *hasn't taken* part in a marathon (yet).

Questions

Have you (ever) *visited* the US? Yes, I *have*./No, I *haven't*.

Has she (ever) *run* a 5K race? Yes, she *has*./No, she *hasn't*.

For and since

They've lived in England *for* a year. (a period of time)

She's been here *since* April. (a point in time)

5 Complete the sentences with the Present Perfect form of the verbs in brackets.

- 1 We *haven't lived* (not live) here very long.
- 2 The film _____ (not start/yet).
- 3 _____ (you/ever/have) a pet dog?
- 4 Oscar _____ (not eat) lunch today.
- 5 Ella _____ (always/like) Art.
- 6 I _____ (not see) Jo since May.
- 7 Ali _____ (be) my friend for years.

6 Make questions in the Present Perfect. Then, in pairs, ask and answer the questions.

- 1 how long / Abe and his dad / live / in New Park / ?
How long have Abe and his dad lived in New Park?
- 2 Abe's mum / be / in England / for a year / ?
- 3 why / Abe / change / his opinion of England / ?
- 4 what hobby / he / recently / take up / ?
- 5 Abe / ever / run / a marathon / ?
- 6 who / Abe / spend / a lot of time with since / he / arrive / ?
- 7 he / make / any friends / ?

YOUR WORLD

7 Complete the sentences so they are true for you.


- 1 My family has lived here since ...
- 2 I've been at this school for ...
- 3 My best friend has never ...
- 4 Our English teacher has just ...
- 5 I've liked [band/singer] for ...

8 In pairs, ask and answer questions to find out your partner's answers in Exercise 7.
How long has your family lived here?



1 Look at the photo and answer the questions.

- 1 What are the four friends doing?
- 2 Who do you think said these things?
 - a 'I'm in the park with my friends, Mum.'
 - b 'Wow! You did well to catch that one!'
 - c 'Hey, guys. Sorry I'm late.'

2  **0.14** Listen to a phone conversation between Carla and her mum and answer the questions.

- 1 What did Carla do before going to the park?
- 2 Where are Carla's parents?
- 3 What are they doing?
- 4 What have they bought?
- 5 What's the weather like now?
- 6 What does Carla want her mum to do?

3 Look at the quiz below. Complete the questions with one word in each gap.

4 In groups, do the quiz. Use the texts in Lessons 0.1–0.4 to help you.

**YOUR
WORLD**

- 5** In pairs, write two similar quiz questions about you and/or your classmates. Give your teacher the questions and have a class quiz with two teams.

How old is Agata?

What does Marco like doing in his free time?

How much can you remember?

- 1 _____ old is Bea?
- 2 _____ Bea and Carla go to the same school?
- 3 What _____ Bea like doing in her free time?
- 4 _____ do Eren's mother's parents live?
- 5 _____ languages does Eren speak when he's in Turkey?
- 6 _____ did Eren and his mum travel to Turkey: by train, boat or plane?
- 7 When _____ Carla's dad come to England?
- 8 Where _____ Carla's mum born?
- 9 _____ did Carla sail on a boat last summer?
- 10 Who _____ taken up film-making?
- 11 _____ did Abe not like England at first?
- 12 How long _____ Eren and Carla known Abe?

You can do it!

1

VOCABULARY

Adjectives of emotion | Verbs of success and failure | Phrasal verbs for achieving goals | Phrases for achieving goals | Immigration | Personality adjectives

GRAMMAR

Present tenses | Past Simple, Past Continuous and Present Perfect

TEEN MATTERS

Tips and ideas for improving your life and achieving your dreams, by life coach Emma Witcot

Get things done

It's a new school year with new challenges. Read these tips to help you work out how to make progress and improve your results.

1 Give it a go

Just do it! When you have to do something, get on with it! Don't put things off until tomorrow if you can do them today.

2 Step by step

You can't jump to the top of a building; you have to climb the stairs. So make a plan and break it down into smaller steps. Small regular targets are easier to reach.

3 Friends help

When you work in a team, you don't feel so anxious or stressed. Share ideas and help each other achieve your goals.

4 Do your best

Always aim to do your best, but don't be upset if the end result isn't perfect. Be pleased that you managed to do something, not disappointed that you failed to do everything.

5 Try, try again

We all make mistakes. Things go wrong. You can't always get everything right. But don't give up. Remember: if at first you don't succeed, keep on trying.



1.1

Vocabulary

Success, failure and goals

1 Look at the photo in the blog post and describe the girl. Do you often feel like this? How do you motivate yourself to get up and do things?

2 Read the blog post. In pairs, discuss the questions.

- Which tip(s) do you follow?
- What do you think are the three most important tips in the blog post?
- How do you feel when you have to manage lots of tasks and duties?

3 1.1 Study Vocabulary box A. Are the adjectives positive (P), negative (N) or both (B)? Listen and check.

VOCABULARY A Adjectives of emotion

<input checked="" type="checkbox"/> N	anxious	<input type="checkbox"/>	delighted	<input type="checkbox"/>	stressed
<input type="checkbox"/>	calm	<input type="checkbox"/>	disappointed	<input type="checkbox"/>	surprised
<input type="checkbox"/>	cheerful	<input type="checkbox"/>	exhausted	<input type="checkbox"/>	upset
<input type="checkbox"/>	confused	<input type="checkbox"/>	pleased		

- 4 Choose the correct option. Then, in pairs, say if the sentences are true for you.
- 1 I don't get *confused* / *upset* and shout when things go wrong. I'm a *calm* / *delighted* person.
 - 2 I always feel *exhausted* / *surprised* the next day if I go to bed late.
 - 3 I often feel *disappointed* / *stressed* before exams.
 - 4 I feel *cheerful* / *upset* in Music class. It's my favourite subject.
 - 5 I'm *anxious* / *pleased* with my schoolwork this year. I'm doing quite well.

- 5 In pairs, choose an adjective from Vocabulary box A. Your partner says when they feel like that.

A: *Disappointed.*

B: *I feel disappointed every time I fail a test.*

- 6 1.2 Study Vocabulary box B. Find the words in the blog post. Check you understand them.

VOCABULARY B Verbs of success and failure

achieve aim fail improve manage reach succeed

- 7 Complete the sentences with words from Vocabulary box B. Then, in pairs, say if you agree or disagree with the statements.
- 1 There are other ways to *succeed* apart from making money.
 - 2 It's better to try and _____ than to never try at all.
 - 3 People who get up early _____ to do more every day.
 - 4 Practice makes perfect, so if you want to _____ your results, keep practising.
 - 5 If you work hard, you can always _____ your goals.
 - 6 You should always _____ to win or there's no point playing.
- 8 1.3 Study Vocabulary box C. Find the phrasal verbs in the blog post. Check you understand them.

VOCABULARY C Achieving goals

break down get on with give up keep on put off work out

- 9 Replace the underlined words and phrases in the sentences with phrasal verbs from Vocabulary box C.
- 1 To find the solution to a difficult Maths problem, it's a good idea to divide it into easy steps.
 - 2 It's time to start doing it. If you keep delaying it, you'll never finish it.
 - 3 If you continue working like this, you will succeed. If you stop trying, you won't.

- 10 1.4 **WORD FRIENDS** Complete the verbs in the phrases. Listen and check.

- 1 do your best
- 2 g _____ something right/wrong
- 3 g _____ things done
- 4 g _____ something a go
- 5 make decisions
- 6 m _____ mistakes
- 7 m _____ progress
- 8 make the most of something
- 9 take it easy
- 10 take something seriously

- 11 1.5 Choose the correct option. Listen and check.

Advice from Aidan


Fear of failure

I feel anxious about ¹*doing* / *making* mistakes because I always feel so upset when things go wrong. I want to ²*do* / *make* my best, but it's really hard for me to ³*give* / *make* decisions. I just keep ⁴*getting* / *putting* them off. I need to learn to ⁵*get* / *make* things done and start enjoying life.
Lyle, Glasgow

Lyle, you're suffering from a fear of failure. You've got to learn to ⁶*have* / *take* it easy. It's not the end of the world if you ⁷*get* / *make* something wrong. Nobody succeeds all the time. If you want to ⁸*do* / *make* the most of your life, you need to change the way you think. You should ⁹*keep* / *work* out what you really want to do and just ¹⁰*get* / *give* it a go! Contact a friend and start making plans together now! Go on, ¹¹*get* / *give* on with it! Be brave!
Aidan

- 12 In pairs, discuss the questions.

- 1 Are you good at making decisions and plans, and getting things done on time or do you prefer to take things easy and see what happens?
- 2 Do you like to give things a go or do you worry about making mistakes and getting things wrong?
- 3 Do you give up easily or do you always keep on trying?

- 1 Are you a morning person or do you like to stay in bed late?
- 2  1.6 Read the introduction to a podcast. What problem does Mel have in the morning? What is the podcast going to be about?



GET THE MOST OUT OF YOUR MORNINGS!


I don't find it easy to get out of bed and get ready in the morning. When I'm feeling sleepy, I don't want to get up. All the statements below are true for me. I think I need help!

- I always press 'Snooze' when my alarm goes off at 7 a.m.
- I love to stay in bed as long as possible.
- I spend ages in the shower because I always listen to my favourite playlist.
- It's often hard to find my clothes because they're in a pile on a chair ... or on the floor.
- I don't always have time for breakfast, so I have a snack instead.

Which statements are true for you? Be honest!

Are you looking for ideas to improve your morning routine? Zac's not a morning person either, but he's making progress this term. Today Zac and I have our friend Joe with us. We're sharing some fresh ideas on how we can get the most out of our mornings on school days.



- 3  1.7 Listen to the podcast. What ideas do Zac and Joe have that can help people get ready in the mornings? Do you use any of these ideas?
- 4 Study the Grammar box. Complete the sentences under the box with the correct form of the verbs in brackets.

GRAMMAR Present tenses

Present Simple

*I always **press** 'Snooze' when my alarm goes off.* (routine)
*I **don't find** it easy to get up.* (permanent situation)

Present Continuous

*Lots of people **are listening** to this podcast right now.* (present action)

*This term I **'m trying** to change my routine.* (temporary situation)

*He **'s making** progress this term.* (changing situation)

State verbs

belong, know, prefer, etc.


*I **know** you're always at school early.* NOT *I'm knowing*

State and dynamic verbs

*I **think** I need help!* (state verb: opinion)

*What **are you thinking** about?* (dynamic verb: mental process)

GRAMMAR TIME > PAGE 126

- 1 *Are you **having*** (you/have) lunch now?
 - 2 When I _____ (listen) to my playlist, I never _____ (feel) stressed.
 - 3 _____ (you/have) any advice to help us?
 - 4 I _____ (live) near the school, so I _____ (usually/not get up) early.
 - 5 My marks at school _____ (get) better all the time!
- 5  1.8 Choose the correct option. Listen and check.

I ¹*think / 'm thinking* I waste a lot of time in the morning, so I ²*try / 'm trying* to change my routine this term. First of all, I make the most of my time on the bus journey to school. I sometimes revise for tests, but I ³*prefer / 'm preferring* to listen to Spanish podcasts because they're more interesting. I ⁴*learn / 'm learning* lots of new words and phrases with this routine. I think my Spanish ⁵*improves / is improving* and I'm doing well in class now. I ⁶*know / am knowing* my accent is getting better too!

YOUR WORLD

- 6 In pairs, describe your morning routine. Are you trying to change something in it? Tell the class about your partner's routine.

New beginnings

Changing schools is always a challenge, but what happens if your new school is on the other side of the world? We asked two young people who are starting a new life in Canada.

Arjun Patel grew up in Mumbai, India, more than 12,000 miles from his new home in Toronto, Canada. However, his parents think that a fresh start is good for their family. And they're not alone. Each year over 80,000 new arrivals in Canada come from India.

In fact, over twenty percent of Canada's population are immigrants. Why are so many people moving here? There's a lot of support for migrants and their families. Arjun is finding that Canadians are very welcoming. He's already made a few friends. 'The best way to make friends quickly is to join a club or take up a new sport.' Arjun is doing just that. He's learning to play ice hockey because it's very popular in Canada.

Arjun is enjoying his new life, but he's facing some challenges. 'I don't like certain stereotypes. For example, people often think that my parents work in an Indian restaurant. It's annoying.' In fact, both his parents are doctors. Some things make his life in Toronto easier, though. 'Five students in my class are from other countries and one girl is from Mumbai!'

Arjun's classmate Martina Castro, from Brazil, is also discovering a new life in Canada. Unlike Arjun, Martina is finding things hard. Her parents don't speak much English. They can read and write basic English, but they don't like it when people speak fast. 'I sometimes go with my mum to the shops so I can translate. It's a lot of responsibility. I feel like the parent!'

What does Martina miss about Brazil? 'Right now, everything! My grandparents are so far away! I miss my cousins, friends ... even teachers! I miss Brazilian food, sunshine and beaches. Toronto is on a beautiful lake, but I prefer sandy beaches.' The Canadian climate is much colder than in Brazil, so that's a challenge too. Martina's family are exploring the area at the moment. 'Our trip to Niagara Falls was pretty awesome. We're trying to stay positive, but I need some new friends!'



1 Would you like to move to another country? Where would you like to go? Why?

2 1.9 Read the article. Where are Arjun and Martina from? What do they like and dislike about their new lives?

3 Read the article again and complete the sentences. Write no more than three words in each gap.

- The distance between Mumbai and Toronto is about _____.
- People who move to Canada can find a lot of help and _____.
- Arjun recommends joining a club or starting _____.
- Arjun likes living in Canada, but he dislikes some _____.
- Martina feels like her mother's parent when she has to _____.
- Martina and her family are trying to keep a _____ attitude to the challenges.

4 Look at the highlighted immigration words in the article. Sort them into verbs and nouns. Then check you understand them.

5 In pairs, discuss the questions.

- What did you learn about Canada?
- What did you learn about life as an immigrant?
- What would you find difficult about life in Canada?

VIDEO



WIDER WORLD

6 2 Watch two people talking about problems that immigrants face. Which of these things do they mention?


culture food jobs language stereotypes

7 What would you miss if you moved to another country? What would be helpful for newcomers to feel at home?

Past Simple, Past Continuous and Present Perfect

- 1 Think about a challenge you have faced recently. In pairs, describe it and say how it made you feel.

Last month I cycled fifty kilometres to make money for charity. It was hard, but I enjoyed it.

- 2  1.10 Look at the photo and read the article quickly. What was Poorna's challenge?

REACHING THE TOP



In 2014 thirteen-year-old Indian Poorna Malavath became the youngest girl to climb Mount Everest.

One day some government officials came to Poorna's village. They were looking for children from poor backgrounds to send on an expedition to Mount Everest. They wanted to show there are no limits for anyone. From 100 children, they chose just two: Poorna and an older boy. They went on an eight-month training programme in the mountains. While they were training, the temperature often fell as low as -35°C and they ate packaged food, which didn't taste very good. The climb to the top of Mount Everest lasted fifty-two days. It was dangerous, but Poorna didn't give up. When she reached the top of the world's highest mountain, she felt happy and proud.

Since then Poorna has become famous. They have even made a film about her life: *Poorna: Courage Has No Limit*. She hasn't stopped climbing. So far, she has climbed the highest mountains on six continents. In 2019 she reached the highest peaks in South America, Oceania and Antarctica. She hasn't climbed Mount Denali, the highest mountain in North America, yet, but that's her next target. For Poorna, climbing has become her life.

- 3 Study the Grammar box. Find more examples of the Past Simple, Past Continuous and Present Perfect in the article.

GRAMMAR

Past Simple, Past Continuous and Present Perfect

Past Simple

*In 2014 she **reached** the top of Mount Everest.* (finished action)
*The temperature often **fell** as low as -35°C .* (repeated action)

Past Continuous

*It **was raining** on Sunday afternoon.* (background description)
*At three o'clock we **were watching** a film about Poorna Malavath.* (action in progress)

Past Simple and Past Continuous

*The teacher **was speaking** when some officials **came** into the classroom.* (a longer action interrupted by a shorter one)

Present Perfect

*She **has become** famous.* (result in the present)
*She **has climbed** Mount Aconcagua.* (experience)

Present Perfect and Past Simple

*Poorna **has climbed** many mountains. She **climbed** Mount Everest in 2014.*

GRAMMAR TIME > PAGE 126

- 4 Choose the correct option.

- Many women *climbed / have climbed* Mount Everest, but Poorna was the youngest.
- She sometimes felt scared while she *was climbing / has climbed* the mountain.
- On 27 July 2017 Poorna *reached / has reached* the top of Mount Elbrus.
- The film about Poorna *got / was getting* good reviews when it first came out.
- Someone *has written / was writing* a book about Poorna's life.


- 5 Complete the questions with the Past Simple, Past Continuous or Present Perfect form of the verbs in brackets. Then, in pairs, ask and answer the questions.

- What *were you doing* (you/do) at 8 p.m. last night?
- How many mountains _____ (you/climb)?
- _____ (you/ever/eat) packaged food?
- Where _____ (you/go) last weekend?
- _____ (it/rain) when _____ (you/get up) this morning?


VIDEO



WIDER WORLD

- 6  3 Watch six people talking about being away from home. Where did they go? What did they think of the places?
- 7 In pairs, talk about a time when you were away from home. Think about the questions in Exercise 6.

Projection mapping



- 1 Do you like trying new things? Why?/ Why not?
- 2  1.11 Study the Vocabulary box. Can you add more words?

VOCABULARY Personality adjectives

active competitive creative curious generous
gentle organised patient reliable sensible

- 3 Complete the sentences with words from the Vocabulary box.
- Someone who always has new ideas is *creative*.
 - Someone you can trust is _____.
 - Someone who is always moving and doing things is _____.
 - Someone who wants to know and learn new things is _____.
 - Someone who always wants to win is _____.
- 4 Write definitions for the other five words in the Vocabulary box.
- 5 In pairs, take it in turns to describe a person you know. Use words from the Vocabulary box.
My best friend is always confident and reliable.
- 6 Look at the photo showing an example of projection mapping. Have you ever seen projection mapping before? What was it like?



- 7  1.12 Listen to Alex telling Mia about a workshop. Choose the correct answer.
- Mia has seen the information, but wasn't interested at first.
 - Mia has bought tickets for her and Alex to go to the workshop.
- 8  1.12 Listen again. Complete the information with a word or phrase in each gap.

PROJECTION MAPPING WORKSHOP

New, easy and great fun!

Location: ¹ *Science* Museum

Address: ² _____ Road


Title of workshop: *Bringing the* ³ _____

For: fourteen- to ⁴ _____-year-olds

Time: ⁵ _____ a.m. to 4 p.m.

Please bring: ⁶ _____ and a drink

Cost per person for this special event: ⁷ £ _____

- 9  1.12 Listen again and answer the questions.
- What did Mia think the workshop was about?
 - Where do you create the videos in a projection mapping workshop?
 - Where did Mia see an example of projection mapping?
 - Is Alex creative or curious?
 - Why can't Mia go to the workshop on her own?
 - Why does Mia have to go to Alex's house on Saturday?

YOUR WORLD

- 10 In pairs, talk about the classes and workshops below. What type of person are they right for? Are they right for you? Why?/Why not?

chess cooking climbing creative writing
gardening photography sewing singing

You have to be organised if you do the cooking class because you plan recipes and shopping lists. I'm not very organised, so I don't think this is the right class for me.