

## Unit 1 – This is me

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- Introduce yourself and others (*Speaking A2*)
- Describe a person's appearance and personality (*Speaking A2*)
- Speak about your daily routine (*Speaking A2*)
- Write a description of your best friend (*Writing A2*)
- Read a text about someone's best friend (*Reading A2*)
- Listen to a conversation between classmates (*Listening A2*)
- Practise trouble-free grammar: Forming questions (*Language in use A2*)  
Present tense simple and continuous (*Language in use A2*)
- Boost your vocabulary: Introducing and describing people  
Talking about your daily routine

## Unit 2 – Memories

15

- Talk about special moments in life (*Speaking A2*)
- Present your *YouTube* video idea (*Speaking A2*)
- Summarise an article about a famous *YouTube* star (*Speaking A2*)
- Speak about the best day in your life (*Speaking A2*)
- Write a short biography (*Writing A2*)
- Write a story about a past event (*Writing A2/B1*)
- Read a short biography about a young *YouTube* star (*Reading A2/B1*)
- Listen to people's life stories (*Listening A2*)
- Practise trouble-free grammar: Past tense simple and continuous (*Language in use A2*)  
Pronouns and possessive adjectives (*Language in use A2*)
- Boost your vocabulary: Talking about past activities

## Unit 3 – Travelling the world

29

- Talk about your last holiday trip (*Speaking A2*)
- Speak about an adventure trip in the Australian outback (*Speaking A2*)
- Present your favourite holiday destination (*Speaking A2/B1*)
- Create dialogues reserving a hotel room (*Speaking A2*)
- Write a hotel reservation (*Writing A2*)
- Write a blog entry about your last holiday trip (*Writing A2/B1*)
- Read about teenagers' holiday experiences (*Reading A2*)
- Listen to people making reservations (*Listening A2*)
- Listen to two students talking about their adventure trips (*Listening B1*)
- Practise trouble-free grammar: Tricky plural nouns (*Language in use A2*)  
Definite and indefinite articles (*Language in use A2*)  
Linking words (*and/because/but/so*) (*Language in use A2*)
- Boost your vocabulary: Talking about holidays

## Unit 4 – My future self

44

- Talk about your future (*Speaking A2*)
- Create a dialogue on teenagers' future plans (*Speaking A2*)
- Write a blog entry about your future life (*Writing A2/B1*)
- Improve your paragraph-writing skills (*Writing B1*)
- Read about a young person's future plans (*Reading A2/B1*)
- Listen to a radio interview about how to behave in job interviews (*Listening A2/B1*)
- Practise trouble-free grammar: *will*-future (*Language in use A2*)  
*going to*-future (*Language in use A2*)
- Boost your vocabulary: Talking about future plans

## Unit 5 – Time for a change

54

- Talk about changes in your life (*Speaking A2/B1*)
- Present your favourite social network (*Speaking A2*)
- Write a text message (*Writing A2*)
- Develop your arguments logically (*Writing A2/B1*)
- Write an informal e-mail to your colleague at work (*Writing A2*)
- Read an article about teenagers and social media networks (*Reading A2/B1*)

- Listen to a grandmother talking about her attitude towards the latest technology (*Listening B1*)
- Practise trouble-free grammar: Present perfect tense simple (*Language in use A2/B1*)
- Boost your vocabulary: Talking about social media networks

## Unit 6 – A shopper's paradise

66

- Speak about online shopping (*Speaking A2/B1*)
- Create dialogues on going shopping (*Speaking A2*)
- Write a formal e-mail of complaint (*Writing A2/B1*)
- Read an article about the pros and cons of online shopping (*Reading A2/B1*)
- Listen to an interview about teenagers' attitudes towards shopping (*Listening A2/B1*)
- Listen to different shopping dialogues (*Listening A2/B1*)
- Practise trouble-free grammar: Quantifiers (*much/many/a lot of*) (*Language in use A2*)
- Boost your vocabulary: Containers  
At the shop

## Self-assessment checklist Units 1–6

80

## Unit 7 – Play by the rules

81

- Talk about signs in everyday life (*Speaking A2*)
- Talk about rules at home and at school (*Speaking A2*)
- Discuss the pros and cons of school uniforms (*Speaking A2*)
- Talk about the advantages and disadvantages of having to follow rules (*Speaking A2/B1*)
- Present internship rules (*Speaking A2/B1*)
- Write an informal e-mail about rules in your life (*Writing A2/B1*)
- Read a newspaper article about school uniforms (*Reading A2/B1*)
- Listen to a vlog on going the extra mile (*Listening B1*)
- Listen to an interview on rules and regulations at work (*Listening B1*)
- Practise trouble-free grammar: Modal verbs (*have to/should/be allowed to/must not*) (*Language in use A2/B1*)
- Boost your vocabulary: Household chores  
Giving advice  
Signs in everyday life

## Unit 8 – The gift of friendship and family

95

- Talk about friendships and relationships (*Speaking A2*)
- Describe your family tree (*Speaking A2*)
- Summarise the main findings of a survey (*Speaking A2/B1*)
- Write a blog entry about your circle of friends (*Writing A2/B1*)
- Read an article about friendship (*Reading A2*)
- Listen to four teenagers talking about their families (*Listening A2*)
- Practise trouble-free grammar: Phrasal verbs (*Language in use A2*)  
Comparison of adjectives (*Language in use A2/B1*)  
Adjectives and adverbs (*Language in use A2/B1*)
- Boost your vocabulary: Talking about family, friendships and relationships

## Unit 9 – What's on your plate?

108

- Talk about different kinds of food (*Speaking A2*)
- Speak about eating habits (*Speaking A2*)
- Create dialogues at a restaurant (*Speaking A2*)
- Write an invitation (*Writing A2*)
- Write a blog comment about traditional food (*Writing A2/B1*)
- Fill out an online feedback form (*Writing A2/B1*)
- Read an article about traditional food from all over the world (*Reading A2/B1*)
- Listen to a chef preparing a meal on a cooking show (*Listening A2/B1*)
- Listen to a telephone conversation on reserving a table in a restaurant (*Listening A2/B1*)
- Practise trouble-free grammar: Prepositions of time (*Language in use A2*)  
Cardinal, ordinal, and decimal numbers (*Language in use A2*)
- Boost your vocabulary: Talking about different types of food  
Taking orders

## Unit 10 – Sport up your life

123

- Speak about your favourite leisure activities (*Speaking A2*)
- Talk about various sports and the equipment you need (*Speaking A2*)
- Give a presentation on a type of sport at a youth sports fair (*Speaking A2*)
- Write a leaflet promoting a health and sports festival (*Writing A2/B1*)
- Read an article about two teenagers' favourite kinds of sports (*Reading A2/B1*)
- Listen to quotes from legends in sports (*Listening A2/B1*)
- Listen to an interview on how to balance school and social life (*Listening A2/B1*)
- Practise trouble-free grammar: *so/such* (*Language in use A2*)  
Adjectives ending in *-ed* or *-ing* (*Language in use A2*)
- Boost your vocabulary: Talking about different types of sports

## Unit 11 – My home, my zone

136

- Talk about the place where you live (*Speaking A2*)
- Describe a flat (*Speaking A2*)
- Record a vlog about your area (*Speaking A2/B1*)
- Write a description of your dream house (*Writing A2/B1*)
- Read an article about the perfect workplace (*Reading A2/B1*)
- Listen to a dialogue between a real estate agent and his client (*Listening A2/B1*)
- Listen to a vlog about a teenager's neighbourhood in Wembley (*Listening A2/B1*)
- Practise trouble-free grammar: Prepositions of place (*Language in use A2*)  
Relative clauses (*who, which, that, where, when, why*)  
(*Language in use A2*)
- Boost your vocabulary: Different types of housing and accommodation  
Office equipment  
Facilities

## Unit 12 – Media is all around us

151

- Talk about print vs. digital newspapers (*Speaking B1*)
- Give a presentation on different types of media (*Speaking A2/B1*)
- Write a leaflet about spotting fake news (*Writing A2/B1*)
- Write a blog comment on young people's interest in the news (*Writing A2/B1*)
- Read an article about the impact of social media on students' school performance (*Reading B1*)
- Listen to a news report on how to spot fake news (*Listening A2/B1*)
- Listen to an interview with an influencer (*Listening A2/B1*)
- Boost your vocabulary: Breaking the news  
Media collocations

## Self-assessment checklist Units 7–12

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## Vocabulary reference

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## Irregular verbs

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