

## 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 an article about the difficulties teenagers might have to face (*Reading A2*)
- Listen to a conversation between classmates (*Listening A2*)
- Practise trouble-free grammar: Forming questions (*Language in use A2*)  
Definite and indefinite articles (*Language in use A2*)  
Present tense simple (*Language in use A2*)
- Boost your vocabulary: Introducing and describing people  
Talking about your daily routine  
Vocabulary for doing calculations

## Unit 2 – Past moments in life

15

- Talk about special moments in life (*Speaking A2*)
- Present your *YouTube* start-up idea (*Speaking A2/B1*)
- Summarise a text on a famous *YouTube* star (*Speaking A2*)
- Speak about the best day in your life (*Speaking A2*)
- Write a biography (*Writing A2*)
- Read an article about how to become famous on *YouTube* (*Reading A2/B1*)
- Listen to an interview with a *YouTube* star (*Listening A2/B1*)
- Practise trouble-free grammar: Past tense simple and past tense continuous (*Language in use A2/B1*)  
Common conjunctions (*and / because / but / so*)  
(*Language in use A2*)
- Boost your vocabulary: Talking about past activities

## Unit 3 – My future self

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- Talk about your future (*Speaking A2*)
- Make up a dialogue on teenagers' future plans (*Speaking A2*)
- Interview your classmates about their lives in ten years' time (*Speaking A2*)
- Summarise the results of a survey among your classmates (*Speaking A2/B1*)
- Write an informal letter to your future self (*Writing A2*)
- Write an informal e-mail about your summer holiday plans (*Writing A2*)
- 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 and *going to*-future (*Language in use A2*)
- Boost your vocabulary: Talking about future plans

## Unit 4 – Play by the rules

36

- Speak about your household duties (*Speaking A2*)
- Talk about rules at home and at school (*Speaking A2*)
- Discuss the pros and cons of school uniforms (*Speaking A2*)
- Make up dialogues about having an accident at school (*Speaking A2*)
- Talk about the advantages and disadvantages of having to follow rules (*Speaking A2/B1*)
- Write an informal e-mail to your penfriend telling him/her about an accident you had (*Writing A2*)
- Read a newspaper article about school uniforms (*Reading A2/B1*)
- Listen to a teacher giving safety instructions in the practical training lesson (*Listening A2/B1*)
- Practise trouble-free grammar: Modal verbs 1 (*have to/should/be allowed to/must not*)  
(*Language in use A2/B1*)
- Boost your vocabulary: Safety signs and personal protective equipment  
Language for signs in everyday life



## Unit 5 – What's on your plate?

48

- Talk about different kinds of food (*Speaking A2*)
- Speak about eating habits (*Speaking A2*)
- Make up a dialogue at a typical Austrian restaurant (*Speaking A2*)
- Write a blog entry on fast food eating habits (*Writing A2/B1*)
- Write a blog comment on a healthy lifestyle (*Writing A2/B1*)
- Read an article about the top tips for business dinners (*Reading A2/B1*)
- Listen to a telephone conversation on reserving a table in a restaurant (*Listening A2/B1*)
- Practise trouble-free grammar: Gerund with phrasal verbs (*Language in use A2/B1*)
- Boost your vocabulary: Talking about different types of food  
Ordering meals

## Unit 6 – My home, my zone

60

- Talk about the place where you live (*Speaking A2*)
- Make up a dialogue about renting a flat (*Speaking A2*)
- Give a description of your dream house (*Speaking A2*)
- Write an informal e-mail to your penfriend describing your room (*Writing A2*)
- Read an article about the perfect workplace (*Reading A2/B1*)
- Listen to an interview on farm diversification (*Listening A2/B1*)
- Practise trouble-free grammar: Prepositions of place (*Language in use A2*)  
Relative clauses (*Language in use A2*)
- Boost your vocabulary: Different types of housing and accommodation  
Office equipment

## Self-assessment checklist Units 1–6

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## Unit 7 – Sport up your life

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- Speak about your favourite leisure activities (*Speaking A2*)
- Talk about various sports and the equipment you need (*Speaking A2*)
- Give a presentation on a sport at a youth sports fair (*Speaking A2*)
- Write an article about your favourite sport (*Writing A2*)
- Write a leaflet for your sports club (*Writing A2*)
- Read an article about two teenagers' favourite kinds of sports (*Reading A2/B1*)
- Listen to quotes from legends in sports (*Listening A2/B1*)
- Practise trouble-free grammar: *so/such* (*Language in use A2*)
- Boost your vocabulary: Talking about different types of sports and equipment  
Talking about leisure activities

## Unit 8 – A shopper's paradise

86

- Talk about shopping addiction and your own shopping behaviour (*Speaking A2*)
- Speak about online shopping (*Speaking A2/B1*)
- Make up shopping dialogues (*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 different shopping dialogues (*Listening A2/B1*)
- Practise trouble-free grammar: Quantifiers (*much/many/a lot of*) (*Language in use A2*)
- Boost your vocabulary: Containers  
Different types of clothes

## Unit 9 – Safer on the Internet

99

- Talk about your online behaviour (*Speaking A2/B1*)
- Give a presentation on Internet safety (*Speaking B1*)
- Summarise the most important information from an article about Internet safety (*Speaking B1*)
- Write a blog comment on teenagers and their attitudes towards privacy on the Internet (*Writing B1*)
- Read an article about how to stay safe on the Internet (*Reading B1*)
- Listen to a talk by an IT specialist on password safety (*Listening B1*)
- Practise trouble-free grammar: Conditional I (*Language in use A2/B1*)
- Boost your vocabulary: Talking about Internet safety



## Unit 10 – Time for a change 110

- Talk about changes in your life (*Speaking A2/B1*)
- Present your favourite social network (*Speaking A2*)
- Speak about responsible smartphone use (*Speaking A2/B1*)
- Write an informal e-mail to your colleague at work (*Writing A2*)
- Write a text message (*Writing A2*)
- Read an article about teenagers and social media networks (*Reading A2/B1*)
- Listen to a talk about using machines to translate (*Listening A2/B1*)
- Practise trouble-free grammar: Past tense simple and present perfect tense simple (*Language in use A2/B1*)
  - Making comparisons (*Language in use A2*)
  - Adjectives ending in -ing/-ed (*Language in use A2*)
- Boost your vocabulary: Talking about social media networks

## Unit 11 – Love it, change it or leave it 125

- Talk about different addictions and possible dangers (*Speaking A2/B1*)
- Talk about teenagers' attitudes towards technical devices and social media (*Speaking B1*)
- Write a blog entry about an addiction you have managed to overcome (*Writing A2/B1*)
- Read an article about the dangers of social networking (*Reading A2/B1*)
- Listen to three telephone conversations (*Listening A2/B1*)
- Practise trouble-free grammar: Modal verbs 2 (*may/might/could*) (*Language in use A2*)
  - Adverbs (*Language in use A2*)
- Boost your vocabulary: Risks and dangers of different addictions

## Unit 12 – A culture of tolerance 137

- Do a quiz on tolerance (*Speaking A2*)
- Speak about prejudices (*Speaking A2/B1*)
- Produce a promotional video (*Speaking B1*)
- Conduct an interview for a teen magazine (*Speaking B1*)
- Write a description of a person you respect very much (*Writing A2/B1*)
- Write a blog comment on tolerance (*Writing B1*)
- Read an article about *Generation Z* (*Reading B1*)
- Listen to an interview about a programme for troubled teens (*Listening B1*)
- Practise trouble-free grammar: Past perfect tense simple (*Language in use B1*)
  - Reported Speech (*Language in use B1*)
- Boost your vocabulary: Talking about tolerance

## Self-assessment checklist Units 7–12 150

## Unit 13 – Get ready for your internship 151

- Speak about useful tips for a successful internship (*Speaking A2/B1*)
- Summarise a person's internship experiences (*Speaking A2/B1*)
- Give a product description (*Speaking B1*)
- Present your personal profile in a job interview (*Speaking B1*)
- Write a blog comment about the importance of internships (*Writing B1*)
- Write an informal e-mail about a product you have recently bought (*Writing A2/B1*)
- Read an article about dos and don'ts for internships (*Reading B1*)
- Listen to teenagers talking about their internship experiences (*Listening B1*)
- Practise trouble-free grammar: Phrasal verbs (*Language in use A2*)
  - Conditional II (*Language in use A2*)
- Boost your vocabulary: Talking about internships and describing products

## Unit 14 – Join the green side 165

- Talk about how "green" you are (*Speaking B1*)
- Discuss the importance of recycling (*Speaking B1*)
- Discuss how to achieve a "greener" environment (*Speaking B1*)
- Discuss a green school policy (*Speaking B1*)
- Write an informal e-mail on protecting the environment (*Writing B1*)



- Read an article about recycling (*Reading B1*)
- Listen to people giving advice on environmental protection (*Listening B1*)
- Practise trouble-free grammar: The difference between *speak, talk, say, tell* (*Language in use A2/B1*)
- Boost your vocabulary: "Green" collocations

## Unit 15 – Your life, your rights

179

- Talk about the importance of human rights (*Speaking B1*)
- Give a speech about child labour (*Speaking B1*)
- Speak about large-scale problems in the 21<sup>st</sup> century (*Speaking B1*)
- Write a blog entry about the last *European Youth Parliament* session (*Writing B1*)
- Write a formal e-mail to the editor about child soldiers (*Writing B1*)
- Read an article about India's exploited child cotton workers (*Reading B1*)
- Listen to teenagers and their experiences at the *European Youth Parliament* (*Listening B1*)
- Practise trouble-free grammar: *I wish/If only* (*Language in use B1*)
- Boost your vocabulary: Talking about human rights and child labour

## Unit 16 – Being a responsible European citizen

192

- Speak about what the EU does for us (*Speaking B1*)
- Do a quiz on the European Union (*Speaking B1*)
- Discuss ways to make a city more attractive to young people (*Speaking B1*)
- Write an e-mail of request to the European Parliament in Brussels (*Writing B1*)
- Write an informal e-mail to the group leaders of your partner school in England (*Writing B1*)
- Read an article about young people and politics (*Reading B1*)
- Listen to four young people giving their opinions on Brexit (*Listening B1*)
- Practise trouble-free grammar: Conditional III (*Language in use B1*)
- Boost your vocabulary: Talking about politics

## Unit 17 – Living in a globalised world

205

- Discuss the advantages and disadvantages of globalisation (*Speaking B1*)
- Define the term *globalisation* (*Speaking B1*)
- Give a presentation about fair trade (*Speaking B1*)
- Write an e-mail of complaint (*Writing B1*)
- Write a reply e-mail (*Writing B1*)
- Read an article about the downsides of globalisation (*Reading B1*)
- Listen to a statistics reflecting the world population (*Listening B1*)
- Listen to teenagers defining the term *globalisation* (*Listening B1*)
- Practise trouble-free grammar: *used to* (*Language in use B1*)
- Boost your vocabulary: Talking about globalisation

## Self-assessment checklist Units 13–17

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### Vocabulary

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### Irregular verbs

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