

Unit	Vocabulary	Grammar	Listening, speaking and vocabulary	Vocabulary and grammar	Reading	Writing
1 Our world p4	Everyday life	Around the world	New friends	Immigration	Life at a Buddhist monastery	An informal letter
Progress check p11						
2 Places p12	Ghost towns	The kindness of strangers	Getting around	Naming places	Nieuw Amsterdam	A travel blog
Progress check p19						
3 Choices p20	In my fridge	Burger or broccoli?	Eating out	Notes from a big country	Food: the fundamental question	Short texts: notes, invitations, adverts and announcements
Progress check p27						
4 My space p28	Moving house	A room of my own	House rules	Historic homes	Life in Ancient Rome	An email: description of a room
Progress check p35						
5 No limits p36	Taking risks	Too young, too old?	Fears and phobias	Antarctic adventure	Sir Ranulph Fiennes – the world's greatest living explorer	A letter: description of a person
Progress check p43						
6 Roads to education p44	A hard lesson	Hungry to learn	The best things in life	Life goals	Summerhill school	A for and against essay
Progress check p51						
7 Progress? p52	Big and small	Be an entrepreneur	Silicon Valley	The English language	Disappearing languages	A formal email
Progress check p59						
8 Achieve p60	Against all odds	Foul play	The greatest	The British honours system	So near, yet so far	An opinion essay
Progress check p67						
9 Media p68	In the news	Multitasking	Behind the scenes	The BBC story	What's good in the hood?	A review of a TV programme
Progress check p75						
10 Made in ... p76	Make a difference	Where does it come from?	Protest	Eyes in the sky	Stop the rise of the fur trade	Describing a process
Progress check p83						
Literature insight p84						
Exam insight p94						
Grammar reference and practice p104						
Pronunciation insight p124						
Wordlist p129						