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**JOURNEY INSIDE IMPROVE YOURSELF**

Here you will learn about countable and uncountable nouns, make x do, time expressions, adjectives and adverbs, too x enough, definite and indefinite articles, gerunds and infinitives.

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**IMPROVE YOUR GRAMMAR**

Improve Your Grammar consists of 7 chapters. You will learn about the grammar that is necessary for Final Exam and Cambridge English: First (FCE).

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**TO TRAVEL IS TO TAKE A JOURNEY INTO YOURSELF**

In this chapter you will learn about Past Simple, Past Continuous, Present Simple and Present Continuous.

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**THE SECRET TO YOUR FUTURE IS HIDDEN IN YOUR DAILY ROUTINE**

In this chapter you will learn about Future Simple, Future Continuous and be going to.

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**TAKING A STOPOVER IN INTERNATIONAL CUISINE & LIFESTYLES**

In this chapter you will learn about like x as, Present Perfect, Past Simple x Present Perfect.

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**GOOD ADVICE IS BETTER THAN A THOUSAND DOCTORS**

In this chapter you will learn about modal verbs, question tags, relative clauses.

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**PUTTERING AROUND YOUR HOOD**

In this chapter you will learn about Past Perfect, expressing general preference, be used to x get used to x used to.

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**BE BUSINESSMAN FOR A SECOND**

In this chapter you will learn about conditional clauses, wish clauses.

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**A WORD IS THE KEY TO THE HEART OF PEOPLE**

In this chapter you will learn about indirect questions, reported speech, inversion.

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**IMPROVE YOUR KNOWLEDGE**

Improve Your Knowledge consists of 9 chapters. You will learn the facts necessary for Final Exam.

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**ORIGINS AND HISTORY OF THE ENGLISH LANGUAGE**

In this chapter you will learn about the history of the English language since 450 AD.

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**THE UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND**

In this chapter you will learn about history, culture and lifestyle of the United Kingdom, London and parts of the UK.

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**HISTORY OF THE UNITED KINGDOM**PAGE
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**CULTURE AND LIFESTYLE**PAGE
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**THE UNITED STATES OF AMERICA**

In this chapter you will learn more about history, culture and lifestyle of the United States, Washington, D.C. and parts of the US.

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**IMPROVE YOUR SPEAKING**

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**EVERYDAY ENGLISH**

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In this chapter you will find vocabulary, list of phrasal verbs, useful phrases, phonemic transcription, information about IY programme, listening links and sources.

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