

Unit 01: Old friends and new friends

TASK HACK: ex. 07b

Are you a good friend? Useful expressions for question:

- 1 *I could try to ... more often. / I agree that I'm a ... person. / I'm surprised to find out I'm ... / I'm pleased to hear that ... / I think quizzes like this are ...*
- 2 *If my friend were in danger, ... / As long as it's not illegal ... / If I knew their parents were really strict... / When I think the rule is unfair...*
- 3 *I felt really disappointed when... / I stopped being friends with someone when... / Something that happened to a friend was... / I know someone who ...*
- 4 *loyalty, trust, sense of humour, fun, sense of adventure, honesty, can keep a secret, good listener ...*

DEEP DIVE: The Shetland Islands, By the way, p. 14

Watch this video about the Shetland Islands. After watching for a minute, start making a list of good and bad things about living on a small island. Use the video as inspiration, and make sure you're done with the list when it's over.

<https://www.youtube.com/watch?v=jmOuxZAJifA>

TASK HACK: ex. 20

Talking about social media – useful expressions:

Why use social media?

to stay in touch with friends, follow favourite singers/actors/..., learn about latest trends, ...; fun distraction, entertainment, easy way to pass the time, ...

Are online friends 'real' friends?

yes: *same people I hang out with every day; can use social media to share photos or learn about events, talk online and meet in real life*

no: *you can't have 400 'real' friends; hard to keep up with everybody; some people are more of an acquaintance than an actual friend*

Why deactivate your social media account?

find yourself checking your account for shares/likes too often; constantly checking the number of followers, too time-consuming; dislikes having negative effect on mood, ...

Unit 02: Me time

TASK HACK: ex. 05b

Talking about your favourite leisure activity – useful expressions:

How often do you do it?

Twice a week, but I'd love to do it more often. / Almost every day in summer, but hardly ever in winter.

Is it an outdoor or indoor activity?

I do it outside in summer, because you need a lot of space for it.

Why do you like doing it?

It keeps me fit. / I get to meet lots of people. / It helps me express myself.

DEEP DIVE: Punting, p. 24

Watch this video about punting. Then talk to a partner: Who would you like to go punting with? What would you/they enjoy about this afternoon activity?

<https://www.youtube.com/watch?v=BwX8ymK2Sxo>

TASK HACK: ex. 10b

Telling a story/an anecdote – sample:

Let me tell you about the best thing I've ever done with a friend. During a language trip to Brighton in England, we spent a day at the seaside. Aysun and I went to the beach first to get our feet wet in the sea. The water was freezing cold! Then we walked around the Lanes and looked at all the shops. We bought the same earrings! It was great fun trying out our English on all the shop assistants ...

TASK HACK: ex. 15a

After-school clubs – useful expressions for question:

- 1** *it's a fun/relaxing/creative/exciting/engaging/social/peaceful/... activity; helpful for relaxation/your mind/social skills/your physical health/your understanding of physics/gaining independence, ...*
- 2** *students will feel more connected to their school, will attract new students/sponsors, art/students' work can be displayed in corridors, music groups can perform at school events, school will be viewed as fun, students can win competitions for their schools, ...*
- 3** *new materials needed for projects, transportation to and from events, matching jerseys for the team, celebratory ice cream for the winners, ...*
- 4** *more social, less costly, more modern, involves less/more people, more likely to achieve goals and win competitions, will benefit the students/school more, ...*

TASK HACK: ex. 20**Talking about video games – useful expressions:****Ex. 20a:**

- 2 *online personality can be anything I want, no limitations by looks or environment, distracts from real-life problems, you can try out new things from the comfort of your own home, you can stop simply by switching off the device, ...*
- 3 *why gaming better than socialising in person: talk to people who live far away, wouldn't normally see them, can speak in English with them, never have to meet them if you don't want to, easy to break off contact if you want, ...*
why gaming worse than socialising in person: miss human touch and hearing someone's voice, hard to tell what someone means if you can't see/hear them, you always need an electronic device to see the other person, ...
- 4 *protect children from illnesses caused by too much sitting, get them out of the house, kids can focus on family, friends and school, ...*

Ex. 20b:

*Who knows? Maybe I will become the next pro-gamer and earn millions playing video games.
How else are you going to keep me busy while you guys binge-watch your favourite TV shows?
If I get near-sighted from being in front of the screen, I'll need glasses, and that will make me look very smart.*

Unit 03: Learning and teaching

TASK HACK: ex. 10

Your perfect school – useful expressions:

- subjects: *science, computer-related lessons, creative subjects such as art, music, ...*
- teachers: *helpful, understanding, fun, funny, care about their students' wellbeing, open to feedback, don't take their stress out on students ...*
- lessons: *fun, creative, interactive, teachers bring in variety, use modern technology, adapt lessons to students' interests, students can move around freely ...*
- rules: *hardly any rules, students have a say in making the rules, not too strict, everybody has to be on time, no detention, rules that make sense ...*
- school building: *fairly old/new/modern building/architecture; high/low ceilings; bright/dark rooms; well/badly insulated; good/bad ventilation system; spacious/narrow halls/corridors; large assembly hall; good/bad/old equipment (computers, projectors, ...)/outdoor facilities; ...*
- exams: *fair, not too many in one semester, students know what to study, no surprises ...*

TASK HACK: ex. 15

Tips for creating the factsheet:

You can find useful information here: <https://www.bildungssystem.at/>. It is very detailed, so try to simplify it. And don't forget to use English expressions in your presentation!

DEEP DIVE: Sidwell Friends School, ex. 17

Watch the video about Sidwell Friends School and take notes on the questions below. Then discuss your notes with a partner.

- 1 Which school activities would you like to try at this school?
- 2 What's the main message that this school wants you to remember about them? Is it effective?
- 3 Does the school appeal to you? Why/Why not?

<https://www.youtube.com/watch?v=p9hNVVB7WkM>

DEEP DIVE: Test your vocabulary, ex. 19

Go to the website below and do the quiz to find out how large your vocabulary is.

<http://testyourvocab.com/>

TASK HACK: ex. 20b**Talking about vocabulary study methods – useful expressions:**

- 1 *Seeing the German translation distracts me when I'm trying to speak in English.*
- 2 *I always cover up the English words in the list when I study.*
- 3 *If you use too many colours you might get distracted from the actual words and phrases.*
- 4 *I'm not a four-year-old, so I'd feel embarrassed dancing the vocabulary.*
- 5 *When I sit down, I study every word including its word families, synonyms and antonyms.*
- 6 *I think I'm a visual learner, I like having pictures with my vocabulary.*
- 7 *Listening to audios will help me know the correct pronunciation of words.*
- 8 *I remember phrases more easily when I have heard them somewhere before.*
- 9 *I enjoy doing something creative with words, like creating a mind map.*
- 10 *I like tables, because they're clearly structured.*

Unit 04: Eat, sleep, repeat ...

TASK HACK: ex. 05

More expressions for your conversation about food:

describe: *Pablo's Place serves pizza as well as pasta and salads. There's something for everyone.*

ask: *Do you prefer pizza or pasta? Are you into spicy food as well?*

suggest: *How about ordering three different pizzas and two salads and then share everything?*

compare: *La Piazza hasn't got as many vegetarian options, so I think Sandra would prefer Pablo's.*

give reasons: *Believe me, half a pizza will be enough for you. Their portions are huge.*

DEEP DIVE: Healthy eating, ex. 11

The site below presents the official US guidelines on healthy eating. Take the quiz to find out how you can eat more healthily!

<https://www.myplate.gov/>

TASK HACK: ex. 15

Useful expressions for the PEEL paragraph:

I know it's important to ..., but I certainly believe that ...

Some people might say that ..., but I totally disagree with them. I think ...

It may be true that, but I, for my part, believe that the opposite is the case.

What is said about ... is probably not true.

The advice given on sugar is rather hard to follow because ...

TASK HACK: ex. 16

Talking about healthy eating – useful expressions:

- 1 *eat together with others / pay attention to your body / avoid using smartphones while eating / chew your food well / drink plenty of water / eat breakfast every day ...*
- 2 *talk to them about food / invite them to eat with you / share healthy meals / help them to find joy in food ...*
- 3 *possible reasons: don't know (enough) about healthy food / can't cook or prepare food / not enough support from family / influenced by ads for unhealthy snacks ...*

Unit 05: Reach out!

TASK HACK: ex. 08

Ideas for question 4:

- shortenings: cutting off the end of a word, losing more than one letter, e.g. *bro* = *brother*
- abbreviations: shorter versions of words. For example, instead of *laughing out loud*, use of *lol*.
- shorter sentences: instead of *I am going to the park later* write *Going to park later!*
- letter/number homophones: a letter or number is used to take the place of a syllable or word of the same sound, e.g. *happy 4 u, c u l8r*.
- stickers and animated GIFs: add extra context, emotions or humour to the messages being sent

TASK HACK: ex. 14

Speculating about body language – tip:

Give the person you're writing about a name to make it more personal.

Possible beginnings:

When Malik woke up in the morning, he had no idea what was going to happen to him ...

Sue was quite surprised when she picked up her phone. It was her boss speaking ...

Jack felt at once that something was terribly wrong when he met his friend ...

DEEP DIVE: Presentations, ex. 19

Watch the following video of a presentation. What was done well, what could be improved?

https://www.youtube.com/watch?v=e8PGPrPlwA&list=PLFd4lq10xBRe24TG_u7a8fBUU9pyHLJbZ&index=1

TASK HACK: ex. 22

The following ideas might be helpful:

- a Flipchart – pros:** ideas can be added, more flexible; **con:** looks less professional, legible handwriting required, fewer ideas per page possible
 Slide show – **pro:** looks professional if various tools are used, pictures can be added, etc.;
cons: less flexible, possible mistakes can't be taken care of spontaneously
- b Learning by heart – pros:** vocab and grammar under control, gives some security/help for person who is presenting; clear way to prepare alone at home, you can time yourself
cons: you are less flexible, danger of forgetting what you want to say, can sound robotic and boring, you might forget to make eye contact
- c Online presentations easier** than face to face: you don't have to stand in front of people, you can literally hide behind your presentation, you can hang notes behind the screen so you never forget what to say, someone can sit next to you and support you
Online presentations harder than face to face: there could be technical problems e.g. computer doesn't work, internet is too slow, sound doesn't work properly, etc.; you can't see other people's reaction to your presentation

Unit 06: All the rage

DEEP DIVE: A trend, ex. 04

Check out this website to find out about a popular place in London. Would you be interested in going there? Why?/Why not? Talk to a partner.

<https://selfiefactory.co.uk/>

TASK HACK: ex. 08

Useful expressions – example: The history of skateboarding

Skateboarding as we know it today first started ...

It first became popular during ...

The 1985 film Back to the Future showed ...

The equipment has changed a lot since ...

While the first skateboards were ..., they have now become ...

The sport has also become much more ...

Today, skateboarding is ...

Skate parks have become a feature of many ...

One of the newest developments is ...

TASK HACK: ex. 12

Retouching pictures – useful expressions:

12a

The man's skin is smoother/clearer/perfect/flawless in the left/right picture ...

You can see fewer wrinkles/pimples/dark spots/...

*The changes make this person look younger/healthier/like he's wearing make-up/
(more/less) handsome/(more/less) natural / ...*

His ear was retouched so you can't see his piercing anymore.

12b

1 *Companies often try to sell ideas of health, beauty and youth to their customers. When a beautiful person promotes a product, more people might want to buy it.*

Unit 07: Move it!

DEEP DIVE: Underwater rugby, ex. 05

Were you struggling to find a sport starting with the letter 'u'? Watch this video to learn about one!

<https://www.youtube.com/watch?v=25lqedXeKLO>

Would you like to try out this sport? Give reasons why/why not.

TASK HACK: ex. 10

Discussing sports-related questions – sample answers:

- 3 sports with fitness apps – more exciting:** *you can track your progress, see how much you've improved, can be motivating; some apps give rewards for a good workout or tips for improvement; you can post your results on social media; you can link your apps with a friend and work out together, etc.*
- sports with fitness apps – less exciting:** *you usually train by yourself, social aspect of working out is missing; can be a source of pressure/stress if you're constantly comparing your progress to others or setting unrealistic goals; it's only about results and efficiency, not about fun anymore; some apps are expensive*
- 6 doing sports – more interesting:** *keeps one physically fit, achieve personal fitness goals, healthy, makes one look good and attractive, ...*
- doing sports – less interesting:** *exercising too strenuous, overdoing sports is unhealthy, danger of hurting oneself, might be dependent on weather conditions, ...*
- watching sports – more interesting:** *not strenuous, exciting to watch top athletes perform, group event with friends (enjoying food and drinks while watching)*
- watching sports – less interesting:** *passive enjoyment, couch potato activity, no way to keep fit*

TASK HACK: ex. 20

Pros and cons of Spartan Races – useful expressions:

Why they are a good idea:

kind of modern adventure, you feel powerful, like participating in a video game, training for it gets you fit and healthy, you can compete with yourself and others

Why they are a bad idea:

could be dangerous, could get hurt, you might not be able to finish, stressful and noisy, you get dirty, it's very hard on the body/exhausting, the idea behind it is really stupid

Unit 08: Rules – make or break?

DEEP DIVE: Covid rules at school, ex. 01

Watch the video below. How did the Covid rules impact your life at school? How can you still see/feel that impact at your school today?

<https://www.youtube.com/watch?v=ulzyctP22Eo>

TASK HACK: ex. 10

Talking about school uniforms – useful expressions:

formal/casual clothes, school uniform, tracksuit bottoms/sweatpants, trainers/sneakers, slippers, ...

It's always rather cold/warm, so I need ...

I like to be comfortable during class, so I wear ...

It's (not) important to me to look respectable/pretty/handsome/sexy/...

Some teachers mind if I wear a hat, so they make me take it off. Most teachers don't care about what we wear to school.

TASK HACK: ex. 24

Talking about cheating – sample answers for question:

- 1 **reasons for cheating:** *feel pressure to succeed, want to avoid the consequences of failing, not interested in the subject, don't understand the consequences of cheating, it's easy to cheat, less effort than doing the work yourself*
- 2 **using AI considered cheating:** *if you don't tell teacher that you used an AI to help you; students are expected to do their own work and show their understanding of the subject; not an effective way to learn*
using AI OK in some situations: *if it is considered part of the writing process, you use it to generate ideas, but not to write the whole assignment for you; if you state AI as a source*
- 3 **cheating in online classes easier:** *teacher can't see your work in class, easier to cheat when in front of a computer*
or: cheating not necessarily easier in online classes: *students will always find ways to cheat, in class or in distance learning*
- 4 *teacher got very angry, student had to sit exam again, teacher just laughed and ignored it, teacher called in the student's parents, student was expelled*

DEEP DIVE: Using AI to pass a class, ex. 24

Can you use an AI to pass an advanced literature class in high school? Watch the following video to find out about a reporter's experience. In what ways was the AI helpful? Which problems did you see?

<https://www.youtube.com/watch?v=l01biyMZjEo>

Unit 09: Out and about

TASK HACK: ex. 04

Talking about holidays – useful expressions for, e.g., summer camp/camping:

to settle in at a campsite, to put up a tent, to sleep in a caravan

pros: *low price, spend quality time with family and friends, tour the country, flexible/mobile, enjoy fresh air and nature (watch sunset, stargaze), many outdoor activities, environmentally friendly, ...*

cons: *uncomfortable, inconvenient (a lot of insects, have to share showers and toilets with others, sleep on the ground), cooking and cleaning up are very time-consuming, exhausting, boring, limited entertainment, highly weather-dependent, not seeing your family/friends for a week, produces lots of rubbish, ...*

TASK HACK: ex. 18

Talking about bike-sharing – ideas/useful expressions:

Question 1

+ *don't need to buy your own bike, can't get stolen, don't need to repair or upgrade it*
– *not always available, can't customise your bike, docking station might be far away*

Question 2

could work in a city: good combination with public transport available, shorter distances
more difficult in the countryside: fewer customers, more expensive to set up, longer distances

Question 3

I wouldn't use such a system because ...
I'd enjoy a bike-sharing system because...

Question 4

+ *less exhausting than cycling, easier to use, faster, can take it with you on underground, bus or train*
– *no exercise at all, more dangerous, frequent accidents*

DEEP DIVE: New Zealand, ex. 24

Watch this video. Which of the activities would you like to do most? Give reasons.

https://youtu.be/Atf_Af1q_5w

Unit 10: This is home

TASK HACK: ex. 02

Tips for writing an advertisement

You want to stress the positive sides and benefits of a place. For instance, by:

- using positive adjectives: *charming, warm, inviting, fun, cosy, modern, luxurious, down-to-earth, spacious, convenient, minimalist, affordable, environmentally friendly*, etc.
- highlighting the positive aspects of a home: *a fair/reasonable price, a lot of space/fresh air, an exciting/quiet neighbourhood, no noisy neighbours, flexible parking, a fantastic view, a lot of natural light, plenty of green spaces nearby, in a great/convenient location, energy-efficient appliances*, etc.

TASK HACK: ex. 13b

What could you live without in your own home? Useful expressions:

What I would miss the most about my room is ...

I could never do without ... in my home.

Giving up ... would be especially hard for me.

Having no room for my ... would be very difficult for me.

If I moved to a dumpster, I would have to give up ... because ...

DEEP DIVE: Tokyo, ex. 17

Watch this video of a famous crossing in Tokyo, Japan. Pick five things that you noticed. What do you think it feels/sounds like there? Talk to a partner. (Note: This is a 360-degree video. While watching it, you can control the viewing direction and watch the video from whatever perspective you'd like.)

<https://player.vimeo.com/video/820406985>

Unit 11: Good job!

TASK HACK: ex. 01

Quiz: Your ideal job – useful expressions:

*I think you'd make a great ghost hunter because ...
Working as a ghost hunter might be scary because ...*

*I can't imagine myself as a zookeeper because looking after animals is a ... job.
I agree you would make a wonderful zookeeper as you really love ...*

*Being a chocolate taster would be brilliant since ...
But you might not like chocolate anymore after some time?*

*As a stuntwoman you could do really dangerous things like ...
A big drawback of being a stuntwoman is that you ...*

TASK HACK: ex. 04

Talking about spies – useful expressions for question:

- 1 *I imagine it must be exciting/exhausting/hard/... if you always/never/...
I couldn't be a spy because I'm bad at keeping secrets/remaining quiet/meeting new people/...
It would be fun to work as a spy because you get to ...*
- 4 *James Bond hasn't got a family or a partner, so he is very flirty. I think that is/isn't realistic ...
I'm convinced that real spies have to exercise a lot and eat healthily to stay in shape. You don't see any of that in the films. I don't believe real spies drink alcohol when they're on a mission.
James Bond can do everything from flying a helicopter, to base-jumping and speaking foreign languages. I'm not convinced that anyone can have such a broad skill set.
Also, I can't imagine that real spies always carry a gun or have a 'license to kill'. That seems a bit far-fetched ...*

TASK HACK, ex. 06

Talking about spy movies – ideas and useful expressions:

amount of violence in spy movies:

fighting: *hand-to-hand fight scenes with action*

shootouts: *guns and weapons are used in action-packed gunfights*

explosions: *exciting scenes with bombs and explosions*

chases: *high-speed chases on foot, cars, or other vehicles*

action: *non-stop action scenes that keep viewers on the edge of their seats*

men's and women's roles in spy movies:

men:

spy agents: *brave, skilled, save the day*

villains: *the bad guys, create problems for the spies*

sidekicks: *loyal, help the main spies*

women:

in the past – limited, stereotypical roles: *needed to be saved by the hero, shown as manipulating the main spy*

today – a bit more balanced roles: *women also shown as strong, skilled spies who can lead teams, make important decisions*

reasons why spy movies are so popular:

exciting: *thrilling stories*

adventure: *missions in different places around the world*

mystery: *solving mysteries, uncovering secrets*

thrills: *action-packed, exciting scenes*

cool gadgets: *special spy tools and gadgets*

DEEP DIVE: A spy movie, ex. 06

Watch the trailer below. Which typical elements of action movies can you see here?

<https://youtu.be/vw2FOYjCz38>

Unit 12: The future of ...

TASK HACK: ex. 01

Talking about the poem – useful expressions for question ...

- 1 *The child might be quite young because ...
I think the child could already be a teenager as ...*
- 2 *In the present of the poem, “a young bird sits gathering its power” so I think the child is ...
To refer to the past, the picture used is ...
To describe the present, the poem uses...
The idea of the sea is used to talk about ...*
- 3 *For me, the past is like ... because ...
When I think of the present, I think of ... as ...
In my mind, the future looks like ... since that makes me think of ...*
- 4 *The past is described using negative words such as ...
Words like “green”, “young”, “power” and “fly” are used to ...
For the future, the poem uses words like ...
I agree with these ideas because ...
I have a different idea of the past/present/future as ...*

TASK HACK: ex. 09

Talking about time travelling – useful expressions:

Ex. 09a

Expressions to talk about the past:

Transport: *travel on horseback, travel by horse-drawn carriage, sit on wagons, go everywhere on foot*

School: *very strict, listen to teacher and answer questions, uncomfortable chairs, write on paper*

Food: *very little food, always old bread and potatoes, not very tasty, hungry a lot*

Housing: *castle, palace, cottage, very hot/cold, draughty, everything made of metal and wood, small and cosy by the fire*

Leisure activities: *play outside in nature, card and dice games, very little free time*

Clothes: *made of wool and linen, few colours, undyed clothes, uncomfortable and scratchy*

Expressions to talk about the future:

Transport: *personal flying machines, hoverboards, self-driving cars, electric scooters*

School: *use computers, artificial intelligence tutors, tours in virtual reality*

Food: *artificial food, small pills instead of meals, insects instead of beef or pork*

Housing: *autonomous homes controlled by computers, living on other planets or in space*

Leisure activities: *virtual reality entertainment, can't go outside at all*

Clothes: *only synthetic materials, old styles in fashion again, self-cleaning clothes*

Ex. 09b

I would like to go to the year ... to see ...

I'd love to travel to the past/future so I can ...

The best thing that might happen to me would be ...

DEEP DIVE: Rocket mail, By the way, p. 160

Curious about rocket mail? Watch this video to find out more about it. Why didn't rocket mail take off? Why didn't it become a success?

<https://www.youtube.com/watch?v=XUFmE-JDido>