**Track 1**

**Unit 1, page 4, exercise 1**

Lola: Hi, can I help you?

Mark: Errrrr yes. I can’t find my class. I think I’m lost. It’s my first day at this school, you see. I’m new here.

Lola: Oh right. I’m Lola. And this is my friend, Rita.

Rita: Hey!

Mark: Nice to meet you. My name’s Mark Walters. I’m from Ireland. As I said, it’s my first day and I’m a little nervous.

Rita: Walters? That’s like my name. How do you spell your surname?

Mark: It’s W-A-L-T-E-R-S.

Rita: We have the same surname! How strange. And you’re Irish? My cousins are from Ireland. They are younger than me. How old are you?

Mark: I’m twelve.

Rita: I’m fourteen! How many brothers and sisters have you got?

Mark: I haven’t got any sisters, but I’ve got two brothers.

Rita: That’s exactly the same as my family in Ireland. You know, I think we could be cousins! I’ve got to tell my parents about this. What’s your address?

Mark: It’s 24 Church Street.

Rita: Church Street? I live at 26 Church Street.

Mark: No way! Next to the stadium?

Rita: Yes! There is a basketball match this evening. Do you want to come and watch it with us?

Mark: I’d love to. It’s my favourite sport. My phone number is 345 788 002. Can you call me after school?

Rita: Of course! Oh, that’s the bell. Come with me and I’ll show you to your room. We’re in different classes, of course. What’s your teacher’s name?

Mark: Errr Mrs White, I think.

Rita: Great, she’s really friendly……..

**Track 2**

**Unit 1, page 4, exercise 2**

(Repeat previous track)

**Track 3**

**Unit 1, page 5, exercise 8**

**Speaker 1 ­– Michaela**

Receptionist: Hello, School reception. How can I help you today?

Michaela: Oh yes, hello. My name’s Michaela. I want to join the sports club. Can I do this here?

Receptionist: Yes, Michaela, you can. I need you to give me some details. What’s your surname?

Michaela: It’s Baker.

Receptionist: How do you spell that?

Michaela: It’s B-A-K-E-R.

Receptionist: And how old are you, Michaela?

Michaela: I’m nearly thirteen. My birthday is next month in fact.

Receptionist: So, you’re twelve.

Good. What’s your phone number?

Michaela: It’s 456 124 098.

Receptionist: Sorry, I couldn’t hear you. Did you say 456 124 050?

Michaela: No, it’s 456 124 098.

Receptionist: Great, that’s it. You are signed up. The first meeting of the sports club is on Monday at 4pm. We look forward to seeing you there.

Michaela: Thank you!

**Speaker 2 – Anthony**

Receptionist: Hello, School reception. How can I help you?

Anthony: Hello. I want to join the French club. My teacher said that I needed to call and give you my details.

Receptionist: Yes, that’s correct. What’s your name?

Anthony: It’s Anthony. I’m thirteen years old.

Receptionist: And what’s your address, Anthony?

Anthony: It’s 27 Glynne Street. It’s near the school in fact.

Receptionist: 27 Glynne Street. How do you spell that?

Anthony: It’s G-L-Y-N-N-E street.

Receptionist: Thanks Anthony. Now, French club starts at 6pm on Tuesday.

Anthony: Great, my grandad can bring me home when it’s finished.

Receptionist: What’s his name?

Anthony: It’s Mike.

Receptionist: And his phone number?

Anthony: It’s 334 667 000.

Receptionist: Great, Anthony. See you on Tuesday.

**Track 4**

**Unit 1, page 5, exercise 9**

(Repeat previous track)

**Track 5**

(Reading)

**Unit 1, page 8, exercise 2**

**International School, Sports club blog**

Welcome back to school. It’s a new school year and time to join a club. Here are our sports club’s newest members.

**Alex**

Hey! I’m American and I was born in Florida, USA. I’m fifteen and I speak three languages: English, Spanish and French. My dad is a professional surfer and I love surfing too. When I’m not surfing, I like listening to music, but I only listen to classical. I haven’t got any brothers or sisters, so I like spending time with friends.

**Jenna**

Hi, I’m thirteen years old and I’m Irish. I like football (my favourite football team is Manchester United) but my favourite sport is skiing. I’m a big fan of rollerblading too. I

usually go to the park with my younger sister at the weekend. I’m a vegan.

My favourite food is anything with vegetables.

**Kosuke**

I’m fourteen and I’m from Japan. I speak two languages. I love playing and watching all sports, but I especially love baseball. Apart from sports, I like listening to music, especially folk and R&B. My favourite singer is Ed Sheeran. I know the words to all of his songs. My other hobbies are reading and watching action films. I go to the cinema with my family every Saturday.

**Track 6**

**Unit 2, page 12, exercise 4**

Chris: Wow, it’s September already! Hey, when do classes start, Tina?

Tina: On the 13th. I’m really excited about going back to school. Are you?

Chris: Yes, I am. *We* start on the 12th and I can’t wait. It’s a pity that we aren’t in the same school!

Tina: I know. Are you free on Wednesday to study together?

Chris: No, I’m not. What about Saturday?

Tina: I’ve got lunch at my friend’s house.

Chris: Hmm, Tuesday then?

Tina: Yes, OK. Dad says that Mrs Watson is my English teacher this year. She’s the best. I thought she was English but, in fact, she’s Irish. She’s really friendly.

Chris: That’s great. My favourite teacher is Mr Wang. He’s Chinese. He knows everything about Maths! That reminds me, we’ve got an exam on the 27th of October.

Tina: Oh, I think we’ve got exams too on the 26th of November. I’ll check with my teacher when classes start.

Chris: Good idea! Oh, and guess what? My friends and I are all in the same class this year too!

Tina: That’s cool. My best friend Katia is coming to my school this year.

Chris: Katia? I think I know her! Is she German?

Tina: No, she isn’t. Her name is German or Russian. But she’s Peruvian. Her family are from La Paz.

Chris: Really? Do you want to bring her to my birthday party?

Tina: When is it?

Chris: Saturday the 10th at 2pm.

Tina: She’s on holiday, but she’s back here on the 9th. That’s this Friday. I’ll ask her.

Chris: Great. I have to go. See you later!

Tina: Bye!

**Track 7**

**Unit 2, page 12, exercise 5**

(Repeat previous track)

**Track 8**

**Unit 2, page 14, exercise 3**

**Conversation 1**

Kit: Hey Ned. Where’s our English class?

Ned: English? It’s in Room 34.

Kit: Is that the room by the library?

Ned: No, it isn’t. It’s near the gym.

Kit: It starts at a quarter to eleven, right?

Ned: No, it starts at a quarter past ten.

Kit: We need to hurry!

Ned: Kit! It’s only nine o’clock! It’s PE class now!

**Conversation 2**

Lily: I can’t wait for the weekend, Rob. It’s my birthday.

Rob: Oh! Happy birthday, Lily. It’s my birthday soon too. When were you born?

Lily: On the 13th of April, 2005.

Rob: Ahh. I was born on the 13th of May 2006.

Lily: Wow. That’s my brother’s birthday too! But he was born in 2008. Hey, can you come to my birthday party on Saturday?

Rob: Oh, I’m sorry Lily. I’ve got volleyball on Saturday so I can’t. It’s a really important match, you see.

Lily: No problem, Rob. Good luck!

**Conversation 3**

Ted: Hey, Magda. Where’s our school trip this year? Is it a football stadium? I love football.

Magda: I know! And I like art. But it isn’t a football stadium or an art gallery. It’s something I think we all like, really. It’s the zoo.

Ted: Oh, is it?

Magda: Yes, but it’s a Science excursion with a guide. We learn all about the animals, where they’re from and how they live – including the strange ones!

Ted: Oh, good! Science is my favourite subject! When is it?

Magda: It’s on the 10th ofJanuary.

Ted: Oh no! I can’t go. I’m in Greece with my family until the 12th.

Magda: Oh well. Next time!

**Track 9**

**Unit 2, page 14, exercise 4**

(Repeat previous track)

**Track 10**

(Reading)

**Unit 2, page 16, exercise 2**

**Schools around the world**

My name is Yolanda. I’m from Rosario, in Argentina, and I really like reggae music and photography. My dad’s a professional photographer and he says my photos are really good! My school timetable is a little different because I live in the Southern Hemisphere. The school year starts in March and our summer holidays start in December. Classes start at a quarter past seven and finish at one o’clock. My favourite subject is Music and I love playing the guitar. It takes time to learn, but I’m patient and persevering.

I’m Ayako and I’m from Kyoto, in Japan. I’m crazy about numbers and computers so my favourite subjects are Maths and IT. I guess you could say that I am analytical. I’m also quite shy and I prefer working on my own. I usually go to clubs in the evening or to

‘juku’, a school where students can do extra study. I always get good marks in exams.

My name is Aegeus and I’m from Athens, in Greece. I’m really good at sports. I love swimming, tennis and ice-skating. My favourite subject is PE and I also like Drama. My mum says that I am really active and a bit too talkative. I also love meeting new people. I don’t go to school. I have classes at home with my sister and my mum is our teacher. It’s great but I don’t always pass my exams!

**Track 11**

**Unit 3, page 22, exercise 3**

Mum: Is that your Science homework, Ross?

Ross: Yes, it is.

Mum: Is it for tomorrow?

R Ross No. It’s for Tuesday, but I want to do it now because Monday afternoon is football practice.

Mum: Oh, OK. Who’s your Science teacher this year?

Ross: It’s Mr Cortes. He’s really energetic and nothing’s ever boring. He’s preparing us for the Science and Technology Fair in March.

Mum: But it’s only November.

Ross: Yes. He wants to make sure we’re ready in time.

Mum: And what’s your homework about?

Ross: It’s about the human body, from our head to our feet. It’s really interesting.

Mum: Tell me something interesting from your class then!

Ross: Well, mum, did you know that our feet absorb more than 10,000 kilos of force every day?

Mum: Wow, that’s a lot.

Ross: Yes, and it’s more if you’ve got shoes with high heels! Our knees take a lot of stress too. And everybody’s knees are different, just like our fingerprints.

Mum: Wow! That is interesting! Now let me tell you something about your body. That’s your stomach talking and it says it’s time to have dinner.

Ross: Oh, that’s another thing. Our stomachs produce about 2 litres of acid every day to help us digest our food.

Mum: Come on then, Ross. Let’s give your stomach something to digest.

Ross: Actually, now I think of it, I’m really hungry, Mum!

**Track 12**

**Unit 3, page 22, exercise 4**

(Repeat previous track)

**Track 13**

**Unit 3, page 24, exercise 3**

Sally: Hi Tom. What’s that in your wallet?

Tom: This? Oh, it’s a photo of my best friends.

Sally: Oh, do they go to this school?

Tom: No, they don’t. They go to different schools. I really miss them! The photo is from last summer at camp.

Sally: Tell me about them.

Tom: Well, with the straight, red hair and blue eyes on the left is Sophia. We’re very alike in character. She is adventurous and friendly, just like me!

Sally: And who’s that?

Tom: That’s Hugo. People say we look very similar because he’s got short brown hair and blue eyes too. And he’s tall and athletic just like me. He’s always smiling. Actually, he’s really funny and he makes us laugh. He’s good at sports too. He loves basketball and he’s got a match to play every weekend.

Sally: Sounds just like you! And who’s that in the middle? The girl with long, dark brown hair and hazel eyes?

Tom: That’s Maria. She’s really pretty. She’s also the happiest person I know. She’s never in a bad mood or angry. She’s the youngest by a few months. She’s from Peru.

Sally: And who’s that boy with short black hair?

Tom: Oh, that’s Martin. He’s actually really tall but you can’t see that in the photo. He’s quite shy around people – he doesn’t like big groups. Not like me – I’m the most talkative person I know! Look, I’ve got more photos here. This is Rachel. She’s……

**Track 14**

**Unit 3, page 24, exercise 4**

(Repeat previous track)

**Track 15**

(Reading)

**Unit 3, page 26, exercise 2**

**People you admire**

**My dad and role model**

Everybody has somebody that they admire in their lives. It could be a close friend or a family member. For me, it’s my dad, Fernando. He’s very responsible, persevering and trustworthy. He works a lot because he’s a doctor. Doing the best for his patients is very important to him. Everybody says that I look like him. I’m tall and I’ve got hazel eyes too. I hope I’m as successful as him when I grow up.

**Jaime, Spain**

**A successful uncle**

My uncle, Charles, is an English architect. He’s ingenious and creative. He is well known for his remarkable buildings all over the world. We don’t look anything alike. He’s got short red hair that’s a bit curly and he’s medium height. But everybody says our personalities are very similar. My family and I spend every summer with him in England and I hope to work in his office in the future.

**Mustafa, Turkey**

**The best teacher**

My English teacher, Julie, is amazing. She’s American and she’s very tall. She is energetic and imaginative and we always have fun in class. She is also very patient and

she doesn’t get angry if we make mistakes. She speaks Arabic, English and French. Her husband, David, is from the USA too. He’s a lawyer and also teaches law classes at the university.

**Adele, France**

**Track 16**

**Unit 4, page 31, exercise 6**

Mum: OK Carla, it’s time to clean out your room. You have so many things in here that I can’t see the bed! There are more clothes outside the wardrobe than in it.

Carla: But Mum, everything here is special. I don’t want to throw anything away.

Mum: Hmmm. Let’s see. There must be something. What about these dark brown boots? They look quite old.

Carla: But they are my favourite! And they’re from Grandma. She gave them to me for my birthday when I was ten.

Mum: That was three years ago, Carla. It’s time to get new ones.

Carla: Oh OK, you’re right.

Mum: Good. Now what about this stripy jumper? It looks very small.

Carla: It is. I got that from cousin Rob but I don’t really wear it anymore.

Mum: OK. What’s this? Is this your sister’s flowery dress?

Carla: Errrrr, yes. I need to give it back to her. I don’t like it anyway.

Mum: OK, that’s three things. Now what else?

Carla: Well, I don’t wear this tartan shirt anymore, but my best friend, Lizzie, gave it to me.

Mum: Why don’t we give it to your aunt? I’m sure that she’d like it. She wears a lot of tartan dresses and skirts.

Carla: That’s a great idea.

Mum: See, isn’t this fun?

Carla: Actually, it is. What about these jeans, Mum? I know they’re expensive, but I don’t like them.

Mum: I bought you those last week Carla!

Carla: Oh yes, I forgot. I’ll keep them, of course!

**Track 17**

**Unit 4, page 31, exercise 7**

(Repeat previous track)

**Track 18**

**Unit 4, page 33, exercise 7**

Peter: Sonia, you have so many pictures on social media. Who are all these people?

Sonia: Well, I love taking photos. I’ll show you some of my favourites. See this one of the two girls smiling?

Peter: You mean the picture in the park?

Sonia: Yes, the girl with long, straight blond hair is my best friend Rose. She’s a year older than me. She’s wearing a dark blue jacket. She’s in Italy at the moment. She’s going to school there and studying Italian. I really miss her. She loves watching movies and reading books, just like me.

Peter: Who’s the other girl in the photo with her?

Sonia: That’s me.

Peter: Oh, I didn’t recognise you. And what about this picture?

Sonia: That’s my friend Roy at school after PE class with a friend of his. Roy’s wearing the light green and yellow stripy shirt and holding the football. He’s a big football fan. In fact, I think he’s watching a match right now. But he prefers playing really.

Peter: And this picture of the man in the office?

Sonia: Oh, that’s my uncle John. That isn’t an office – it’s his old house. He’s a graphic designer, you see, and he works from home. He’s living with us at the moment though, because she’s looking for a new house.

Peter: Who’s that in the flowery dress? They look like they are in their garden.

Sonia: That’s my cousin Karen with her daughter. They’re actually at school planting flowers. Karen’s a teacher here. She’s teaching a class at the moment. That’s reminds me. We’d better go to class!

**Track 19**

**Unit 4, page 33, exercise 8**

(Repeat previous track)

**Track 20**

(Reading)

**Unit 4, page 34, exercise 2**

**Four tips to help the planet**

The planet is in trouble, but what can we do? Do you want to help save it? If so, read on to learn about the small changes that you can start making today.

Tip 1: Recycle and reduce waste

Use different coloured bins to classify the rubbish in your house so that recycling is easy. Take short showers and turn off the tap while brushing your teeth. Turn off lights when you leave the room and teach your family to do the same. This helps to save our natural resources.

Tip 2: Plant a tree

Planting trees helps fight against deforestation. Find out if you can plant trees in your local park or in your own garden. Trees help clean the air and they provide food and oxygen. Small things like building a house for wild birds in your garden can help to protect endangered species.

Tip 3: Drive less

Walking, taking the bus or cycling instead of driving a car can help to reduce air

pollution. This not only helps the environment but you get more exercise as well. You can also suggest to your family that you share your car with neighbours or friends.

Tip 4: Think about what you buy

Make a list before you go to the supermarket so that you don’t buy things you don’t need. When you go shopping, use reusable bags instead of plastic bags. Keep these bags in your car so that you don’t forget them. Buy food that is locally grown and in season.

Follow our four easy tips and start saving the planet today!

**Track 21**

**Unit 5, page 40, exercise 3**

**Speaker 1 – Alexander**

Winter in Iceland starts at the end of October and not in December like in most of Europe. There are 26 weeks of winter and on the first day in my city, there’s free meat soup on the streets. As you can imagine, it’s freezing here in winter. It’s always snowing and very windy. Sometimes we can’t go to school! The shortest day is in December and it’s four hours long. The sun comes up at midday and it goes down just after three o’clock. Sometimes it’s so cloudy that it can stay dark all day. You have to wear a lot of clothes to keep warm. Everybody wears hats and coats. Some people think that you don’t need sunglasses but they are important to protect your eyes from the cold.

**Speaker 2 – Sandy**

Summer in Australia is different to a lot of other countries. Our summer starts in December, not June, like other places. It ends in February. This means that a lot of people usually celebrate holidays like Christmas and New Year on the beach instead of indoors. The weather here can depend on the part of the country. In the north, it’s usually hot and sunny but it can also rain. In the south, it can be cold and chilly. We usually wear shorts, swimsuits and T-shirts in the summer and a jacket in the evening if it gets colder. There’s so much to see and do here; it truly is the best place in the world to spend the summer!

**Track 22**

**Unit 5, page 40, exercise 4**

(Repeat previous track)

**Track 23**

**Unit 5, page 41, exercise 7**

Receptionist: Hello, Chester Sports Experience. How can I help you?

Woman: Yes, hello. I’m just calling for a bit of information.

Receptionist: Yes. What would you like to know?

Woman: Have you got a camp this July?

Receptionist: Yes, we have. There’s one that starts on the 12th of July and ends on the 13th of August.

Woman: OK. Where exactly is it? I don’t really know anything about the area of Chester.

Receptionist: It’s very easy to find. The address is 32 Albert Road. It’s next to the park.

Woman: Right. What kind of activities do the children do? It’s for my son, you see. He loves sports.

Receptionist: We do a range of different sports, including tennis, volleyball and swimming.

Woman: Oh, great. He’ll love that. You say it starts in July. What’s the weather like then?

Receptionist: It’s usually sunny and quite hot so campers should wear hats and sun cream at all times.

Woman: Got it. What kind of food do you serve at lunch?

Receptionist: We have lots of options. Has your son got any allergies?

Woman: No. But there are a lot of things he doesn’t like to eat. At home he usually just has sandwiches for lunch and pasta for dinner.

Receptionist: Well, there are always options of sandwiches, pasta and pizza.

Woman: Oh, he loves pizza. So how much does the summer camp cost for the month?

Receptionist: It’s £120 per week and £400 for the whole month.

Woman: Great! Thanks for your help. I’ll talk to my family and see what they think.

Receptionist: OK, no problem. Bye for now!

**Track 24**

**Unit 5, page 41, exercise 8**

(Repeat previous track)

**Track 25**

(Reading)

**Unit 5, page 44, exercise 2**

**Safari Summer Camp**

Do you love adventure? Then come to Serengeti Park! Our two-week summer

programme in the heart of the Ngorongoro Conservation Area in Tanzania is an

excellent opportunity to visit Africa, learn valuable life skills and make new friends.

**Contributing to the local community**

At Serengeti Park, you share a small cabin with five other campers. When you arrive, we organise team-building activities for you to get to know each other. We then spend a week visiting a nearby village to work on community service projects like helping out at schools and health centres. It’s a great way to meet the locals and share life experiences.

**Food**

Tanzanian cuisine is fabulous and we offer traditional dishes, as well as your favourite food from home. There are buffet breakfasts and lunches, and for dinner there are a range of hot dishes, including vegetarian options.

**Adventure**

We spend the second week of the programme exploring. You can canoe on the Grumeti River or go on a ride through the conservation area, one of the best animal sanctuaries in the world. Here you can observe all kinds of wildlife, like elephants, zebra and even lions. Don’t forget to bring your camera and your sunglasses. It gets very sunny here in the summer months.

**Lessons for life**

As well as adventure and a feeling of contributing something to a community, Serengeti Park offers valuable life lessons. You learn teamwork and leadership skills, and we also teach you some basic outdoor survival skills and ways you can help protect

the environment. If all of that sounds interesting to you, click here for information about prices and dates.

**Track 26**

**Unit 6, page 48, exercise 3**

**Speaker 1**

Boy: Excuse me? I’m a little lost. Can you help me?

Girl: Of course. What are you looking for?

Boy: The museum. I want to see the new exhibition. I hear it’s excellent.

Girl: It is ! Go straight ahead and turn right. It’s across from the bakery. It’s very close, about a ten-minute walk from here.

Boy: Thanks.

Boy: Oh, hello again! You’re right. The exhibition is great! Hey, do you know where the park is

Girl: Sure. It’s not far. Go past the roundabout and walk across Alban Road. It’s between the gym and the music shop.

Boy: Great, thanks!

**Speaker 2**

Woman: Excuse me, is there a place I can send a letter around here?

Man: Yes, the post office is near here. It’s just next to the school.

Woman: How do I get there?

Man: Go straight ahead and go past the traffic lights. Then turn left when you see the bus station. Keep walking for about five minutes and you’ll see it. It’s next to the hospital. You can’t miss it!

Woman: Thanks!

Woman: Excuse me? Is there anywhere to stay around here?

Man: Sure, there are a lot of hotels in town. There’s a great one on Main Street. The restaurant there is great and the staff are really friendly. It’s not that expensive and it has a swimming pool too.

Woman: It sounds perfect. How do I get there?

Man: It’s quite far. Walk across Main Street and take the bus. Get off at Sunset Avenue and you’ll see it. It’s across from the post office.

Woman: Thank you for your help.

**Track 27**

**Unit 6, page 48, exercise 4**

(Repeat previous track)

**Track 28**

**Unit 6, page 50, exercise 3**

Presenter: Welcome to Radio 10. We’re here on this glorious summer’s day with Liam, who is travelling around Ireland on foot. Liam, can you tell us why you’re doing this?

Liam: Well, after my last year of school, it seems like a good idea to learn more about my country before I start university. And walking is the best way to see as much as I can! I don’t usually walk much at home in Dublin, but I’m enjoying it a lot!

Presenter: Can you tell us about a typical day?

Liam: I get up early every morning around 6am. I have a shower and I have breakfast. I don’t read the newspaper or go online because I don’t have time. Then I get dressed and start walking. I usually walk all day but I stop for lunch at 1pm. In the evening, I have dinner and after that, I often watch a film. I usually go to bed around 9pm.

Presenter: What’s the best thing about doing the walking tour?

Liam: You meet a lot of people and make new friends on the way. I meet people from Ireland and all over the world every day. They’re often very interested in my travel experiences. I sometimes send them emails when I have time to tell them about my progress.

Presenter: What’s the worst thing?

Liam: Hmmmm, I’d say missing my family. It’s strange not seeing them every day. I phone them every evening and we catch up on each other’s news. But generally, I¡m enjoying travelling alone. It gives me time to think.

Presenter: Thanks Liam. Best of luck with the rest of your project. Next up, we have ………

**Track 29**

**Unit 6, page 50, exercise 4**

(Repeat previous track)

**Track 30**

(Reading)

**Unit 6, page 52, exercise 2**

**Cool jobs in amazing places!**

These three places are magnificent and important historical monuments. We interviewed the lucky people who get to work in or near these ancient places to find out what they do.

The giant rock structures of the pyramids of Giza, in Egypt, are over 4,500 years old, and one of them, the Great Pyramid, is the only one of the Seven Wonders of the Ancient World that still exists. Natalie works as a tour guide for a company that organises sightseeing tours around them. She usually starts work at 8am and finishes at 8pm. She loves meeting new people, but she says that it can get very hot walking around in summer. From May to October she usually takes a break in the afternoon.

The Hagia Sophia in Istanbul, in Turkey, was built in 537 AD. At different times a church, a mosque and a museum, the building has a rich history, and millions of people visit its spectacular dome and towers every year. Deniz works there as an archaeologist. He always discovers something new and at the moment he is studying a very old statue which he thinks is an important artefact. Deniz loves learning about his city’s history but he doesn’t like it when it gets crowded with tourists.

Angkor Wat, near the city of Siem Reap, in Cambodia, is the world’s largest religious monument. Built by an ancient civilisation as a palace dedicated to the god Vishnu, its 400 square kilometres include around 70 temples. More and more people visit every year. Sita is an artist who lives nearby. She spends her time painting and drawing the temples. She never gets bored because there is always something new to explore, but she often gets lost among the temples and the jungle.

**Track 31**

**Unit 7, page 58, exercise 4**

Polly: I have nothing to do. My sisters are at a school play and my parents are on holiday. I don’t have any homework. There aren’t any exciting programmes on the TV. No surprise there. I have nothing to do! It’s *so boring* without anybody here! Let’s see. What can I do? Oh, I know. I’m in the kitchen so I can make a snack….Done….What next? Oh, I can read that new book on explorers that mum bought last weekend. Lara said it was frightening but I don’t get frightened that easily! Now where did I put it. Here, it is……

Polly: Oh! Look at the time. It’s midnight. Time goes so fast when you are interested in a book. This book is a lot scarier than I thought. It’s full of stories about ghosts and monsters. I don’t believe in them of course but….. What was that noise? Oh, I don’t like being alone. There it is again! It’s coming from the wardrobe! Help!

Danny: Polly? Polly? Are you there?

Polly: That sounds like Danny. Danny? Is that you?

Danny: Yes, I’m at the front door. Can you let me in?

Polly: Coming. Oh, Danny, I’m so happy to see you. I thought you were a ghost or a monster.

Danny: Don’t be silly Polly. They don’t exist.

Polly: What are you doing here so late at night?

Danny: Oh, well. I was on my way home and it started to rain. I saw your house and decided to come in.

Polly: Come in and I’ll tell you all about this book I’m reading. ….. There’s that noise again!

Danny: Let me investigate…….. Polly! Come up here and look. It’s just your cat. It was stuck in the wardrobe!

Polly: Oh, right. I knew that.

**Track 32**

**Unit 7, page 58, exercise 5**

(Repeat previous track)

**Track 33**

**Unit 7, page 60, exercise 1**

Presenter: You’re listening to FM Radio 4. I’m Cathy Smith and welcome to the quiz – *Do you know your history*? Today’s contestants are Emma and Lucas. Here’s the first question for you, Emma. Who was the leader of the first voyage around the world?

Emma: Was it Ferdinand Magellan?

P Presenter That’s correct. For an extra point. Where was he born?

Emma: He was born in Italy.

Presenter: That is incorrect. Next contestant. Lucas, what do you think?

Lucas: It’s Portugal. He was born in Portugal.

Presenter: Correct! Well done, Lucas. You win two tickets to see the new fossil exhibition at the Museum of History. Who are you going to take with you to see the exhibition?

Lucas: My father. He loves dinosaurs. Thank you so much.

Presenter: And here’s our next question. In what year was Neil Armstrong on the moon?

Emma: I know! He was there in 1968!

Presenter: That was very close but it’s not right. Sorry, Emma. Lucas, what do you think?

Lucas: It was 1969.

Presenter: Yes, that’s the correct answer! You win a free pass to twenty art galleries and museums in the city.

Lucas: Are you saying I can visit all of them free all year?

Presenter: Only in certain months. Your pass is for April only.

Lucas: Wow! Thank you!

Presenter: OK. Final question. In what year did Amelia Earhart fly across the Atlantic Ocean

Emma: I know! It was 1920.

Presenter: Wrong again Emma, I’m afraid. Lucas?

Lucas: It was in 1928.

Presenter: Correct! You win a copy of this fabulous…

**Track 34**

**Unit 7, page 60, exercise 2**

(Repeat previous track)

**Track 35**

(Reading)

**Unit 7, page 62, exercise 2**

**Adventures in the wild**

**Bessie Coleman**

Bessie Coleman was a courageous woman and a pioneer pilot. Born in 1892 in Texas, she was one of 13 children and had to work to help her family while she was still at school. She was a very good student and she was particularly good at Maths. But what she really wanted to do was to fly. It wasn’t easy to go to flight school in the USA at that time, but Bessie was persistent. She saved money to go to France to get her licence, and she was successful. In 1920 she became the first woman of Native-American and African-American origins to get a pilot licence, and she was soon famous for her daring tricks in US air shows. Her dream was to open a flight school for people who weren’t able to pay for it. She was in an accident when trying out a new plane in 1926 and died at the age of 34. She is still remembered by her nickname: Queen Bess.

**Tom Avery**

He is a brave, professional climber who was born in December 1975 in London. When he was eight years old, his favourite book was about the inspiring life of Captain Robert Scott. When Avery was 16, he was the leader of a number of climbing expeditions in Wales and Scotland. In 2002, he was the youngest British person to get to the South Pole on foot. In 2005, he was head of an expedition to the North Pole. He wasn’t the first to do this, but he was the fastest. His journey took about 37 days. Avery tells of

this thrilling adventure in his book *To the End of the Earth.* Today, he gives talks in schools and is planning to sail around the world.

**Track 36**

**Unit 8, page 66, exercise 2**

**Speaker 1 - Oliver**

Last spring, I went camping with my mum and dad and my younger brother Tommy. We drove all day so when we finally got to the campsite, we were very tired and it was dark. Just after we arrived, we put up our tent and went to bed. We didn’t notice anything unusual. But when we woke up in the morning, we saw that we were not in the campsite at all. We were in somebody’s front garden!

**Speaker 2 - Isabella**

I love taking photos and I always have my camera with me. One day, my friend and I visited an old castle. We spent the whole day exploring the rooms and taking photos. There wasn’t anybody else there. The next day, we were very excited to see the photos. But when we looked at them, we were terrified. In each photo, there was a woman dressed in black just behind us. We never went back to the castle again!

**Speaker 3 – Julia**

I love collecting things from the past like old books and pictures. One day, I was at my local bookshop, one that sells really old books, when suddenly a book fell off the shelf! I picked it up and opened it. It was a novel by an Italian woman called Rita and inside there was a letter from her. The man in the shop let me take it home for my mother to translate because she was born in Italy. When she read it, she got a big surprise. It turns out that Rita was actually my great grandma!

**Track 37**

**Unit 8, page 66, exercise 3**

(Repeat previous track)

**Track 38**

**Unit 8, page 68, exercise 1**

I remember that summer like it was yesterday! My family and I decided to go to Australia on June 15th. It was our fifth trip there because we love it, and my birthday is on June 16th, so it was a treat for my birthday. Normally we stay in hotels, but this time my mum found us a typical Australian house to stay in. It was in a quiet area near the beach and it had a big swimming pool at the back. My younger brother wasn’t happy because he wanted to go camping, but I thought it was great.

One morning, I decided to go for a swim alone. Just before I jumped in, I saw something move suddenly by the side of the pool and enter the water. I thought it was a bird or a mouse but when I looked closer, I saw that it was a huge snake! I screamed and I threw my shoe at it. I was terrified. My dad ran over and asked me what was wrong. I pointed to the water and he screamed too! The woman next door called a snake catcher and he took it away. He told us that we were lucky because it was a very dangerous snake. Afterwards, my parents bought me a new pair of trainers as a present. I spent the rest of the holiday in my room reading a book and I didn’t swim again for the entire holiday.

**Track 39**

**Unit 8, page 68, exercise 2**

(Repeat previous track)

**Track 40**

(Reading)

**Unit 8, page 70, exercise 2**

**The adventure of the Mazarin Stone**

When Dr Watson arrived at Sherlock Holmes’s house, he found his friend sitting in his armchair by the window. He said hello but there was no answer. Then a voice greeted him from behind.

‘Doesn’t it look like me?’ asked the detective. He explained that the wax effigy of him in the chair was part of a plan to catch a dangerous diamond thief called Count Negretto Sylvius, and he told Watson to go and give the name to the police.

The Count soon arrived and found the door open. He saw the effigy in the chair and tried to attack it. He soon realised his mistake, and the real Sherlock Holmes explained that he knew that the Count and his accomplice had a diamond called the ‘Mazarin Stone’, and that information from his investigations could put them both in prison. He then offered the Count a choice: the diamond or prison. He told the Count to invite his

accomplice into the house to discuss the options as he went into his bedroom with his violin.

The accomplice came in and the two men immediately started planning to trick Holmes. Hearing the violin music and assuming their conversation was secret, they planned to escape. The Count took the diamond out of a secret pocket and lifted it up to the light by the window to show his accomplice.

Suddenly a hand reached up from the chair and took the diamond from the Count.

‘Thank you!’ said Holmes. ‘Let me explain. You saw me go into my room with my violin. What you didn’t see is that I have a record player and a second door in my bedroom. I put on some violin music and came out of my room through the second door, behind the curtain. Then I sat in the chair and replaced the effigy. And now I believe I hear the police coming to arrest you.’

**Adapted from ‘The Adventure of the Mazarin Stone’, by Sir Arthur Conan Doyle**

**Track 41**

**Unit 9, page 77, exercise 7**

Presenter: Welcome to the *Good Food Guides*. Today, we are talking about your favourite snacks, those small meals that you like to eat when you feel tired and hungry. Our first caller is Lisa. Lisa, what is your favourite snack and when do you like to eat it?

Lisa: Well, the snack that I eat the most is quite a common one. It’s eggs on toast. Some people like to add sausages or bacon but I prefer to keep it simple. Sometimes I add some cheese though. It’s delicious.

Presenter: And do you eat it in the morning?

Lisa: No, I don’t eat it for breakfast like everybody else. I like to eat it as an afternoon snack.

Presenter: Interesting! Thanks Lisa. OK, our next caller is Jim. Tell us about your favourite snack, Jim.

Jim: Hi! My favourite thing to eat is a small snack of banana and yogurt. In fact, there are always bananas in my fridge. I couldn’t live without them. I really like them, and the snack reminds me of my grandad. He made it for me a lot when I was very young.

Presenter: What a lovely memory! Thanks, Jim. Next, we have Diana. Hi Diana.

Diana: Hi there! My favourite snack is hot chocolate and biscuits. I like my hot chocolate really strong and the biscuits have to be chocolate too. I usually have it at night, just before bed. It helps me to sleep!

Presenter: Fascinating! That’s all we have time for today unfortunately. Tune in next week to…..

**Track 42**

**Unit 9, page 77, exercise 8**

(Repeat previous track)

**Track 43**

**Unit 9, page 78, exercise 1**

Gary: Hmmmmm, that smells great. What are you cooking Mum? I’m so hungry!

Mum: I’m cooking an omelette. Grandma and Grandad are coming for lunch and it is Grandad’s favourite recipe. He taught me how to cook it when I was your age, you know.

Gary: Did he? Can you teach me?

Mum: Of course. Wash your hands and you can help me prepare.

Gary: OK. Ready! So, what do I do first?

Mum: First, check the box of eggs in the fridge. Do we have six?

Gary: Hmmm, yes we do.

Mum: Great. Now put the eggs in a bowl and mix them together. Then add the milk and some salt and pepper.

Gary: How much milk do I add?

Mum: Just a cup. Here, there is enough in this bottle. Now mix everything together. That’s it – you’re good at this!

Gary: I think I like cooking Mum!

Mum: Now, you need to grate the cheese. While you do that, I’ll chop the ham and the green onions.

Gary: Finished! What now Mum?

Mum: Now, add the chopped ham and onions to the egg mix. Be careful, we don’t want to waste anything. That’s it. Now, put the grated cheese on top of the egg mixture. Add a little more salt and pepper and that’s it.

Gary: That’s it? Can we eat it now?

Mum: Of course not, Gary! We have to cook it first.

Gary: How long do we cook it for?

Mum: About thirty-forty minutes. If we put it in the oven now, it will be ready in time for lunch. Then the last thing to do is to serve it with a fresh salad or fruit.

Gary: Delicious! But what can I eat now?

**Track 44**

**Unit 9, page 78, exercise 2**

(Repeat previous track)

**Track 45**

(Reading)

**Unit 9, page 80, exercise 2**

**Where does our food come from?**

One of the biggest changes in food production was the development of farming. People could now stay in one place and cultivate the food they needed. But it took a long time to grow the food and sometimes it went bad or insects ate it. Over time, science helped make big improvements in farming. Scientists invented chemicals to protect the plants and help them grow better, and they also invented ways of changing plants and vegetables so we could store them for longer. These plants are called GMOs or ‘genetically modified organisms’. However, many people believe that these chemicals can damage the environment and wildlife, and that GMO foods are bad for humans. That is why ecological farming is becoming more popular. But what is it?

Ecological or ‘Eco’ farming means that the farm works in a way that is good for the environment. There is no artificial intervention in the production of eco food – no chemicals, no hormones and no genetic modification. Then there is bio food, which just means there is no genetic modification. And finally there is organic food. This means that no chemicals were used to grow the food, although GMOs are sometimes involved.

Supermarkets are also becoming more conscious of the source of their products.

Labels on food can tell us a lot about where the food comes from. Take eggs, for example. Eggs have two numbers printed on them, the date and a number from 1 to 3: 3 means the chicken lived in a cage; 2 means that it lived indoors; 1 means that the chicken was able to walk around freely, and 0 means that it was free and it was also fed organic food.

So, next time you shop, stop and consider your choices about the type and the amount of food you buy. Do you know where your food comes from?

**Tracks 46 onwards are the wordlists from the SB with only the page references changed. They’re here in full for reference.**

**Track 46**

**Wordlist, page 98, unit 1, Greetings and introductions**

**Greetings**

Good morning.

Hey!

How are you doing?

How are you today?

How’s it going?

I’m very well, thank you.

It was nice to see you.

Not too bad.

See you later!

**Introductions**

I’d like to introduce …

I’m …

My name is …

Nice to meet you.

This is …

This is my friend, …

**Track 47**

**Wordlist, page 98, unit 1, Countries and nationalities**

Argentina, Argentinian

Australia, Australian

Belgium, Belgian

Brazil, Brazilian

Canada, Canadian

China, Chinese

Colombia, Colombian

England, English

France, French

Germany, German

Greece, Greek

India, Indian

Ireland, Irish

Italy, Italian

Japan, Japanese

Mexico, Mexican

The Netherlands, Dutch

New Zealand, from New Zealand

Peru, Peruvian

Portugal, Portuguese

Spain, Spanish

Switzerland, Swiss

Turkey, Turkish

**Track 48**

**Wordlist, page 98, unit 1, Hobbies and interests**

**Hobbies**

basketball

listening to music

reading

roller-blading

spending time with friends

surfing

swimming

watching films

**Interests**

action films

animated films

classical music

comedy

fashion

folk music

jazz

pop music

R&B

series

**Track 49**

**Wordlist, page 98, unit 2, Dates**

**Days**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Months**

January

February

March

April

May

June

July

August

September

October

November

December

**Track 50**

**Wordlist, page 98, unit 2, Time**

a quarter past

a quarter to

break

half past

It’s at …

late

lunchtime

midnight

o’clock

timetable

What time is …?

What time is it?

**Track 51**

**Wordlist, page 98, unit 2, Personality adjectives**

active

adventurous

analytical

creative

energetic

friendly

imaginative

ingenious

intelligent

patient

persevering

self-aware

shy

sociable

sporty

talkative

**Track 52**

**Wordlist, page 98, unit 3, Body parts**

arm

cheek

chest

ear

elbow

eye

eyebrow

eyelash

foot

head

heel

hip

knee

leg

mouth

neck

nose

shoulder

stomach

tooth

toe

tongue

waist

**Track 53**

**Wordlist, page 99, unit 3, Body actions**

bend

pull

scratch

stand on tiptoes

stick out your tongue

stretch

swing

touch

wiggle

wink

**Track 54**

**Wordlist, page 99, unit 3, Physical appearance**

**Body**

athletic

fat

little

medium height

plump

short

skinny

slim

tall

thin

**Face**

beautiful

cute

freckled

handsome

pretty

**Hair**

bald

blonde

curly

grey

red

straight

wavy

**Track 55**

**Wordlist, page 99, unit 4, Clothes**

belt

boots

cap

coat

dress

gloves

hat

jacket

jeans

jumper

shirt

shoes

shorts

skirt

socks

suit

sunglasses

swimsuit

tie

trainers

trousers

T-shirt

**Track 56**

**Wordlist, page 99, unit 4, Patterns**

checked

dark

flowers

flowery

light

pattern

patterned

spots

spotty

stripes

stripy

tartan

**Track 57**

**Wordlist, page 99, unit 4, The environment**

conservation

endangered animals

endangered species

green

natural resource

non-biodegradable

plant trees

plastic

pollute

pollution

protect the environment

recycle

rubbish

save our planet

waste

water shortages

**Track 58**

**Wordlist, page 100, unit 5, Weather and seasons**

**Weather**

chilly

cloudy

cold

foggy

freezing

hot

raining

snowing

sunny

windy

**Seasons**

spring

summer

autumn

winter

**Track 59**

**Wordlist, page 100, unit 5, Outdoor adventure and sports**

**Outdoor adventure**

cabin

campsite

canoeing

cave

countryside

hiking

light a fire

natural habitat

nature

put up a tent

tent

waterfall

**Sports**

climbing wall

court

equipment

facilities

fencing

field

hockey

Olympic-size pool

rugby

scuba dive

squash

tennis

**Track 60**

**Wordlist, page 100, unit 5, On the farm**

barn

blossom

carrots

crops

eggs

farm animals

farmstay

field

fresh milk

fruit trees

grow

lettuces

look after the animals

milk

plant

seeds

vegetable garden

wake up early

**Track 61**

**Wordlist, page 100, unit 6, Places in a city**

bakery

bookshop

bus station

butcher’s

car park

clothes shop

gym

hairdresser’s

hospital

hotel

museum

music shop

police station

post office

school

shopping centre

stadium

**Track 62**

**Wordlist, page 100, unit 6, Directions**

across from

behind

between

Excuse me, where’s the …?

go past

go straight ahead

How do I get to the ... ?

Is this the way to …?

near here

next to

on the corner of … and …

on your left

on your right

take the first left

take the second left

take the third left

take the first right

take the second right

take the third right

turn left

turn right

walk across

**Track 63**

**Wordlist, page 100, unit 6, Historical monuments**

all over the world

ancient

artefact

city

civilisations

construction

design

history

palace

pyramid

repairs

research

rock

statue

tour guide

tourists

travel

visitors

**Track 64**

**Wordlist, page 101, unit 7, Adjectives: -*ing* and -*ed***

bored

boring

excited

exciting

fascinated

fascinating

frightened

frightening

interested

interesting

surprised

surprising

terrified

terrifying

**Track 65**

**Wordlist, page 101, unit 7, Travelling**

countries

culture

dangerous

history

maps

places

return home

travel

traveller

trips

visit

**Track 66**

**Wordlist, page 101, unit 7, Famous explorers**

brave

conquer

courageous

daring

discover

early life

expedition

explorer

first person

Mount Everest

philanthropy

pioneer

tribute

trip

**Track 67**

**Wordlist, page 101, unit 8, Time expressions**

after some time

afterwards

as

before long

before that

finally

just after

just before

last weekend

last year

next

one Christmas

one day

one winter

one year

suddenly

then

when

**Track 68**

**Wordlist, page 101, unit 8, Ghost stories**

believe

blood

curious

ghost

haunted

hear

murdered

noise

plot

stain

story

**Track 69**

**Wordlist, page 101, unit 8, Parts of a story**

characters

description

dialogue

drama

punctuate

setting

tension

title

twist

**Track 70**

**Wordlist, page 101, unit 9, Food**

beans

bread

broccoli

butter

cereals

dairy

eggs

fish

meat

milk

nuts

oil

onions

pasta

peas

plums

poultry

raisins

rice

seeds

spinach

tangerines

tomatoes

vegetables

**Track 71**

**Wordlist, page 101, unit 9, Units of measurement**

a bag of …

a bottle of …

a bowl of …

a box of …

a jar of …

a kilo of …

a loaf of …

a packet of …

a slice of …

a spoonful of …

a tin of …

**Track 72**

**Wordlist, page 101, unit 9, Nutrition**

calcium

calories

carbohydrates

energy

fat

fibre

healthy

minerals

nutrients

protein

salt

unhealthy

vitamins