

WELCOME UNIT

Track 0.01

- | | |
|-------------------|----------------|
| 1 play in a band | 2 eat out |
| 3 go to a concert | 4 watch series |

Track 0.02

- | | |
|--------------------|------------|
| 1 fashion designer | 2 actor |
| 3 musician | 4 chef |
| 5 athlete | 6 engineer |
| 7 nurse | 8 dancer |

Track 0.03

- 1 It was really cold here yesterday and a blizzard hit the city in the morning.
- 2 We arrived in Madrid during a heatwave. It was really hot in the afternoon.
- 3 A forest fire can start quickly in a summer with no rain, when the country is very dry.
- 4 Because of the flood, everything downstairs in our house got wet.
- 5 There was a big thunderstorm in Perth last night. Look at the incredible photo my cousin took!
- 6 The hurricane caused terrible problems for people living on the coast.

Track 0.04

Olivia is at the shopping mall. She'd like to buy a new jacket, but she can't afford it. She spent almost all her pocket money last weekend, and she can't use her debit card because she doesn't have enough money in the bank.

Track 0.05

- 1 Many tourists like to buy souvenirs at street markets.
- 2 Everyone danced and laughed a lot at Grandma's party. The atmosphere was great!
- 3 Crowds of people enjoy the Carnival at Copacabana.
- 4 Women wear traditional dresses in dance shows in India.
- 5 Fireworks are a popular way to celebrate the New Year all over the world.
- 6 According to the reviews, PopParty Fest was one of the best music events of the year.

UNIT 1

Track 1.01

- | | |
|-----------------|-----------------|
| 1 finish school | 2 get a job |
| 3 leave home | 4 go to college |
| 5 take a course | 6 take an exam |
| 7 graduate | 8 get married |
| 9 have children | 10 retire |

Track 1.02

M = Man W = Woman
V = Verónica D = Daniel
Learn&Live English

ABOUT US

M: We offer a variety of English courses for teenagers (12 to 17) in different countries.

W: Let's welcome our new students Verónica González and Daniel Ribeiro! Verónica, 14
From: Mexico
Likes: video games and sports

M: Why Malta?

V: Some years ago I saw a video about the Maltese coast and I loved it! When I learned that English is one of the two official languages in Malta, I thought, "I want to study English there." Most people speak English and Maltese here. I can't speak Maltese but I can read the street signs – because they use English, too!

M: Expectations

V: I think I'll have a great time here in Malta. I'm going to take a four-week English course. Later, who knows? Will this experience help me get a job in the future? Maybe. I'd love to become a game developer, so maybe I'll make games about Malta!

M: Daniel, 15

From: Brazil

Likes: languages and big animals

W: Why South Africa?

D: My parents wanted me to study English abroad before I go to college and my dream is to go on a safari, so we decided that South Africa seemed like the perfect place. I found out that there are over ten official languages in South Africa. English is one of them and most people actually speak English as a second language here.

W: Expectations

D: I'm very excited about this course. We're not going to sit in a classroom all day. Tomorrow our instructors are going to take us to a local village. We're going to help build a school there. How cool is that?

Track 1.03

T = Teacher

T: Hello everyone and welcome to this video class. Today we're going to give you some study tips to help you make progress in this course and, um, well, any other course you take really. So here you'll listen to what last year's students have to say. OK, get yourselves ready for great tips!

Track 1.04

T = Teacher **F = Fernando**
M = Melody **R = Raquel**
A = Alejandro **C = Cataline**

T: Hello everyone and welcome to this video class. Today we're going to give you some study tips to help you make progress in this course and, um, well, any other course you take really. So here you'll listen to what last year's students have to say. OK, get yourselves ready for some great tips!

F: My tip? Take a break every thirty minutes or so. It's impossible to concentrate after working for hours and hours. You need to give yourself some time to rest.

M: Use the Internet to practice your skills. English is everywhere, and you can read, listen, write, and speak online.

R: Use cards to review vocabulary. Write the new word on one side and its translation on the other. Use them often.

A: I give myself a lot of time to prepare for an exam. Don't try to do everything the night before.

C: Do you want to get a good grade in this course? Here's a tip that I learned from a friend. She recorded herself reading the new words after every class. I did the same, and I learned things faster that way.

Track 1.05

- | | |
|-----------------|--------------------|
| 1 make progress | 2 take a break |
| 3 practice | 4 review |
| 5 prepare | 6 get a good grade |

Track 1.06

Maori Teenager Becomes Language Influencer

By Lawrence O'Brien

HASTINGS, NEW ZEALAND

You look at Turei Rarere and you see a cheerful teenager like many others. When you talk to him you understand why he is an influencer. Turei is smart, creative, and motivated.

"Two years ago, there was a party in my family and I realized my younger cousins didn't speak Maori," he explains. "And worse – they didn't think that was a problem! I was really surprised. Didn't they understand that Maori is part of our cultural identity?" This question motivated Turei to

create an online group for indigenous teenagers to discuss how they felt about their native languages.

Three years later, Turei's group has hundreds of members. It is not only a group for discussion, but also a place to learn and practice indigenous languages from around the world.

"We use English to talk to a large number of people, but we use our native languages to post videos or audio with traditional stories or songs."

Alexandra Silva, a 15-year old Brazilian from the Terena people, says she feels more connected to her community now. "I grew up speaking Portuguese. Turei's group helped me understand why Terena is important. I can understand my grandparents' stories now." Turei is certain about his plans for the future: "My aunt is a Maori teacher in our local school. I'm going to follow in her footsteps. I'm planning to go to college to study linguistics and I'll always support people who want to teach or learn indigenous languages."

Track 1.07

V = Vanessa M = Martina
V: This is so cool! I think I'll study robotics when I leave school.
M: Oh really? Is that how you see yourself ten years from now? Making robots?
V: Definitely! I know I'm good at this, and I love it. What about you?
M: Well, I'm not sure. I don't really know much about robotics, but yeah maybe I'll go for it, too.

Track 1.08

1 definitely 2 I'm not sure
 3 maybe

Track 1.09

I'll study robotics in college.
 People will use robots at home.

Track 1.10

1 I'll take a Spanish course in the future.
 2 My brother will go to college next year.
 3 I'm not sure they'll be at home this afternoon.
 4 English will be useful when I get a job.
 5 Will I get married? Yes, I think I will!
 6 We'll review our work before the exam.

UNIT 2

Track 2.01

1 bake cookies 6 build models
 2 make jewelry 7 go skateboarding
 3 take singing lessons 8 do yoga
 4 do gymnastics 9 take a walk
 5 play board games 10 watch the sunset

Track 2.02

G1 = Girl 1 B = Boy
G2 = Girl 2
The Teen Oracle
The place for non-nonsense advice from teens to teens

G1: I'm sooooo tired – I feel sleepy every day, all the time. I have a lot of responsibilities – besides school from Monday to Friday, I bake cookies to raise money for our class trip at the end of the school year and I help at an animal shelter on Saturday and Sunday. I hardly ever see my friends and never have time to go skateboarding, the only physical activity I really enjoy. I love studying, baking, and helping animals, and I don't want to disappoint others. What should I do? The thing is, I simply don't have time to relax anymore.

B: In my opinion, you're doing too much. If you're feeling tired and your health is OK, it's clear you should reduce the number of activities in your routine. How about asking for help? Your classmates should bake all of the cookies for a change. And maybe you should go to the animal shelter only on Saturday or Sunday. That way you'll have some time for yourself.

G2: When I feel I have too much on my plate, making a list of activities helps me decide on priorities. Maybe a relative or your best friend can help you with that. One important thing: you shouldn't stop exercising, even if you just take a quick walk. Should you go skateboarding? Yes, you should! Being active will definitely make you feel better.

Track 2.03

1 go for a run 2 stay fit
 3 work out 4 reduce stress
 5 prevent diseases 6 make friends

Track 2.04

E = Emma G = Girl
PT = PE teacher B = Boy
E: Hello! I'm Emma Madison and this is HealthyTeens. We all know that when we work out, we stay fit. But you also feel good after exercising, don't you? For this episode, I talked to some teenagers about the mental benefits of physical activity. This is what they said ...
E: Excuse me ... Hi ... I see you really enjoy running ... How does it ... make you feel?
G: Going for a run makes me happy. It helps me sleep well and relax before school exams.
E: It's a nice way ... to reduce stress ... isn't it?
G: Yes, it is! Gotta go now! Bye!

E: The girl at the park is right – studies show that exercising helps you feel better. For some teens exercising at school is an obligation, something they don't like to do. We can't escape PE, can we? But can sports at school help teens feel good?

PT: Time out!

E: Hi! You really like playing basketball during PE, don't you? It's a great activity to stay fit ... can you think of other benefits?

B: Well, these guys are my best friends. I was new here and didn't know anyone. I was feeling awful before I joined the team.

E: So, basketball helped you make friends and feel better, didn't it?

B: Yeah!

Track 2.05

G = Girl B = Boy

Can making art make you happy?

By David Hurley March 12
 Art classes are usually fun, aren't they? Well, experts tell us that there are good reasons for that.

- Making art increases activity at the front of the brain, which makes us feel positive. And just looking at works of art can release the "feel-good" chemical called dopamine in the brain.
- Making art is a way to express emotions. When you create any piece of art, you have an opportunity to understand your feelings and deal with emotions.
- Working with art also helps you to focus on the moment. Some people mention that when they are creating art, they don't feel tired or hungry – they lose sense of time. We talked to two teenagers about how art helped them in difficult times.

G: "Last year I moved away from my hometown. The art teacher in my new school noticed how sad I was and invited me to her art workshops with other students after school. Creating art definitely helped me feel better. I especially love to model clay and make sculptures. Every time I work on a piece, I feel relaxed and peaceful."

B: "When I was going through a hard time last year, my mom bought a coloring book and pencils for me. At first, I found the idea ridiculous – she didn't think I was a little kid again, did she? But she persuaded me to give it a try. When I started coloring, I found that I could 'turn off' the outside world and only focus on filling the forms with color. And my problems didn't seem that bad when I got to the end. Coloring calms my mind when I'm anxious."
 Lucas, 14

Track 2.06

G = Girl

B = Boy

Narrator: The Teen Oracle

The place for no-nonsense advice from teens to teens

G: Hi, everyone! I'm here because I need help. My brother Jake feels sleepy all the time. He doesn't play any sports and eats junk food. I want to help him, but I work long hours and I don't see him much. What should I do?

B: Well, I don't think you should worry too much if Jake often wants to sleep. We need a lot of sleep when we're teenagers – it's part of growing up, I guess. But I know that physical exercise helps me feel more energetic, even during boring classes at school. Maybe you should invite him to take walks with you – that way he can be more active and you two can spend time together. My older brother works long hours too and, believe me, I miss him! Jake's eating habits are bad. He should include fruit and vegetables in his diet. Why don't you cook some healthy meals or snacks together? Eating well will help him have more energy and you will have another moment to talk and be together.

UNIT 3

Track 3.01

- | | |
|-----------------|-------------|
| 1 advertisement | 2 advertise |
| 3 product | 4 persuade |
| 5 value | 6 influence |
| 7 attract | 8 headline |
| 9 logo | 10 promise |

Track 3.02

Smart Teen

A blog for smart teenage consumers
Four things we must not forget about ads

By Mason Carlson

Do you sometimes decide to buy a product just because of an advertisement?

Well, we all do. But here are some things to remember when we read or watch ads.

- 1 People produce ads to influence you**
Behind all ads there are professionals who know what techniques will persuade us to buy. Even the funniest and most creative ads have one basic aim: to sell us something.
- 2 Ads want you to think you have to buy something – now!**
Ads make you think you must act urgently: there's something fantastic out there and everybody

else is enjoying it. And they also say it's easy to get it. Look! This burger is the "best" and "only" costs \$3.99!

3 Ads use your emotions to get what they want

Are you worried about your friends thinking you're not attractive and cool? Ads show you beautiful, successful people having fun. Their idea? You buy what they advertise and you'll feel great, like the people in the ads.

4 Ads use famous people to attract you

Advertising companies pay a lot of money to celebrities. They know that fans will buy the product, not because they need it, but just because they love the star.

Comments

Teenage girl: mei

I sometimes feel I have to buy something after I watch an ad. I buy it, I'm happy for a while, and then I want to buy something else.

Teenage boy: Blogger Boy

Ads don't influence me. You don't have to buy what they advertise.

Track 3.03

W = Wilson

D = Diego

W: Hey, Diego ... I think I'll buy these sneakers.

D: But do you have to get them now? Didn't you buy another pair last week?

W: Yeah, I did. But I love this cool logo you know ...

D: You're funny ... Does everything you own have to be from a big label?

W: Well, I like big labels ... And I have some money to spend and these sneakers are on sale ...

Track 3.04

W = Wilson

D = Diego

W: Hey, Diego ... I think I'll buy these sneakers.

D: But do you have to get them now? Didn't you buy another pair last week?

W: Yeah, I did. But I love this cool logo you know ...

D: You're funny. Does everything you own have to be from a big label?

W: Well, I like big labels ... And I have some money to spend and these sneakers are on sale ...

D: You buy and buy, and you're never happy with what you have.

W: Ha ha, you sound like my parents: "Do we have to buy everything that's on sale? No, we don't."

D: But they're right. You should save your money for something important. Like a vacation. Or college. Or invest your money in something.

W: What do you mean?

D: Well, I'm going to buy car cleaning products. Then I'll be able to clean other people's cars and make and save some money.

W: I never thought about that ... Er ... I'm not sure about car cleaning. But you know what? I could buy some materials and make some motorcycle models ... And I could sell them online.

D: Well, model making materials will cost you more than cleaning products, but yeah, that's a very good idea.

Track 3.05

- | | |
|---------|-----------|
| 1 sell | 4 on sale |
| 2 own | 5 cost |
| 3 label | 6 invest |

Track 3.06

Rethinking Waste: Lessons From Japan

Some years ago, people in a Japanese village called Kamikatsu had the idea to go "zero waste." For this to happen, all residents would need to collaborate in important ways. A central idea in the project was the creation of a waste center where the residents had to take all their trash.

At first not everyone welcomed the idea because it involves a lot of work. Before going to the center, residents have to wash their non-organic trash, including plastic bags and bottles. At the center they have to put their waste in separate containers for different materials. There are 45 different categories of waste: for example, different places for different kinds of metal like aluminium and steel, and seven containers for paper, including newspapers, cardboard, and paper tubes. There are special places for toothbrushes, pillows, and furniture. Nowadays, however, most people agree that the waste center is a great idea. Recycling makes money for the village. The fact that all waste is separated and cleaned adds value to it because it's easier to recycle. People also enjoy going to the kuru-kuru store in the center (kuru-kuru means "circular" in Japanese), where they can leave clothes, plates, or other useful items they don't want anymore. And a person who wants something from the store can take it away for free.

The village now recycles more than 80% of its waste but the project isn't only about recycling. As one of the organizers explained, "People have

to avoid buying things that will go to waste. We must also avoid unnecessary packaging and try to use our own containers when possible." In other words, we must think about waste not only after we use something. We have to do it before use as well.

Track 3.07

H = Helen

E = Emilio

H: Hey Emilio. It's Cristian's birthday tomorrow. We have to buy him a present.

E: Ah, OK, so let's go to the mall!

H: Well, you know, I was thinking we could go to the secondhand store downtown.

E: What? H: Yeah, why not? We don't have to get an expensive present. I bet we'll find something special there.

E: Yeah, OK, I guess ... Maybe sports clothes or stuff like that ...

H: Great. Let's go.

Track 3.08

1 Ah, OK, so 3 Yeah, OK, I guess
2 Well, you know

Track 3.09

have to
We have to buy him a present.

Track 3.10

1 I always have time for my friends.
2 The students have to review for the exam.
3 Liz doesn't have a lot of furniture.
4 We have a lot of cousins – what about you?
5 This is awful! We have to do something about it.

UNIT 4

Track 4.01

1 recycle	6 protect
2 cut down	7 reduce
3 turn off	8 destroy
4 waste	9 throw away
5 pollute	10 reuse

Track 4.02

This is How Your "Green" House Will Look in 2040!

We all know we need to take action now so that we still have a planet in the future. And we can start at home! According to experts, houses in the next decades will be greener and more efficient. Check out some features:

- A Houses will have a "living wall" – a wall covered with plants. If a living wall is 20 m², it converts 46 kg of carbon dioxide into oxygen per year! If you have a living wall in your house, you will help to clean the air.
- B A living wall will also work as a vegetable garden to supply fresh, healthy food for the kitchen.
- C Houses will have a water tank to collect rainwater for the garden and the toilets. If people use less water from the public water system, they will save money and help the local ecosystem.
- D Garages will provide electricity for the family car – in fact, experts predict that 57% of cars will be electric in 2040. If this really happens, we will have much less air pollution.
- E We will use more electricity than today because many people will work from home. This new lifestyle will demand office spaces at home with the latest technology.
- F People will control the whole house from their smartphones or tablets. And if you forget to turn off a light, sensors will do that for you!
- G People will use recycled wood and glass to build their houses. H All the energy will come from solar panels on the roof of the house.

Track 4.03

I decided to become a vegetarian because the future of our planet depends on reducing the use of animal products.

But how do vegetarians help to protect the environment? Well, they help in different ways. Keeping animals for food uses a lot of resources and pollutes the air. People cut down trees to have grass for cows or to grow other food for animals. Cows, pigs, and chickens need a lot of water – did you know that we use more than 15,000 liters of water to produce one kilogram of beef? I worry about climate change and I know we need to save water.

Becoming a vegetarian isn't difficult, but you have to watch your diet. You should pay attention to what you eat and you might need extra vitamins. You may find it hard to stop eating animal products, but if you succeed in making this change, I think you'll soon enjoy your vegetarian diet.

I believe in change. We need to take care of our planet and eat food that doesn't destroy the environment. At first, your meat-loving friends and parents might not agree with you, but being vegetarian is a great way to help the planet.

Track 4.04

1 depend on	4 succeed in
2 worry about	5 take care of
3 pay attention to	6 agree with

Track 4.05

Poetry and the Environment: Haikus

Invented by the Japanese, haikus became popular in the Western world in the 20th century. Nowadays people all over the world read, write, and love these short, but powerful poems.

Haikus have three lines, but their organization is not so simple. Traditional haikus must have exactly 17 syllables, like this:

- Line 1 – five syllables
- Line 2 – seven syllables
- Line 3 – five syllables

They are usually about nature and combine powerful images in a few words, to connect to one of our five senses: sight, sound, smell, taste, and touch. Haikus often have a kigo – a word or phrase that has a connection with a period of the year. Look at the English translation of two classic haikus by Matsuo Basho:

An old silent pond ...

A frog jumps into the pond, splash!
Silence again.

None is traveling

Here along this way but I,

This autumn evening

Modern haikus, however, don't always have such rigid structure, but are still organized into three lines. If you want to write a haiku, you don't need to worry about the number of syllables, but you may like to stick to nature themes.

Meet Basho, the Haiku master

Matsuo Basho (1644–1694) was a samurai in his early days, but spent most of his life traveling around Japan, writing and teaching poetry. His haikus gained popularity all over Japan during his lifetime. He wrote about nature and the environment and expressed strong feelings through beautifully clear, simple images.

Haikus for the environment

We asked our readers to send their haikus about the environment. Look at two poems we selected for this article (you can read all the haikus in our online magazine).

We cut down the trees

They sadly fell to the ground

Birds are silent now

Julia, 15 – Brazil

Men burn ancient trees

Melt glaciers, raise oceans

There's no Planet B

Santiago, 14 – Colombia

Track 4.06

I think that this house of the future is a joke! In my opinion, there's nothing we can do, as individuals, to stop climate change. I strongly believe that governments and politicians should take action, not teenagers like us.

Track 4.07

I don't agree with SkepticalTeen at all! I loved the infographic about the house of the future, and many of the ideas presented in it are already available – they're just too expensive for our houses at the moment! I'd say that most people might not live in that type of house in 2040, but there's so much more we can do now! I'm certain that we can all find the time and energy to do some of the things below:

- Recycle plastic bottles.
- Turn off lights and save energy.
- Reuse things instead of throwing them away.

It's our responsibility to take action to help save our planet. If we don't act, we won't have a planet to save.

can make it easier for students to share information and ideas in class, but I think that's ridiculous! Teenagers already spend too much time on their phones: if we allowed cell phones in class, students would spend even less time in face-to-face interactions. It's important to learn to work with people, not with electronic screens. Allowing cell phones in class is a crazy idea. If it was a good idea, most schools would allow them.

SG: I'm a principal. But before that I'm a teacher. I know a cell phone can bring huge benefits for students: they can use their phones as calculators and cameras, they can go on the Internet to look for information, read news stories, use a dictionary. However, studies show that most students use cell phones in class to do other things not related to schoolwork. That's why we don't allow them in our school. If students didn't spend time texting and playing games, I wouldn't be against cell phones in class.

G: Um, I see.

H: How would you feel if I told you I didn't get a job because of my digital footprint?

B1: Really?

H: Someone in the company searched for my name online. And he found something I posted four years ago – it wasn't very nice.

B2: But ... um ... is there anything we can do to avoid problems?

H: Well, never forge

T: your online activity is permanent. Always ask yourself: how do you want people to see you online – now and in the future? This is something we all have to ...

UNIT 5

Track 5.01

- | | |
|-------------|----------------|
| 1 crazy | 6 ugly |
| 2 freezing | 7 silly |
| 3 brilliant | 8 huge |
| 4 useless | 9 shocking |
| 5 weird | 10 spectacular |

Track 5.02

MS = Marion Smith

EM = Eduardo Morales

SG = Sophie Graham

MS: Should schools allow cell phones in the classroom? Around the world, more and more teenagers have cell phones and use them often. Cell phones can bring excellent learning opportunities, but they can also cause problems. Some countries (for example, France, Israel, and parts of China) don't allow any use of cell phones while students are at school, but this debate is very much alive.

Posted by: Marion Smith

EM: I'm a high school teacher.

Students wouldn't be able to concentrate if they had phones in the classroom: they would check their social media all the time. Some people say that cell phones

Track 5.03

- | | |
|------------|--------------|
| 1 password | 5 search |
| 2 download | 6 post |
| 3 upload | 7 tweet |
| 4 file | 8 screenshot |

Track 5.04

T = Teacher

H = Hannah

B1 = Boy 1

B2 = Boy 2

G = Girl

T: Morning, everyone. This is Hannah Jones. Hannah was in this class, your age, three years ago. She's here today to talk to us about online activity. Hannah?

H: Thanks. Well does anyone know what "digital footprint" means?

B1: Erm ... information we leave online? About what we do, where we go?

H: Exactly! When you text or tweet, download or upload a file, when you search for something ... you always leave a trace online.

B2: What about when I like something?

H: Same.

B2: Even with strong passwords?

H: Well, that's certainly important. But nothing gives you complete protection.

G: What about chats that disappear after a short time?

H: Well, someone can always take a screenshot of these chats. And they can post it somewhere else ...

Track 5.05

Taking a Break from Social Media Fernando Alves, Brazil

Until last month I never paid too much attention to comments like "Teenagers are always on social media!" or "Too much time on social media can make you depressed." But then we had a school project: to find some facts about how Brazilian teens use the internet and to compare the results to our habits. Here's a summary of what I discovered.

Facts and comparison

82% of 9- to 17-year-olds are on social media. My class: 100%

Brazilian teens check their social media 63 times a day on average. Me: 71 times

Over half of teenagers in a study in Brazil said they almost always had a smartphone or tablet with them during meals. My class: 80%

The project made me think: did I use social media too much? Did I feel anxious if no one liked my posts immediately? And I wondered: how would I feel if I didn't use social media for five days? So that's exactly what I did.

Day 1

I woke up and went straight to my phone. It was weird: no social media! During the day, I felt disconnected.

Day 2

I'm still anxious: did my friends like the photos I posted the day before yesterday? But I'm trying to keep busy with other things. In fact this evening I learned how to make sushi!

Day 3

Stress levels are lower. I texted some friends and enjoyed the one-to-one conversations. It felt personal.

Day 4

I spent my free time exercising and hanging out with my friends at the park. I left my phone at home. I realized I don't depend on it to keep me happy.

Day 5

I decided to close some social media accounts and keep just two. I'll try to open them only twice or three times a day in the future. I think I'll feel happier that way.

Track 5.06

M = Mother **S = Son**
F = Father **D = Daughter**
M: Breakfast's ready! Phones down please.
S: Why do we have to put our phones down? Dad's on his computer.
F: I'm working.
D: And we're talking to our friends.
F: I know, but that's not the same. I have something urgent to do.
S: Sure, but I need to post this comment.
D: Yeah, and my friends are important, too.
M: You know, that's a really good point, but it's family time now. Two minutes. And then ... no one uses a phone or computer!

Track 5.07

1 You know, 2 I know, but ...
that's a really Sure, but ...
good point, 3 Yeah, and ...
but ...

Track 5.08

/Λ/
I have something urgent to do.
I wonder why we have to put our phones down.

Track 5.09

1 b much They don't have much.
2 a some Some ads are smart.
3 a cut Cut the carrots.
4 a run I can run fast.
5 b son Who's your son?

UNIT 6

Track 6.01

a [country music] f [jazz]
b [hip-hop] g [reggae]
c [classical music] h [heavy metal]
d [rock] i [R&B]
e [pop] j [techno]

Track 6.02

a 6 – country music f 9 – jazz
b 1 – hip-hop g 7 – reggae
c 10 – classical music h 8 – heavy metal
d 4 – rock i 3 – R & B (rhythm and blues)
e 2 – pop j 5 – techno

Track 6.03

BTS Rocks Green Alliance Arena for a Memorable Night!

by Leticia Harris

If you don't know the guys in the photo, they are the South Korean band BTS, the most popular Korean pop (or K-pop) group in the world. The seven bandmates have attracted millions of fans from Bangkok to Brazil. Their music is basically pop, but it has always included elements of hip-hop and rock.

I've seen some great concerts, but the one I went to last Saturday was one of the best. BTS didn't disappoint their devoted fans at the Green Alliance Arena. More than 55 thousand teenagers (and some parents) sang and danced to the band's greatest hits. It was an unforgettable concert.

The boys first went on stage to sing the most popular song from their recent album and then sang hits from previous ones. Their performance of ballads was amazing – Jungkook, V, Jimin, and Jin showed all their vocal power. After that, it was RM, Suga, and J-Hope's turn to show their talent with rap.

After two hours of incredible music, the concert came to an end with the boys singing an old favorite, *Mikrokosmos*. The audience held up their phones, using them to light up the dark stadium. It was a great end to a great concert!

BTS Dad:

I was one of the parents at the concert last Saturday, with my daughter. I've never been a fan of K-pop, but BTS is great!

JaneT:

My son has never been to a concert. There's another BTS concert this Friday. Will it be safe for him to go with his friends?

Leticia Harris:

It's safe! But tickets have sold out. Sorry!

Track 6.04

1 violin 5 flute
2 keyboard 6 drums
3 guitar 7 saxophone
4 trumpet 8 French horn

Track 6.05

1 [drums] 5 [saxophone]
2 [flute] 6 [violin]
3 [guitar] 7 [French horn]
4 [keyboard] 8 [trumpet]

Track 6.06

J = Jake **K = Kate**

J: Welcome to Songs&Lyrics, your talk show about music. Our guest today is songwriter Kate Queen. Hi, Kate!

K: Hello!

J: People know you as a writer of ballads. But you're also a musician. What instruments do you play?

K: Well, I play the guitar, the drums, and the flute.

J: That's amazing! Has music always been important in your life?

K: Yes, it has, but I didn't write my first song until I was 14. It was a song about love and broken hearts.

J: Interesting. Was it about a specific person?

K: Not really ... I just saw my friends falling in love, feeling sad and everything, and that inspired me. I used my keyboard to write the song.

J: Ha! The keyboard! Another instrument to add to your list. But have you ever fallen in love?

K: Yes, of course I have! But I don't want to talk about it.

J: OK, OK ... but speaking of love songs, many of yours have been number one in the music charts.

K: My most successful songs have been about love but I've written a lot of songs about different subjects, too.

J: Sure, how many songs have you written?

K: Oh, I guess I've written more than a hundred songs.

J: Wow, that's incredible!

Track 6.07

The Early History of Hip-Hop

Hip-hop is a cultural movement that started in the 1970s, in African-American and Latino neighborhoods in New York. Its main art form is rap music, but hiphop also involves DJing, graffiti painting and breakdancing. Rapping – speaking words rapidly in rhythm – is the way hiphop artists perform most of their songs. Check out some important events in the movement in the 20th century:

1973 – “The father of hip-hop,” DJ Kool Herc, aged 16, DJs a party for his sister's birthday in the Bronx, a poor neighborhood in New York.

1977 – Hip-Hop spreads outside poor areas, with rappers performing all over New York.

1979 – Sugarhill Gang records the first commercial hip-hop song, Rapper's Delight.

1981 – A national news magazine program reports the “rap movement” for the first time.

1982 – Hip-hop arrives in Hollywood! Wild Style is the first movie to show hip-hop and graffiti artists.

- 1986** – Run-DMC, a famous hip-hop group, records *Walk This Way*, a classic from rock band Aerosmith. Run-DMC is the first hip-hop group to be nominated for a Grammy.
- 1990** – Hip-hop hits the popular TV screen with *The Fresh Prince of Bel-Air*, a series starring Will Smith.
- 1992** – Artists from California start to dominate the hip-hop scene. Dr. Dre, one of the most famous West Coast rappers, records his first solo album.
- 1998** – Jay-Z and Eminem release albums and increase the popularity of hip-hop.
- 1999** – Singer Lauryn Hill's album *The Miseducation Of Lauryn Hill* is the first hip-hop album to be Album Of The Year at the Grammy awards.
- 2000** – Hip-hop is the most popular type of music in the United States and a global phenomenon.

Track 6.08

Somewhere Over the Rainbow

Singer: Judy Garland

Year of recording: 1939

Judy Garland sang *Somewhere Over the Rainbow* in the 1939 movie *The Wizard of Oz*. She played the role of Dorothy in the movie when she was only 16 years old. Garland sang it with the orchestra of the movie studio, which was usual in musicals at that time. The performance and the beautiful lyrics about hope and optimism make *Somewhere Over the Rainbow* one of the greatest songs of the 20th century. Hundreds of other artists have recorded the song.

Cover singer: Ariana Grande

Year of cover recording: 2017

Ariana Grande sang *Somewhere Over the Rainbow* for the first time in the One Love Manchester charity concert in England, in June 2017, 11 days after her earlier concert in Manchester ended in tragedy. Her performance is very emotional, and includes elements from jazz, with just a keyboard as a musical instrument. The song has had millions of downloads and has raised millions of dollars for charity.

UNIT 7

Track 7.01

- | | |
|----------------|-------------|
| 1 production | 5 construct |
| 2 achievements | 6 organized |
| 3 development | 7 survive |
| 4 discovery | |

Track 7.02

- 1 achieve – achievement
- 2 develop – development
- 3 discover – discovery
- 4 construct – construction
- 5 organize – organization
- 6 produce – production
- 7 survive – survival

Track 7.03

Looking For Innovation? Here's Africa For You

A large and young population that wants change. Countries like Rwanda and Ethiopia, examples of the world's fastest growing economies. Many problems to solve. These ingredients make Africa the perfect place for innovation. In fact, some recent African developments have already surprised the world.

Smart Gloves for Sign Language

Roy Allela's niece was born deaf and has to use sign language. Because no one in Allela's family could communicate with her, he designed a translation glove: his niece wears the glove and connects it with a phone. The phone then translates her hand movements into an audio message. Allela's dream is to see these gloves in all Kenyan schools that have deaf students. He hasn't achieved this objective yet, but he's working hard on it.

3-D Printers from e-Waste

Electronic waste from around the world is one of Africa's big problems. Afate Gnikou from Togo has decided to do something with it: he has constructed 3-D printers using parts of old computers, scanners, and other electronics. He now works with a lab which has given these printers to local schools. In the future, Gnikou wants to use these printers to make medical equipment to help disabled people.

Water from the Air

There is six times more water in the air than in all the rivers on Earth. During a drought in 2016, when Kenya had almost no rain, Beth Koigi had a brilliant idea: her Majik Water invention uses a chemical process to take water from the air and convert it into drinking water. She has already produced a prototype of her invention.

Track 7.04

Hi and welcome to Dlamini Pod, your favorite movie podcast. This is Pete Dlamini and today we're talking about *Skimboarding Pro*, the new movie about a skimboarder by Sofia Vieira.

Track 7.05

Hi and welcome to Dlamini Pod, your favorite movie podcast. This is Pete Dlamini and today we're talking about *Skimboarding Pro*, the new movie about a skimboarder by Sofia Vieira.

As you know, Sofia is famous for her documentaries about Angola. I've been a big fan for many years. Her new movie is about Pedro, a teenager who was interested in surfing. He often went to the beach to watch the surfers but he couldn't afford a surfboard. He was tired of watching so he got a piece of wood and used it like a skateboard in the water.

Pedro didn't know about the sport called skimboarding, but that's what he was doing. In 2019 there was an international skimboard competition in Angola and some professional skimboarders saw Pedro in action. They immediately recognized that he was very good at it. After that ... well, you have to watch the movie.

It's been in movie theaters for a few weeks now, and it's received excellent reviews since the opening night. One critic said, "Sofia's success has two main ingredients: she's really proud of her country and she isn't afraid of trying new techniques to tell her stories."

Let's say hi to Sofia to see what ...

Track 7.06

- | | |
|--------------|-----------------|
| 1 tired of | 4 afraid of |
| 2 good at | 5 interested in |
| 3 famous for | 6 proud of |

Track 7.07

The Himba

The Himba almost disappeared in the 1980s because of war and drought. Since then, their population has grown. People think there may be more than 25,000 Himba in Namibia today.

Himba ways

In Himba society the men make political decisions and look after the cows and goats. The women milk the animals, carry water to the village, cook, and build their huts.

Himba women and men are famous for their complex hairstyles. Girls, women, older boys, and men all wear their hair in plaits, but in different styles. Some young girls wear plaits over their faces and older girls start wearing a headpiece made of goat skin, which looks like three leaves. After getting married or having a child they wear a different headpiece. Himba women also cover their bodies with butterfat – the fat from cow's milk – and red coloring.

Good thinkers

The modern world hasn't had much influence on traditional Himba culture. That's why scientists are interested in studying the Himba. One of the questions scientists want to answer is: "Do the Himba think in the same way as people in other societies?" The results of some studies have shown that the Himba are better at finding creative ways to solve problems. Also, their attention to detail is amazing and they achieve better results in tests like the Ebbinghaus illusion than many other people.

Tradition and modern life

Since Namibia's independence in 1990, some things have changed for the Himba. Some young people have already left their villages to get a job or go to school. Some haven't come back. In the villages, some Himba think integration with the modern world is necessary, while others think it will destroy their culture. Time will tell.

Track 7.08

Hi, I'm Rafaela and welcome to my music channel. OK, so for a long time I've wanted to find a way to hear the best of new African music. And guess what? I've just found out that there's the perfect app – it's called Music&More. Basically, you choose the country or type of music you like. Then the app shows what teenagers around the world have listened to and liked recently. This is how it works ...

Track 7.09

- 1 basically, ...
- 2 guess what?
- 3 I've just found out ...

Track 7.10

- /t/ liked /ld/ wanted
/d/ listened

Track 7.11

- 1 searched. Have you searched for information yet?
- 2 posted. My friends have already posted their comments.
- 3 lived. How long have you lived in this city?
- 4 played. My cousin and I have always played video games together.
- 5 walked. Have you walked to school or did you take the bus?
- 6 decided. My parents have decided to live abroad.

UNIT 8

Track 8.01

- | | |
|--------------------------|------------------|
| 1 do volunteer work | 7 have trouble |
| 2 do the shopping | 8 make decisions |
| 3 make a difference | 9 do well |
| 4 do physical activities | 10 make money |
| 5 have time | 11 do my best |
| 6 have an opportunity | 12 make mistakes |

Track 8.02

Dilemma Teens

In this fun game, you and your friends try to suggest solutions to dilemmas that teens might face. Do you think you know your friends well? Play

Dilemma Teens and find out!

Check out some dilemmas you will face in **Dilemma Teens**!

D1

Your best friend has had a jewelry business for a few months – she uses beads to make necklaces and bracelets. You have always thought her pieces are awful, but you have never said anything.

Yesterday, she asked you to write a review of her jewelry for her blog. You agreed to do that.

What do you do? Do you lie in your review?

D2

You did volunteer work at an animal shelter last year. Although you love animals, you decided to leave after six months because the coordinator always shouted at everyone.

She called you yesterday asking for help. All the other volunteers have stopped working there. She was very insistent on the phone.

What do you do? Do you go and help at the shelter?

D3

You're a "study buddy" at school. A student has had a lot of trouble with math and she didn't do well last semester. You helped her study for a math test, but she still made a lot of simple mistakes the day before.

The teacher gave the test scores yesterday and this student got an A. You think she cheated on the test.

What do you do? Do you tell the teacher?

You can play **Dilemma Teens** face-to-face or download the app and challenge your friends anywhere, anytime!

Track 8.03

M = Mika

G = Girl

B = Boy

W = Woman

M: Excuse me ... I'm interviewing people about volunteer work for a college project. Could you both answer some questions?

G: Sure!

B: Yeah ...

M: Great! So have you ever done volunteer work?

G: Yes, I have. I worked for the local food bank. I've been a volunteer there since I was 14.

M: What made you decide to do that?

G: Unfortunately, there are a lot of poor people in our city. Some people have to go to the food bank because they don't have enough money for food.

M: That's true. Who inspired you?

G: My parents. They've always done volunteer work. They fight for everyone's right to education and they really care about other people.

M: Great, thanks! What about you?

B: Me? I was a volunteer at a retirement home for a while. I read books to the residents. My great-grandmother suffered from dementia and lived there for two years. But I stopped going there last year.

M: That's terrible to suffer from dementia. What happened last year?

B: My great-grandmother passed away last December. It was difficult for me to deal with that.

M: I'm sorry to hear that ... Thank you for your time. ... Er, excuse me, can I ask you some questions about volunteer work.

W: Yes, OK.

M: Er, have you ever been a volunteer?

W: I don't think so ... I belong to a book club, but that isn't volunteer work, is it?

M: No, I'm afraid not.

Track 8.04

- | | |
|--------------|---------------|
| 1 work for | 4 suffer from |
| 2 fight for | 5 deal with |
| 3 care about | 6 belong to |

Track 8.05

Where do the happiest teenagers in the world live?

The answer is they probably live in the Netherlands, a country in Europe that is famous for its tulips and windmills, and smaller than most states in Brazil. With 17 million people, the country has succeeded in giving its teen inhabitants an optimistic view of life that contrasts with other rich countries, such as the UK and the United States.

What is the secret of Dutch teens' happiness? As for any complex question, there are several answers.

- The Netherlands is a wealthy country that takes care of its young people. According to a report from UNICEF, 95% of Dutch children are happy with their lives.
- The Netherlands Institute of Social Research states that Dutch teens in general have positive relationships at home, at school, and with friends. Parents encourage their children to be independent and teachers are not authoritarian. Teenagers feel they can trust adults.
- Dutch teens are generally healthy. Over 80% of them have breakfast every day and only 8% of the teen population are overweight. Most students ride their bikes to school every day (in fact, cycling is a normal form of transportation for people of all ages in the Netherlands).
- There is some bullying in Dutch schools, but according to studies, it doesn't happen as often as in other countries. 86% of Dutch teenagers say their classmates are helpful and kind.
- Although they have experienced more pressure from homework and exams in recent years, Dutch teens are still happy at school. One of the reasons is the school system, which allows high school students to change study programs or even repeat a year if they are not happy with their academic progress.

Track 8.06

Interviews

Kenno Appelhof is 15 years old. He has friends, goes to school, and argues with his parents sometimes, as most teenagers do. He also lives in the Netherlands, one of the countries where teenagers are the happiest in the world.

WSM Kenno, what makes you happy?

Kenno Oh, so many things. My dog Buddy makes me happy, my friends make me laugh and are an important part of my life.

WSM Who gives you help if you need it?

Kenno My family and close friends. They're people that I can depend on.

WSM How do you like your school?

Kenno I love going to school and I know getting a good education is important for my future.

Most of my friends are from school, so that's where I see them every day.

WSM What's the most important thing in your life?

Kenno I love school and spending time with my friends, but the most important thing in my life is my family. They really support me and care about my happiness. It's great to know there are people you can always trust.

Track R.01

An Inspirational Teenage Inventor

Hannah Herbst was nine years old when she started writing to Ruth, her penpal in Ethiopia. After four years of writing to each other, Hannah learned many things from Ruth. One of the things that surprised Hannah the most was that many people in Ethiopia lived with limited access to electricity and running water. Hannah, from the US, had access to electricity and water every day. It made her sad to hear that many people were living in this situation. She decided she wanted to invent something to help solve the problem of energy poverty, even though she didn't know much about engineering and she didn't have a strong interest in math or science.

When Hannah was thirteen years old she started designing a prototype called BEACON – Bringing Electricity Access to Countries through Ocean Energy. Inspired by the ocean where she lived in Florida, she had the idea to create electricity using the energy of the ocean currents and store it in a battery.

Hannah didn't design the prototype alone, she had different mentors who helped her. The mentors taught her that often the best solutions are the simplest ones. Before making a final design, her mentors encouraged her to change the prototype and develop her ideas. Her mentors also encouraged her to share her ideas in competitions. That's when she entered the competition called the 3M Young Scientist Challenge, and won the title of America's Top Young Scientist in 2015. The invention created many opportunities for Hannah, such as presenting the idea to the US President at the White House.

Hannah graduated from Atlantic University in 2020 where she studied Information Systems and Business Analytics. She loves to inspire students to study math and science and try to come up with inventions to solve the world's difficult problems.

Track R.02

A Report on a Green City

Name of city: Ljubljana

Country: Slovenia

Population of city: Over 288,000

Language: Slovene (or Slovenian)

Interesting fact: Ljubljana's aim is zero-waste

Introduction

Ljubljana, the capital of Slovenia, is the first European capital with the aim of "zero-waste." The city separates, collects and recycles 68% of its waste. It wants to get to 78% over the next few years, but that's not going to be easy.

Problem

Before 2004, most of the waste in Ljubljana went to a **landfill** or incinerators. The people of Ljubljana now produce only 115 kg of nonrecyclable trash per person per year. That's amazing, but 115 kg of trash is still a problem. Why? We now know that burning or burying our trash creates health problems. It's also a terrible waste of our natural resources to use things just once and then throw them away.

Solution

So how did Ljubljana change in such a short time? The first step was to collect separated waste from **door to door**. People started to feel responsible for their waste and they began to separate it better. If you separate used glass, cardboard, plastic, and organic trash, you can recycle them. But when you throw different kinds of trash away together, you create waste.

Ljubljana has **recycling bins** downtown and there are two waste recycling centers where people can take their trash. They also try to encourage people to reuse things that people throw away. At one of the recycling centers, they check, clean, fix, and sell things at low prices. And there are even classes to teach people how to fix broken things.

Conclusion

Ljubljana is a good example of a green city, because people recycle and reuse a lot of their trash. Creating cities that are zero waste is important because if we reuse and recycle trash, we can save money and protect the environment and people's health.

Track R.03

How people communicated in the past

The way we communicate with each other now is very different from the early forms of communication. Sending a simple message could take many days or even weeks in the past.

Smoke Signals

Smoke signals are the oldest form of visual communication. The Chinese used them first in 200 BCE to send messages along the Great Wall of China. In 150 BCE, the Greeks also used smoke signals to represent the alphabet so they could send messages easily to each other. Later, many countries around the world used smoke from the top of a hill to signify danger. Simple but effective!

Carrier Pigeon

The Egyptians used pigeons for longdistance communication from the 12th century AD. The pigeons carried messages from Egypt to cities that were hundreds of kilometers away. Then the Romans and Greeks used pigeons, and later, many European countries used pigeons during World War I and World War II to send messages that helped save many people's lives.

Human Messengers

In the Middle Ages and before, cities, countries, companies, and rich people had their own human messengers to send important messages as quickly as possible from one place to another. Some messengers travelled by horse and boat and spent many days travelling across countries and seas in order to deliver a message safely, while messengers in some mountainous regions had to walk or run. Messengers were usually men who were fit and healthy. Sometimes it was a dangerous job and some messengers even worked as spies.

The Telegraph

Early forms of communication were dependent on geographical location. That all changed with the invention of the telegraph. The telegraph was a machine that sent electric signals along wires from one place to another and the signals translated into a message. In 1844, Samuel Morse sent the first telegraph message in Morse code, long or short clicks, each combination of sounds representing letters in the alphabet.

Suddenly, humans could send messages over hundreds of kilometres almost instantly. This was the start of telephones and even the Internet!

In the Yoruba culture, the head is seen as the center of **power** and many ancient head sculptures made of bronze and terracotta still survive today. The heads are naturalistic in style and have a serene expression. These sculptures may represent kings and queens.

Most Yoruba art has a meaning or purpose. Some items are connected to their **beliefs**, while others are for celebrations. The Yoruba wear different traditional masks and costumes during festivals and ceremonies that can last for days. These masks and costumes are an important part of Yoruba culture. In the Egungun ceremony, the Yoruba make special Egungun masks and costumes, and perform traditional dances to honor their ancestors.

Traditionally, women and men in Yoruba culture are involved in different artistic trades. The women often make the pots used for cooking and eating, and more unique pots for special occasions, such as ritual bowls. The men are responsible for leather and beadwork. They use animal skins to make things like bags and sandals, and they decorate clothes and crowns for important people with bead designs of human faces, birds, and flowers.

Yoruba art and artists have influenced many artists around the world, and you can see many examples of ancient Yoruba art in many museums.

Track R.04

The Yoruba: Great Artists

The Yoruba are one of the largest ethnic and cultural groups in western Africa and the Yoruba people have lived in urban societies since the 5th century AD. Ile-Ife in Nigeria was the ancient capital city of the Yoruba. Originally, the Yoruba worked as farmers, **traders**, and artists. Nowadays, the Yoruba live in a special cultural region called Yorubaland in the different countries of Nigeria, Benin, and Togo.

The Yoruba have a long tradition in art and many Yoruba people are amazing artists. Their wooden sculptures and terracotta **figures** show animals and people from all levels of society. Yoruba art also includes **pottery**, textiles, and metalwork.