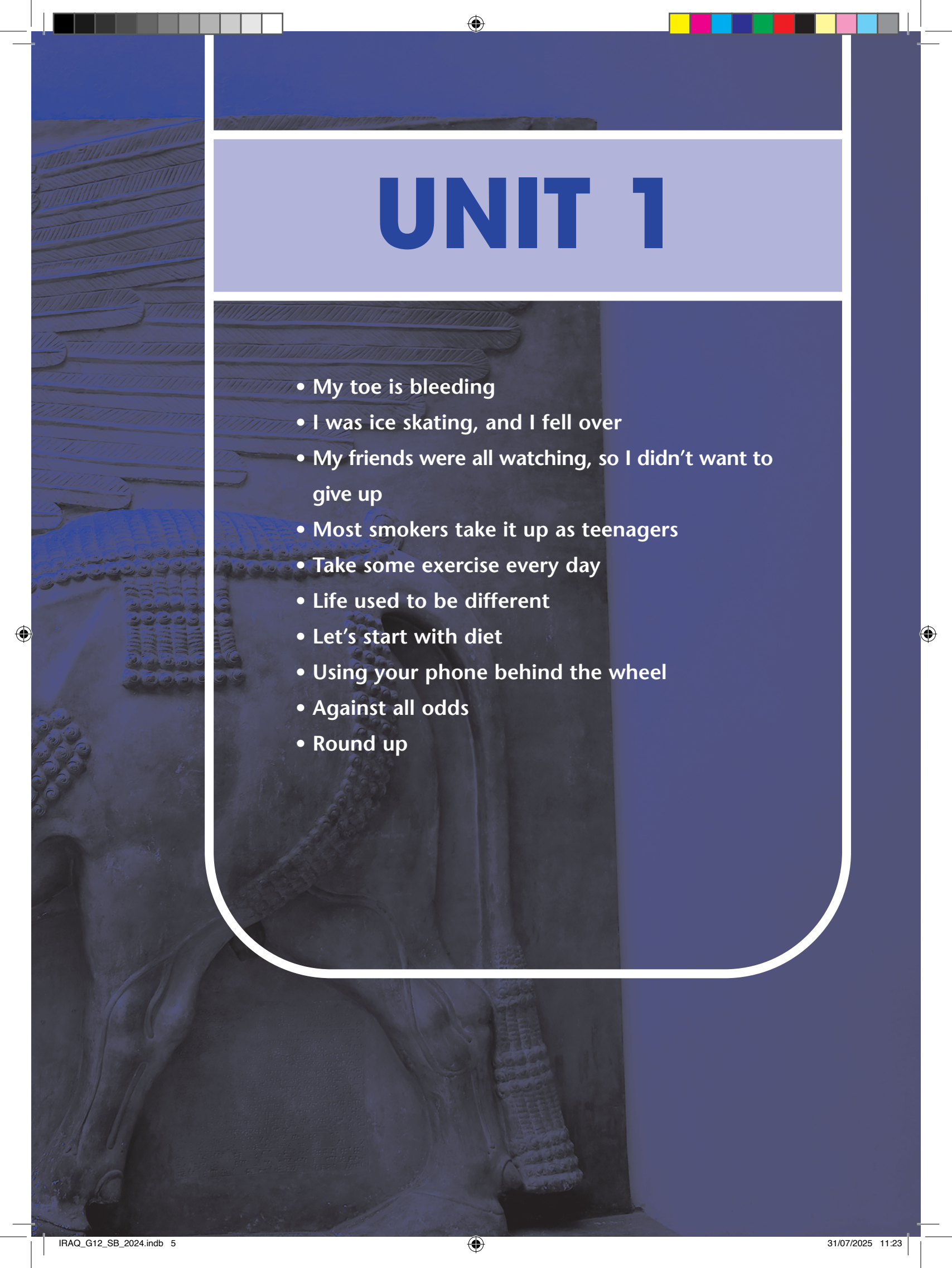




UNIT 1

- My toe is bleeding
- I was ice skating, and I fell over
- My friends were all watching, so I didn't want to give up
- Most smokers take it up as teenagers
- Take some exercise every day
- Life used to be different
- Let's start with diet
- Using your phone behind the wheel
- Against all odds
- Round up

My toe is bleeding

1 Look at the pictures. What minor health problems do you think each person is suffering from?

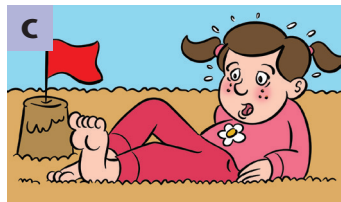
2  Match what each person is saying with the correct picture.

1 My shoulder hurts. I did it playing tennis.

2 I burnt my finger on the oven.

3 I've got a broken leg. I fractured it in a motorbike accident.

4 I feel dizzy. I need to lie down.



5 I've got a pain in my knee. It's really swollen.

6 I've got a terrible headache. Can I have some painkillers?

7 I've got a sore throat. It hurts so much that I can't swallow.

8 I have a temperature of 39.

9 I have a very bad cold. I can't stop sneezing.

10 I need this bucket because I think I'm going to be sick.

11 I've got a bad wrist. I sprained it lifting weights in the gym.

12 I twisted my ankle playing football.

13 My toe is bleeding. I cut it on a piece of glass on the beach.

14 My lips are really dry and sore.



3 Now do Exercises A to D in the Activity Book.

I was ice skating, and I fell over

Unit

1

Lesson 2
AB 6-7

- 1   Discuss with a partner what is happening in each picture. Then read the text and guess the missing words.



- 2  Listen and check your answers.

- 3 Now do Exercises A to C in the Activity Book.

My friends were all watching, so I didn't want to give up

1 Read Ammar's blog post and choose the best title.

- a Be very careful when swimming in rivers
- b How health technology changed my life
- c How I made it into the basketball team
- d New technologies making a difference in medicine



When I was 16, life was great! I was finally part of the school basketball team and had loads of friends. But one day, everything changed. I was swimming in a river with my friends. It was a sunny day, and we were all having lots of fun. I decided to jump off a bridge above us. I climbed up carefully and looked down. It seemed a lot higher than when looking up from the water. It was a bit scary, but my friends were all watching, so I couldn't give up now. I closed my eyes and jumped. That was the last thing I remember.

I woke up in hospital. My parents were sitting next to me. My father told me what happened: the river wasn't deep enough, and I hit the bottom when I dived.

I hurt my back very seriously. Luckily, I was alive, but the doctors said I might not walk again. While my father was talking to me, I was thinking about that moment and how one decision changed my whole life. I decided then to do everything I could to walk again.

After a few days, I started doing physical therapy. The days turned into weeks, the weeks into months, and I was feeling very upset because I wasn't making enough progress. I could have a regular life with my wheelchair: go to school, hang out with friends, that kind of thing. But I wanted to stand up, walk and, more than anything, go back to playing basketball.

That was when the doctors told me they were trying a new technology for patients like me: an exoskeleton. It is a machine that needs to be worn and would help me to not only stand up but also to walk. I couldn't believe it! The week after, we tried it out. The feeling was absolutely amazing: after nearly six months, I was walking again!

I continued my treatment, even more motivated than before. Now I'm completely recovered thanks to the amazing technology and medical professionals. They believe one day exoskeletons will replace wheelchairs completely. And yes, I'm back to playing basketball.

2 Now do Exercises A to F in the Activity Book.

Most smokers take it up as teenagers

Unit

1

Lesson 4
AB 10-11

1  Read the texts below and choose the correct figures to complete each one.

 3 Then listen and check your answers.

3% 7 9 25 50% 80% 200

- Every year, around 74,000 smokers in the United Kingdom die from their habit. That's about _____¹ people every day.
- Smoking in the UK is highest in the _____² -34 age group.
- While the number of young people in the UK has been falling, the use of e-cigarettes (vaping) has increased by _____³ year by year.
- E-cigarettes were made to help people stop smoking, but one in _____⁴ British children have tried them. Many of these young people never smoked cigarettes. Vaping can cause serious health problems.
- It is illegal to sell cigarettes or e-cigarettes to children under the age of 18. Yet, around _____⁵ of British 15 year olds are regular smokers.
- More than _____⁶ of smokers take up the habit when they are teenagers.
- People who smoke a packet of cigarettes a day die on average _____⁷ years earlier than people who have never smoked.
- In 2020, as many people in the UK died from smoking as from Covid-19.



2 Now do Exercise A in the Activity Book.

3 Study the language box then find another example of a phrasal verb in the texts above.

Phrasal verbs

- Phrasal verbs are formed when a preposition (e.g., *up/down/off*) is added to a verb and creates a new verb. Sometimes the new verb has a similar meaning, but sometimes it is very different.

*I'll **pick you up** at half past seven.* (= fairly similar to the verb *pick*)

*He **gave up smoking** when he got ill.* (= very different meaning from the verb *give*)

4 Now do Exercise B in the Activity Book.

Take some exercise every day

1  Complete the health tips with the phrases in the box.

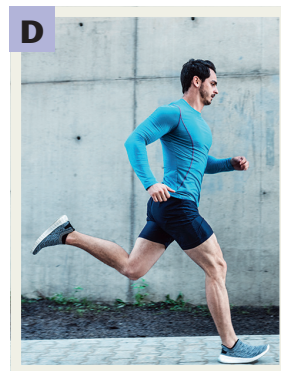
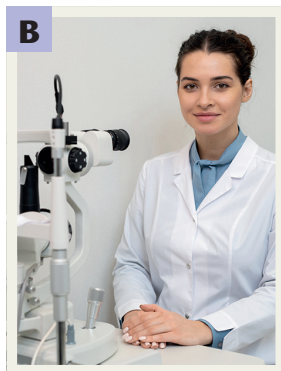
- a Be safe when you travel b Don't drink too much coffee c Don't smoke
d Drink plenty of water e Eat a balanced diet f Get enough sleep
g Look after your eyes h Never miss breakfast
i See the dentist for regular check-ups j Take some exercise every day

TOP TIPS

... FOR KEEPING HEALTHY

- 1 _____ . An average of eight hours a night is about right.
- 2 _____ . Make sure you eat plenty of fresh fruit and vegetables.
Avoid excessive amounts of salt, sugar and animal fat.
- 3 _____ . It's the most important meal of the day.
- 4 _____ . Ideally, do sport three times a week for an hour. If you hate sport,
go for a 20-minute walk every day.
- 5 _____ – at least a litre and a half every day. Tea, coffee and soft
drinks are NOT water.
- 6 _____ . And brush your teeth three times a day.
- 7 _____ . Tea is better for your heart and can even lower your blood pressure.
- 8 _____ . If you do, ask a doctor for help with giving it up.
- 9 _____ . Get them tested once a year.
- 10 _____ . Make sure you are up to date with vaccinations and take
malaria medication if necessary.

2   In pairs, match four of the health tips with the photos.



3 Now do Exercises A to F in the Activity Book.

Life used to be different

Unit

1

Lesson 6
AB 14-15

- 1 Look at the photos and read the captions. Where and when do you think the photos were taken?



People used to travel by donkey cart.



Students didn't use to have desks.



Farmers didn't use to have tractors.

- 2 Which opinions are true for Iraq? Say 'I agree.' or 'I disagree.' Then discuss your views with your partner.

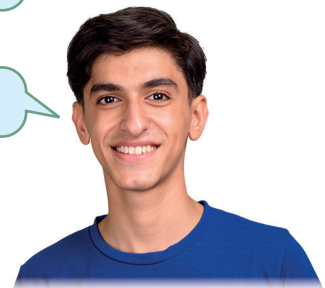


I agree. Families definitely used to be bigger.

That's right. My mother has eight brothers and sisters.

And my grandfather had ten.

But I've only got two brothers and one sister.



- a Families used to be bigger.
- b Young people used to have less freedom.
- c The health service used to be better.
- d There used to be more poverty.
- e People used to die younger.
- f People used to get a better education.
- g There didn't use to be so much pollution in cities.
- h Children didn't use to be so rude.

- 3 Talk about how life has changed in the past 100 years. Make sentences with *used to/didn't use to*. Use these ideas: children, cities, villages, entertainment, medicine, houses, schools, men, women, young people.

- 4 Now do Exercises A to C in the Activity Book.

used to Grammar and Functions Reference p.88

- **used to + verb** is for things which were true in the past but are not true now.
*Films **used to be** black and white. Now they are usually in colour.*
- The negative is **didn't use to**.
*People **didn't use to have** computers and mobile phones, but now everyone has them.*

Let's start with diet

1  Read the article and choose the correct linking word or phrase for each gap.

- a As a result of this b Finally, let's talk about c Furthermore
d In my opinion e In the past f ~~Let's start with~~
g Next, we need to look at h Now i The main reason is j Yet

People should take responsibility for their own health

by Dr Samir Ramzi

Every year, the government spends millions of pounds in healthcare on people who have brought their illnesses on themselves through bad diet, lack of exercise or smoking. Let's start with ¹ diet. In Britain, the number of diabetics goes up every year.

² that people are eating food that contains too much fat, sugar and salt.

³ unhealthy diet, 60% of British people are overweight and, therefore, at risk of becoming diabetic.

⁴ exercise.

⁵,

people used to walk more or use a bicycle to get around.

⁶ everyone gets in their car instead of walking, even if the distance is just a kilometre or two.

⁷, children spend hours playing TV and computer games instead of running about outside.

⁸ we all know that regular exercise helps us to control our weight and keep our heart healthy.

⁹ smoking. There's almost nothing that's

worse for your health than this habit.

Smoking damages the lungs and heart, and smokers generally need more medical attention than non-smokers.

¹⁰, the government should not give free healthcare to people who don't take care of themselves. People who lead unhealthy lives should pay for their own healthcare. And if they bring up their children in an unhealthy way, they should pay for their children's healthcare, too.

Useful linking words and phrases and functions

- **Giving opinions:** *In my opinion, .../I feel that .../Personally, I think .../Generally speaking, ...*
- **Listing points:** *Firstly, .../Let's start with .../In the first place, .../Secondly, .../Next, .../In addition, .../Furthermore, .../On top of that, .../Thirdly, .../Finally, .../Lastly, .../Last but not least, ...*
- **Talking about causes:** *One reason is that .../Because of .../This is caused by ...*
- **Talking about results:** *As a result, .../Consequently, .../Therefore, ...*

2 Now do Exercises A to E in the Activity Book.

Using your phone behind the wheel

Unit

1

Lesson 8
AB 18-19

1 Read two essays about phones and driving. Which sentences below are correct?

- 1 They agree on using hands-free phones while driving.
- 2 They both think that talking on the phone can be distracting.
- 3 They both believe navigation apps can help prevent accidents.
- 4 They agree on the penalty for using your phone while driving.



A

It could be argued that we shouldn't be allowed to use our phones under any circumstance when driving, but, in my opinion, when used correctly, they can be extremely useful and even prevent accidents from happening. Of course, we should never take our eyes off the road to text or check our emails, and people who break the law and do that should be punished, even by losing their licence. However, hands-free phones can be safely used to talk to people without them having to look at the phone. Naturally, you may get a little distracted, but surely the same can be said of someone talking to the driver in the car. In addition, map apps on mobile phones can help people drive in areas they don't know well if their cars don't have a satnav. Consequently, they are less likely to cause an accident as a result of not knowing where they are going.

B

In my point of view, mobile phones and cars don't go together at all. Some people claim that hands-free phones are a good solution, but many accidents are caused by lack of attention, and even if you're not holding your phone, you're still distracted and more prone to causing an accident. Even navigation apps are risky because looking at the map could be enough to cause an accident. For many people, it is also true that, if the phone is at their reach, they might find it too difficult not to check it from time to time, and most people don't realize the risk in taking their eyes off the road even for a couple of seconds. Consequently, to my mind, drivers should definitely put their phones away before they go behind the wheel. Those who are caught texting while driving should be permanently banned from driving.

2 Now do Exercise A in the Activity Book.

1 Read the article below. What would be the best title for it?

- a How to win a gold medal at the Paralympics
- b An incredible story of Paralympic determination
- c Following dreams at all costs

Najla Imad Lafta was a happy little Iraqi girl who waited patiently at her doorstep for her father, Mr Imad Lafta, to come home from work. One day, however, when Najla was only three years old, disaster struck: a bomb attached to her father's car went off when Najla Imad Lafta was nearby. She was rushed to hospital and survived the shameless attack, but she lost much of her right arm and both legs.

With the love of her parents and siblings and the support of the Iraqi healthcare system, which provided the necessary treatments and medication to help her, Najla Imad Lafta grew up and adjusted to life in a wheelchair. She went to school and did most things other girls her age did but still longed to run around like the other children.

At the age of ten, her life would change a second time: she discovered table tennis. Even though she had to train to use her left hand to hold the racket (she was born right-handed), she practised tirelessly and soon became very skilled at the sport.

Najla started taking part in competitions, and with hard daily practice, she continued improving her game. She earned a place in the Iraqi Paralympic team aged only 12, when she started receiving support like a small salary and equipment, including prostheses. These



proved useful for her because she was able to play standing, which made a big difference to her game. At the age of 16, Najla became the youngest table tennis player to qualify for the Tokyo 2020 Paralympics and won gold at the 2022 Asian Para Games.

In 2024, at just 19 years old, she faced her biggest sporting moment: the Paris 2024 Paralympics. She played skillfully, defeating the main names in the sport and reaching the final against Tokyo 2020 champion Maryna Lytovchenko from Ukraine. In an exciting match, Najla successfully beat her opponent by three sets to one, winning the gold medal she wanted so much and writing her name in history books.

In an interview before setting off to Paris, Najla said 'Never stop, nothing is impossible. With our determination and resolve, we can achieve what we want and make our dreams a reality.'

2 Now do Exercises A to D in the Activity Book.

 Here are some of the things you practised in Unit 1. Discuss each item with a partner. Take it in turns to give another example.

Talking about minor health problems

- I've got a really bad **sore throat**.
- Hamzah **twisted his ankle** playing volleyball.

Telling a story using past simple and past continuous

- I **was cycling** to school when a car nearly **hit** me.
- Samira **got** hurt because she **wasn't wearing** a seat belt.

Using phrasal verbs

- Most smokers **take up** the habit when they are young.
- You should really **give up** vaping. It's a terrible habit!

Talking about past habits using *used to*

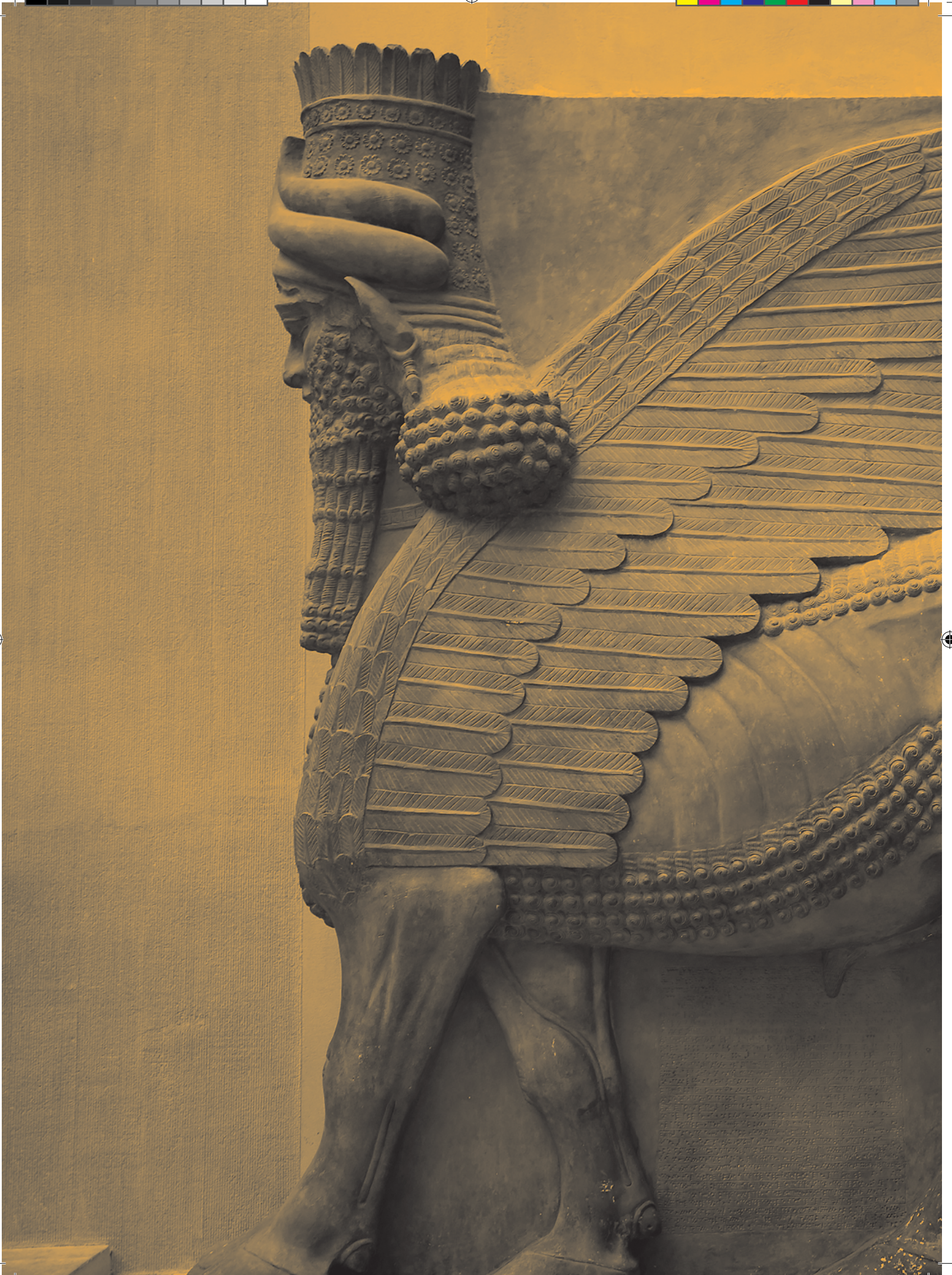
- Do you remember Huda? She **used to live** down the road from us.
- I **didn't use to like** this band very much, but now it's my favourite one.

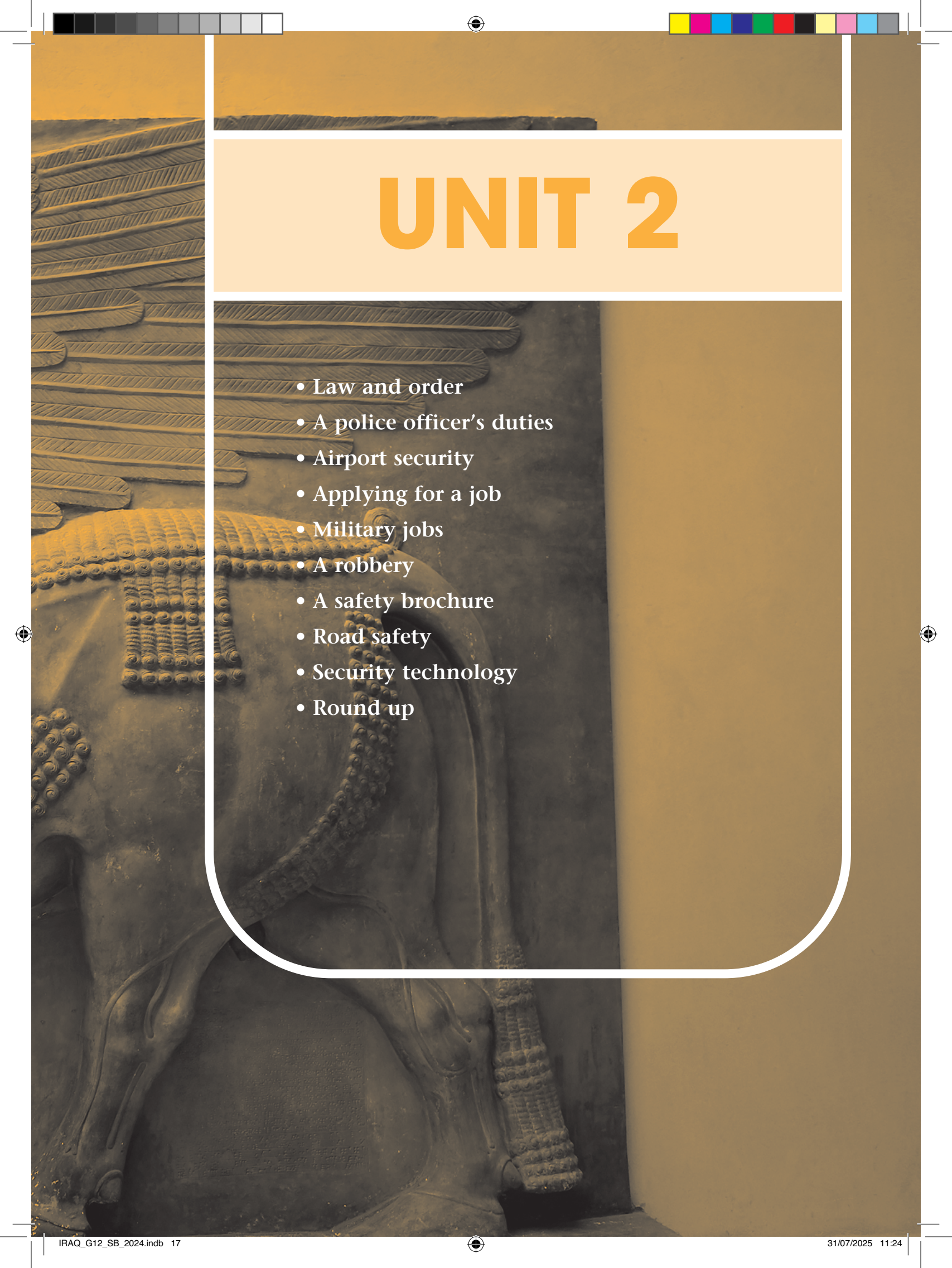
Organizing ideas using linking phrases and functions

- **In my opinion**, parents should teach their children a healthy lifestyle.
- **Last but not least**, there's the matter of safety.



Now do Exercises A to G in the Activity Book.





UNIT 2

- Law and order
- A police officer's duties
- Airport security
- Applying for a job
- Military jobs
- A robbery
- A safety brochure
- Road safety
- Security technology
- Round up

Unit 2

Lesson 1
AB 28-29

Law and order

1  Match the words and the photos.

- | | | |
|-------------------|-------------------|------------------|
| 1 footprint | 4 metal detector | 7 crime scene |
| 2 fingerprint | 5 X-ray machine | 8 speed limit |
| 3 radar speed gun | 6 security camera | 9 security guard |



2  4 Now listen to two people talking. Which speaker is ...?

- a a police officer
- b a driver

3 Now do Exercises A and B in the Activity Book.

A police officer's duties

Unit

2

Lesson 2
AB 30-31

1  What does a police officer do? With a partner, list as many activities as you can think of in two minutes.

2 A police officer has given a talk to a school class about his job. As part of the talk, he gave out an information pack to the students. Read the extracts from the information pack below. What activities does he mention? How many are the same as your ideas?



A **People have to follow the law** so that we can all live together safely. There are a lot of different laws, so police officers have a lot of different duties. Some officers direct traffic to make sure that drivers can use the roads easily and without having accidents. They also use radar speed guns to identify people who are driving too fast. This is very important. **Drivers mustn't speed** because speeding is one of the leading causes of death on the road. Police officers also check that drivers and passengers are wearing their seat belts. Some people get angry because they don't like to wear them, but seat belts can prevent serious injuries if you have an accident. So remember, when you get into a car, **you must wear your seat belt!**



B Of course, police officers also investigate crimes like robberies. When there has been a crime, police officers are sent to the place where it happened. **They need to look for evidence**, like fingerprints and footprints, which can be used to identify and arrest the criminal. Of course, **they don't have to recognize** the fingerprints themselves! There are fingerprint experts who do that. Police officers also have to ask a lot of questions. They interview witnesses who they think might have information about the crime. Witnesses can help the police by telling them what a criminal looks like or what time a crime was committed.

C Police officers try to prevent crimes as well as solve crimes. They often watch places where they think crimes are likely to happen. For example, crowded areas attract pickpockets who try to steal people's wallets. Shops that sell expensive items also attract thieves. But police officers also help people with everyday problems. For example, if you're lost, **you needn't worry**; you can just ask a police officer for directions!

3 Now do Exercises A to F in the Activity Book.

Airport security

- 1 Look at the photos. Which places do you go to before boarding a plane? Which do you go to after getting off? What happens in each place?
- 2 6 Listen and check your ideas. Now do Exercise A in the Activity Book.



Would you put your bag on the conveyor belt, please?

Could you empty your pockets, please?

Shall we get some magazines before boarding?

Let's get some drinks, too.

I'll stay here with the bags if you want.

Can you get me an orange soda?

You should always have your baggage with you.

- 3 Look at the sentences from the dialogues. Which ones are used to ...?
- make a polite request
 - make a suggestion
 - give advice
 - make an offer
- 4 Now do Exercises B to E in the Activity Book.

- 1 Look at the job advert below. Where can you find adverts like this one? Now read the advert more carefully and do Exercises A–D in your Activity Book.

SAFETASK SECURITY

is looking for friendly, reliable

Security Guards

for malls, factories and office bldgs.

We are the world's best security co. You must:

- be 18 yrs. or older
- be avail. at wknds.
- be fit
- be comp. literate
- spk. Engl. and Arab.
- have a driving lic.

No exp. necessary. Hours 6 a.m.–3 p.m. You will work with a partner and have freq. contact with the public.

If interested, please phone Mr Hazem on 454-7986 for an appt.



should/shouldn't for expectation Grammar and Functions Reference p.89

- Look at the sentences from the conversation and answer the question.
Samir: That's fine. I enjoy talking to people.
Mr Hazem: Then you should enjoy the job.
Mr Hazem: Good, I'll send you the directions by email. They're very clear.
You shouldn't have any trouble finding us.
- When Mr Hazem says '*Then you should enjoy the job,*' what does he mean?
a It's a good idea to enjoy the job.
b I think you will enjoy the job.
- Use *should* and *shouldn't* to say what you expect will or won't happen.

- 2 Now do Exercise E in the Activity Book.

Military jobs

- 1 Look at the photos. Which of the jobs looks the most interesting? Which do you think you can do in the military?

Have you ever thought about joining the military?

There are many different military jobs, so you should be able to find one that's right for you. The military has three **branches**: the Land Force, the Navy and the Air Force. If you choose the Land Force, you can help protect the country from the ground. In the Navy you can work on or with the ships that protect our waters. If you like aircraft, you can **join** the Air Force and work with airplanes and helicopters. You must be 18 years old to join.

Not all jobs in the military involve fighting. For example, there are many interesting jobs for people with a technical background. If you are interested in computers, you can become a computer specialist. The military needs computers to keep and organize information about many things, such as the weather and temperature. And it needs people who know computers to **install** and **maintain** the software and hardware.

There are also non-technical jobs in the military. Drivers are usually needed to transport food and equipment from one place to another. You might have to use a radio, but you needn't be very technical. But you do have to be in good physical condition. Driving a military vehicle is not like driving your car on the road! You must be able to drive off the road and in bad weather conditions.

Most people want a chance to get a better job if they are good at what they do. In the military, you can take a test to become an **officer**. Officers have more responsibility and more difficult jobs, but many people think those jobs are also more interesting. Officers can do many different jobs, too: they can pilot airplanes, **supervise** computer technicians or even be doctors at the army base.

You don't have to have a lot of experience when you join the military. When you start, you spend a lot of time learning new things in a classroom. Then you get a lot of practice using your new skills. The things you learn are not only useful while you are in the military but can be useful outside, too. This means that when you leave the military, your training can help you find a **civilian** job.



- 2 Now do Exercises A to D in the Activity Book.

A robbery

Unit

2

Lesson 6
AB 38-39

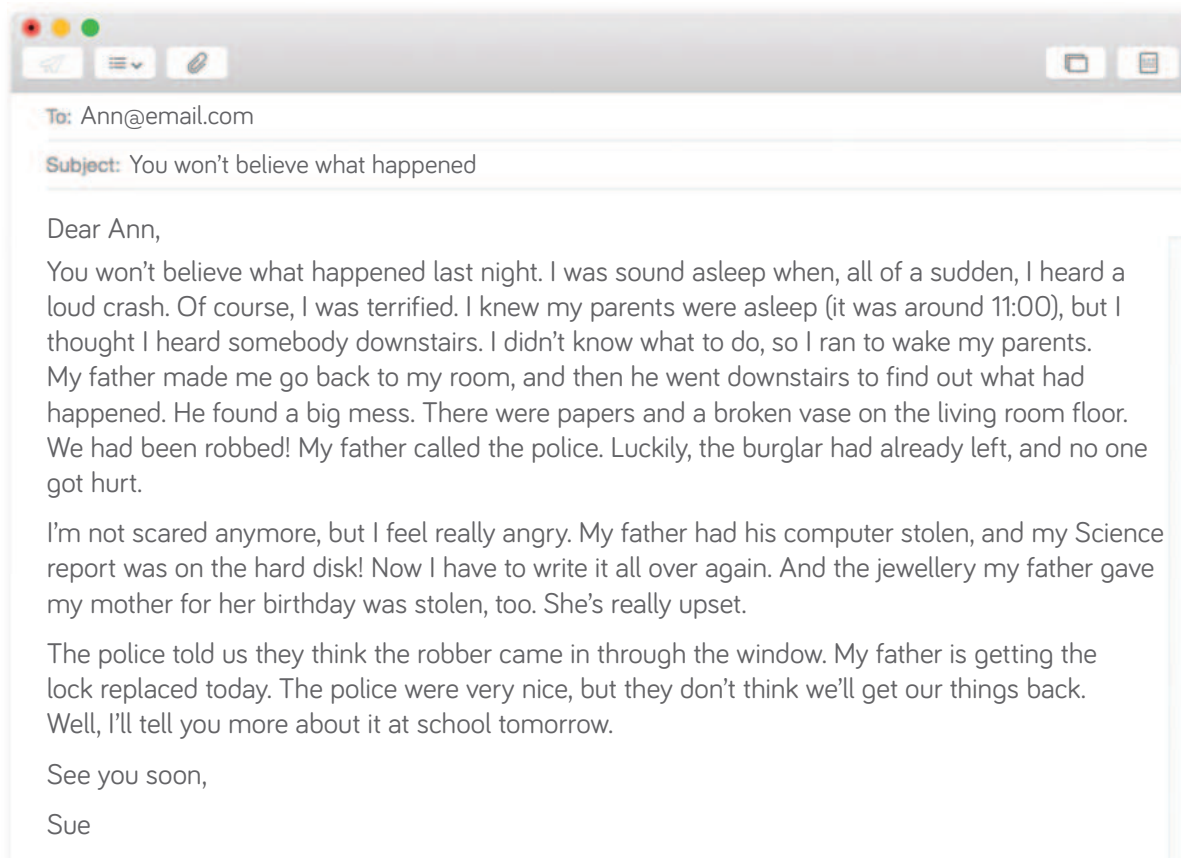
1 Skim the two texts. Are they about the same or different events?

A robbery occurred last night at 11:00 at 305 Park Drive. The owners of the house, Mr and Mrs Smith, were at home and asleep at the time of the robbery. Money, jewellery and a computer were stolen, but no one was injured.

At 11:15, police were alerted by Mr Smith, who says his daughter, Sue, woke him up after hearing a loud noise. When he went downstairs to investigate, he found a broken vase on the floor. He then realized his computer was missing and immediately called the police.

The police believe the robber may have got in the house through a window. A witness told the police she had seen a tall man in a dark blue jacket run out of the house and drive away in a red car. The police haven't arrested anyone for the crime yet. None of the missing property has been found.

This was the fifth robbery in town this year, and police think the same man may be responsible. They are reminding homeowners to lock their doors at night and keep ground floor windows closed.



2 Now do Exercises A to D in the Activity Book.

A safety brochure

- 1 Skim the paragraphs from a safety brochure published for the public by the Police Department. What is its purpose?
- a to give information about different types of crime
 - b to persuade people to take security measures in their home
 - c to sell burglar alarms

EVERYONE SHOULD THINK ABOUT HOME SAFETY

Why should you think about home safety? Every year, hundreds of people have their homes robbed. Thieves take money, jewellery, computers and even television sets. Then they sell them again, often to people who don't realize they are buying stolen property. Many people have insurance that pays for things that get stolen. But some things can't be replaced. For example, jewellery can have sentimental value. And if you get your computer stolen, you could lose hours of work on your hard disk.

Basic measures: windows, doors and locks

What are the most important things for home safety? Good windows, doors and locks are extremely important. Many thieves come in through open windows. Make sure your windows have good locks, and lock them when you go out. Burglars can hide behind trees and bushes, so don't plant any near your windows.



Get good locks for your doors, too. Some are unbelievably easy to open without a key for an experienced burglar. They can open your door with a bank card or a paper clip! But a good lock is almost impossible to unlock without the key. A good door is also essential. Make sure your door is solid. Have your house examined by an expert, who can tell you if you need to make your house more secure.

- 2 Now do Exercises A to D in the Activity Book.

1 Look at the photos. What driving rules do you think they represent?



2 Hamzah is having his first driving lesson. Listen to the dialogue. Number the photos in the order they are mentioned.

3 Try to remember all the recommendations the instructor gave Hamzah. Use the phrases below.

Never forget to ...

You've got to ...

Always remember to ...

Make sure you ...

It's always better to ...

You really ought to ...



4 Now do Exercises A to E in the Activity Book.

Security technology

1 Find ...

- a one number.
- b at least five useful linking words and phrases.
- c three vehicles.
- d a word that means 'rain, snow, sunny or cloudy'.

RADAR

Radar was invented during World War II to detect enemy aircraft and ships. After that, it was used for many other things, including weather prediction. Police officers started using radar speed guns to catch speeders over 70 years ago. Although new technology like speed cameras are also in use today, radar speed guns are still one of the most common tools in law enforcement.

A radar speed gun works by sending radio waves towards a car. When the waves hit the car, they bounce back towards the radar gun. If the car isn't moving, the radio waves are the same as when they were sent. If the car is moving, however, the space between the radio waves changes. The radar gun uses this information to calculate the speed of the car. Radar guns work when the car is moving towards or away from them. So you can't avoid a ticket by speeding away!

There are different types of radar guns. Some are hand-held and are shaped a bit like guns. They can be used by police officers who are waiting for speeders by the side of the road. Police officers can also use them from moving vehicles. In that case, the radar gun takes into account the speed of the police vehicle, too. Some radar guns can take a picture of a car's number plate as well as measure its speed. With this type of radar gun, police don't have to stop the speeding car. They use the information on the number plate to identify the owner of the car. They then send him or her a speeding ticket.

Some drivers try to avoid radar guns so that they won't get tickets. They use radar detectors that detect if a radar gun is being used nearby. These machines make a beeping sound when they detect a radar gun, and the driver slows down. However, some police officers don't turn on their radar guns until they see a car that they think is speeding. If that happens, the radar gun measures the driver's speed before the driver even knows the radar gun is there. Another problem is that, in some places, radar detectors are illegal, and you can get a fine for having one.

There are also apps that use information reported by other drivers to let you know when there's a police officer with a radar gun or a speed camera, but they're not always reliable. The best way to avoid a speeding ticket and stay safe, therefore, is to drive under the speed limit.

Some people claim radar guns can make mistakes and that drivers get tickets when they shouldn't. However, there aren't many mistakes if the radar guns are used correctly and police officers are trained to use them properly. There are also rules about radar gun maintenance. If the radar guns are checked and fixed regularly, they are an essential tool in helping keep our roads safe.



2 Now do Exercises A to E in the Activity Book.



Round up

Unit

2

Revision
AB 46–47



Here are some of the things you practised in Unit 2. Discuss each item with a partner. Take it in turns to give another example.

Talking about rules using *have to*, *must* and *need to*

- You **need to wear** a seat belt, even if you're in the back.
- You **mustn't use** your phone while driving.
- You've **got to** focus on the road; don't get distracted!

Giving advice, and making polite requests, suggestions and offers

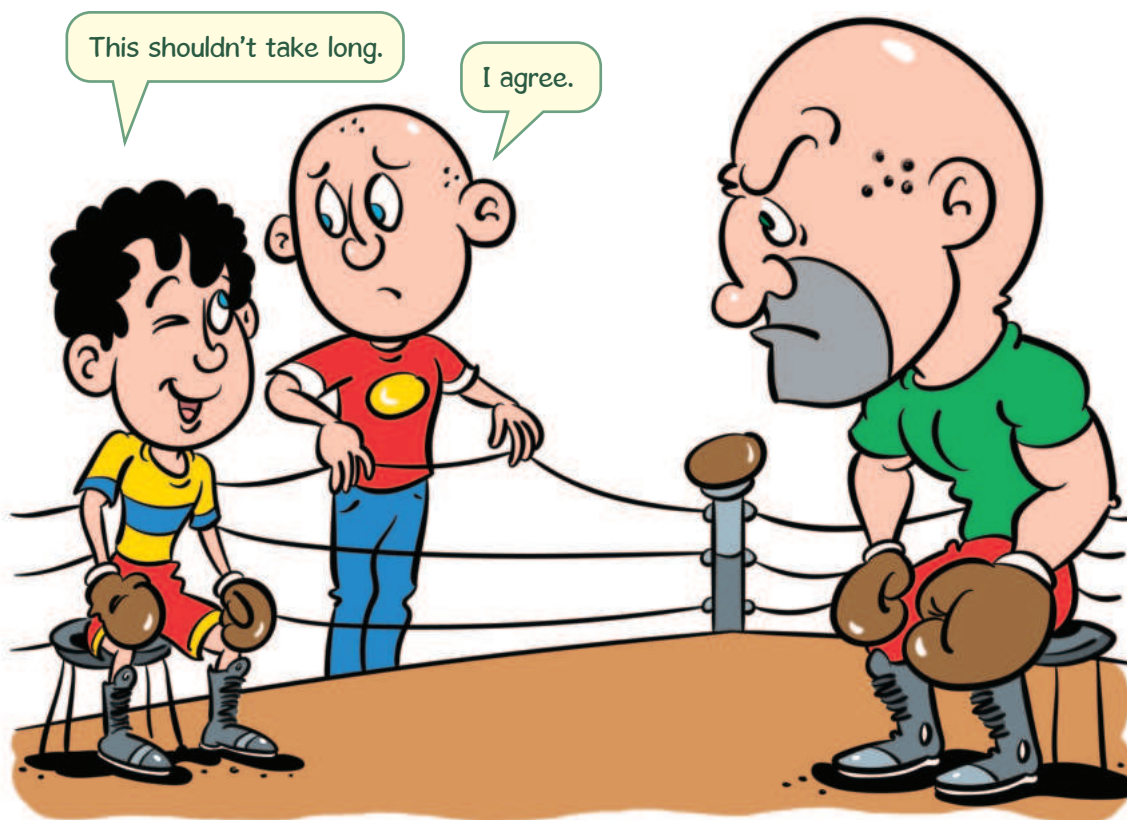
- I'll pack our bags **if you want**.
- **Shall we** take only hand luggage to save time at the airport?

Talking about expectations using *should* and *shouldn't*

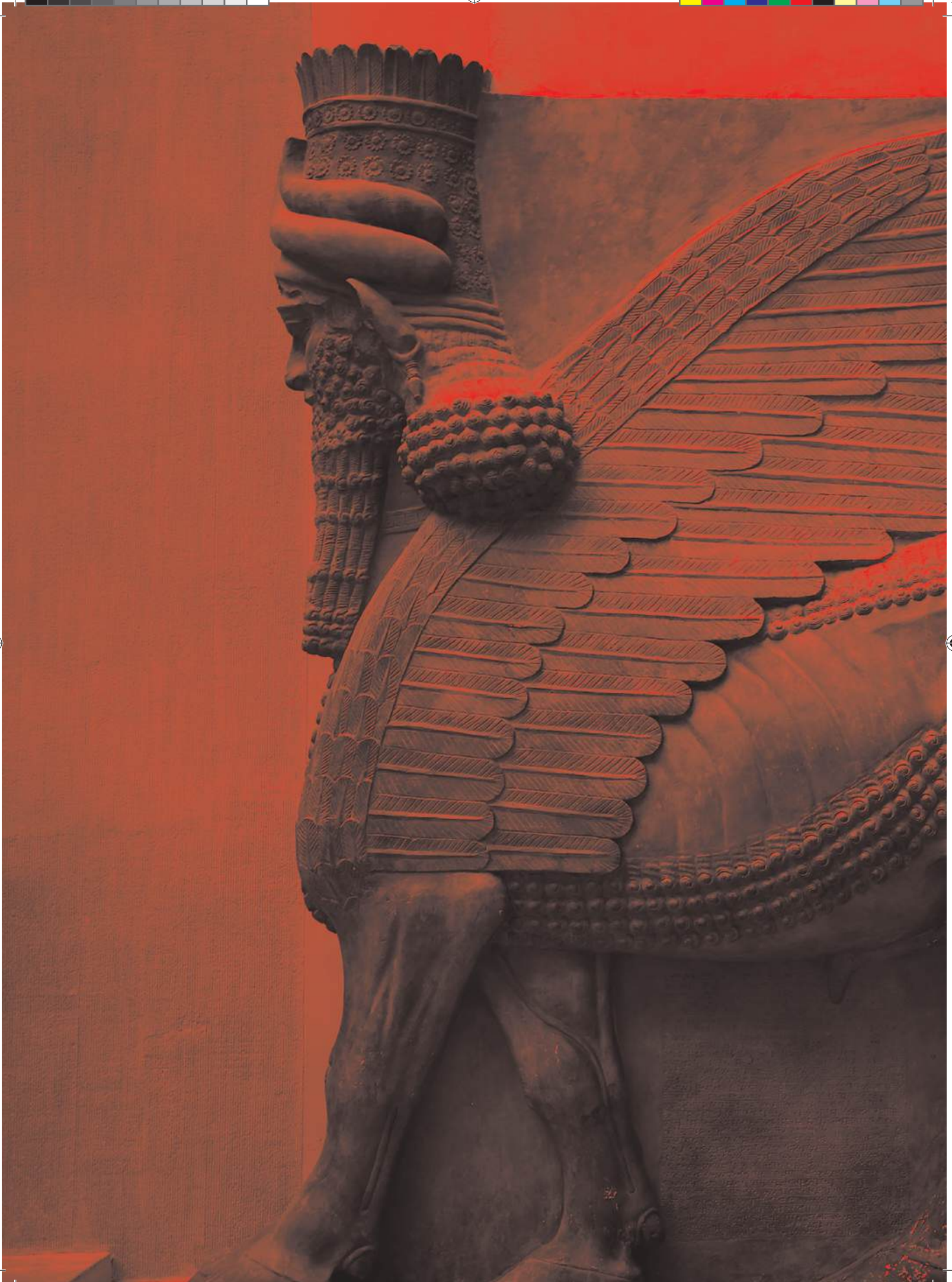
- I'll be back soon; it **shouldn't take** long.
- This **should be** easy for you; you've done it lots of times already.

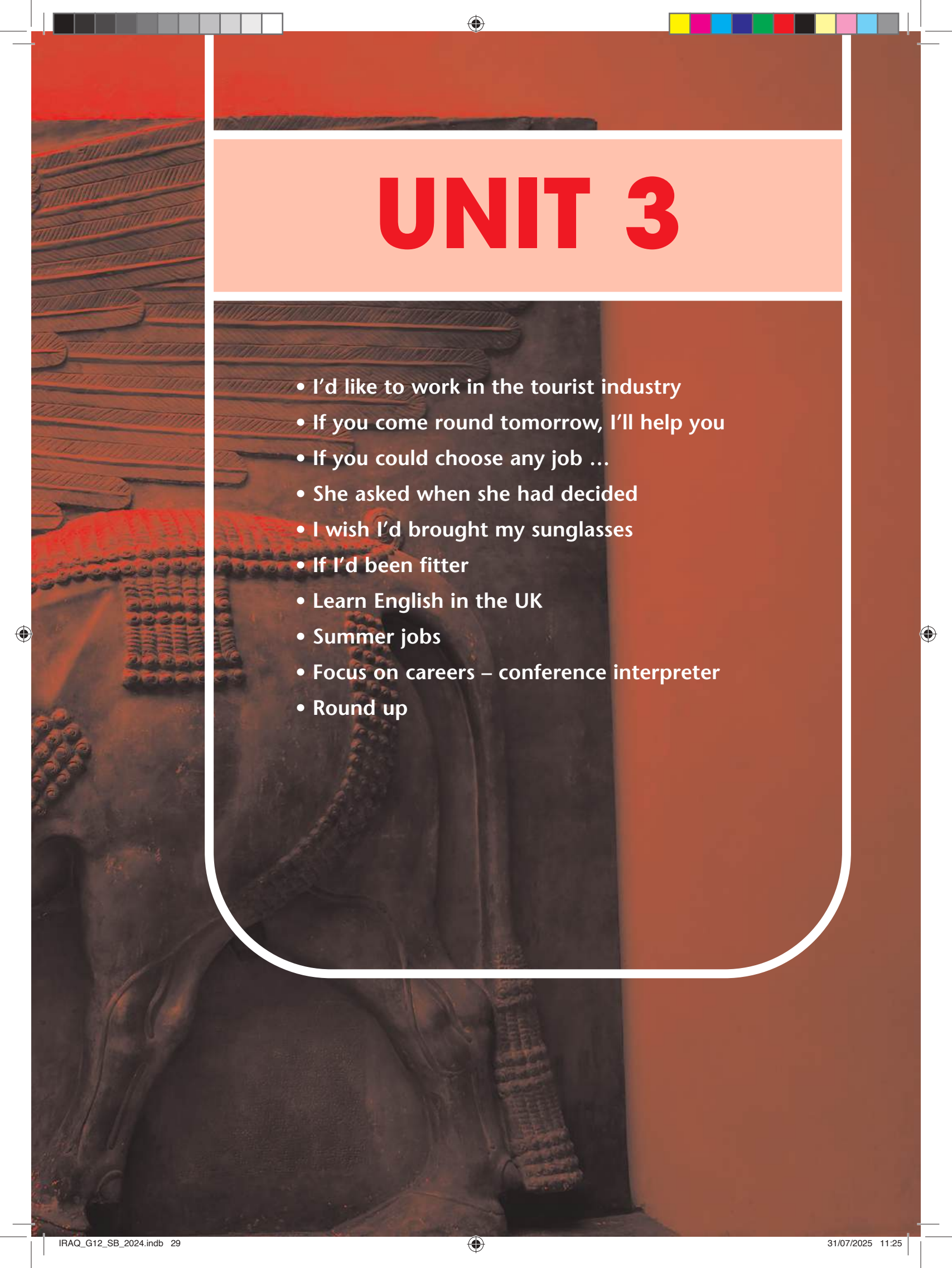
Using phrases to talk about recommendations

- **Make sure** you signal that you are going to turn.
- **It's always better to** do a safety check on your car before your travel.



Now do Exercises A to E in the Activity Book.





UNIT 3

- I'd like to work in the tourist industry
- If you come round tomorrow, I'll help you
- If you could choose any job ...
- She asked when she had decided
- I wish I'd brought my sunglasses
- If I'd been fitter
- Learn English in the UK
- Summer jobs
- Focus on careers – conference interpreter
- Round up

Unit 3

Lesson 1
AB 52-53

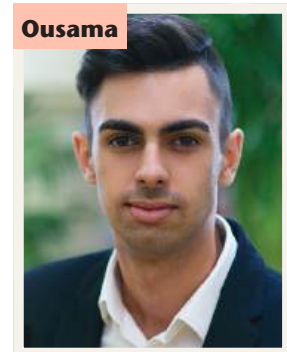
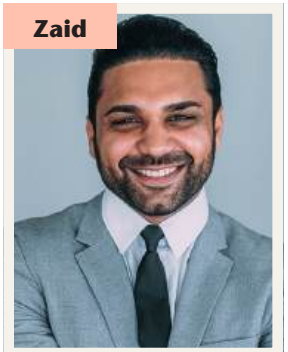
I'd like to work in the tourist industry

1 **AB** Match the careers with the photos.



- | | | |
|-------------------------|--------------------------|------------------------|
| a architecture | e fine art | i the oil industry |
| b the aviation industry | f information technology | j scientific research |
| c engineering | g the media | k teaching |
| d the environment | h medicine | l the tourist industry |

2 **9 AB** Listen and match each speaker with a career from the list above.



3 Now do Exercises A to C in the Activity Book.

If you come round tomorrow, I'll help you

Unit

3

Lesson 2
AB 54-55

- 1 **AB** Ramiz is having an interview with a careers adviser at school. Complete the conversation with the correct words from the box.

career conserving environment involve
qualifications Science university

Adviser: What would you like to do when you finish studying?

Ramiz: I'm not sure yet. But I'm very interested in ecology and the ¹.

Adviser: If you're good at ² and Geography, there are lots of jobs to choose from.

Ramiz: I love them both. They're my favourite subjects.

Adviser: Well, how about a ³ in water technology? That's really important in this country.

Ramiz: What exactly does water technology ⁴?

Adviser: If you work in water technology, you look for ways of ⁵ water and purifying it.

Ramiz: Yes, I'd like to work in the water industry. Water conservation and purification are really important in this country. What kind of ⁶ do I need?

Adviser: First of all, you need to get a degree. You could choose from Environmental Science, Geology or even Engineering.

Ramiz: Which ⁷ offers those courses?

Adviser: I have to check. If you come back next week, I'll have the answer.



- 2 **10** Now listen and check your answers.

- 3 Find examples of conditionals in the conversation.

Zero and first conditional Grammar and Functions Reference p.89-90

• Zero conditional

Plants *die* if you *don't water* them.

The verb in both clauses is in the present tense.

• First conditional

If you *come round* tomorrow, *I'll help* you with your application.

The verb in the *if* clause is in the present tense.

The verb in the other clause is in the future tense.

- 4 Now do Exercises A to C in the Activity Book.

If you could choose any job ...

1 Listen and read. Then answer the questions.

a What is Maryam going to study?

b What career would she prefer to have?

Cathy: If you could have any career in the world, what would you choose?**Maryam:** I'd like to be a **pilot**.**Cathy:** Do you think that dream is ever going to come true?**Maryam:** No, I don't. It's just a dream. My parents wouldn't approve of it. They want me to train as a doctor.**Cathy:** What if you refused?**Maryam:** Are you joking? They'd be really upset if I refused.**Cathy:** But it's your dream.**Maryam:** I know. But I could never be a successful **pilot**, anyway.**Cathy:** What do you mean?**Maryam:** If I was a **pilot**, nobody would **fly with me**.**Cathy:** Why not?**Maryam:** Because I'm a **bit scared of heights**!**Cathy:** If I were you, I'd train as a doctor and **have flying lessons in my free time**.**Maryam:** What free time? Medical students don't have any free time!

2 Now do Exercise A in the Activity Book.

Second conditional Grammar and Functions Reference p.89–90

- We use the second conditional to talk about unreal situations.

*If I **had** enough money, I **would** go to Britain to study.**If she **studied** harder, she **would** pass her exams.**If I **were** you, I'd apply to two or three colleges.***If clause****main clause***If + past tense,**'d/would/could/might + verb stem.*

3 Find examples of the second conditional in the above conversation.

4 Now do Exercises B and C in the Activity Book.

She asked when she had decided

Unit

3

Lesson 4
AB 58-59

- 1 Read the interview, and then cover your books. Say three facts you can remember about Zaha. Take turns telling the class.

MEET ONE OF THE MOST POPULAR ARCHITECTS IN THE WORLD!

This week **Latifa Ahmed** interviews **Zaha Hadid**, London-based Iraqi architect



When did you decide to be an architect?

It has been my dream since childhood.

Why have you had this dream?

I am fascinated by the design and structure of buildings. I wanted a career that I would enjoy and that would be useful.

Can you tell me more about your background?

I was born in Baghdad and studied Mathematics at the American University of Beirut. Then I moved to London and studied Architecture. I opened my own practice there in 1979. I also started to teach Architecture students in famous universities like Harvard.

What kind of buildings are you famous for?

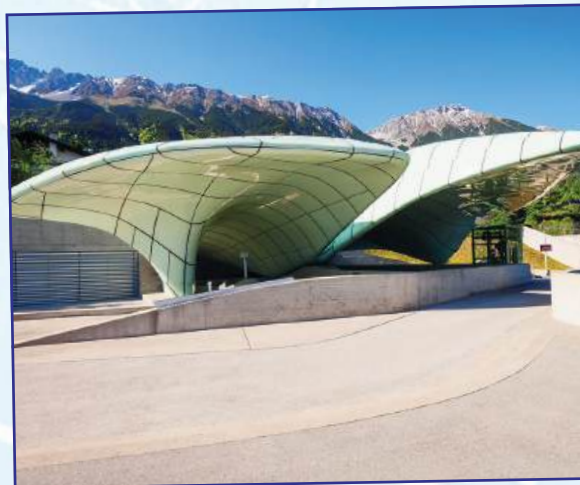
I like very modern designs, so probably my most futuristic buildings.

Have your designs won any prizes?

Yes, the Pritzker Prize in 2004 – I was the first woman ever to win this – and the Stirling Prize in 2010 and 2011.

Can Iraqi women always be as successful as men in their careers?

Of course. Any Iraqi woman can succeed in her chosen career if she works hard enough.



- 2 Now do Exercises A to C in the Activity Book.

I wish I'd brought my sunglasses

1 **AB** Match each sentence with a photo.

a I wish I'd brought my sunglasses with me.

d If only I hadn't tripped over that rock.

b I wish I'd remembered to turn the oven off.

e If only he hadn't tried to overtake that car.

c I wish I'd listened to the weather forecast before I left.

f If only you'd checked the oil before we left.

2 **AB** Read the driving test report after Sajida failed her driving test. Then write her regrets.

I wish I'd learnt the Highway Code.

DRIVING TEST REPORT

Name: Sajida Shreida

1: hadn't learnt the Highway Code

2: drove through a red light

3: did not slow down at a crossroads

4: parked illegally on the pavement

5: exceeded the speed limit

6: hit a tree when reversing

7: drove into the back of a parked car

3 Now do Exercises A to C in the Activity Book.

If I'd been fitter

Unit

3

Lesson 6
AB 62-63

- 1 Listen to a movie director talking about finding the right career. He is explaining what happened when he tried other jobs. Complete the captions under each picture.



I started training to be a doctor, but ...



I tried being a policeman, but ...



I wanted to be a pilot, but I failed the eye test.



I considered studying engineering, but ...



I wasn't a good tour guide because ...

- 2 Now do Exercise A in the Activity Book.

Third conditional Grammar and Functions Reference p.89-90

- We use the third conditional to talk about unreal situations in the past.

If I *had passed* the test, I *would have become* a pilot.

(= But I didn't pass, it so I didn't become one.)

- We can also use the third conditional to express regret about the past.

If we *had trained* harder, we *might have won* the match.

(= But we didn't train hard, so we didn't win.)

The verb in the *if* clause is in the past perfect tense. In the main clause, we use *would have* or *'d have*, *might have* or *could have* + the past participle.

- 3 Now do Exercises B and C in the Activity Book.

Learn English in the UK

- 1  Complete the advertisement with the correct words from the box.
 13 Then listen and check your answers.

accommodation advice canteen courses experience experienced
 hostels level locations staff suit return

Learn English in the UK at Birchwood International College!



We have colleges in 24 different _____¹ across the country. Choose a busy city, where you can enjoy shopping, eating out and nightlife. Or opt for a village in the English countryside, where you will enjoy beautiful surroundings, lovely walks and a slower pace of life.



All our teachers are qualified and highly _____². Classes are small, which means that you will be sure of a high _____³ of individual attention. Our courses, which run throughout the year, are tailored to your needs, and our friendly _____⁴ are always on hand to offer expert _____⁵. Choose from _____⁶ of one week to three months' duration.



We offer a choice of accommodation to _____⁷ your needs. If you choose homestay, you will stay in an English home, which means you will have the opportunity to _____⁸ family life in Britain. You will also be able to practise your English in the evenings.



In 12 of our locations, you can choose residential accommodation. We have our own students' _____⁹ where we can offer comfortable _____¹⁰ in single rooms. Breakfast is provided, and students can buy other meals in the on-site _____¹¹.



Download an application form from www.birchwoodcollege.org.uk, and _____¹² it with a recent passport photo to Birchwood International College, PO Box 222, Truro TR22 9DR.

- 2 Now do Exercises A to C in the Activity Book.

Summer jobs

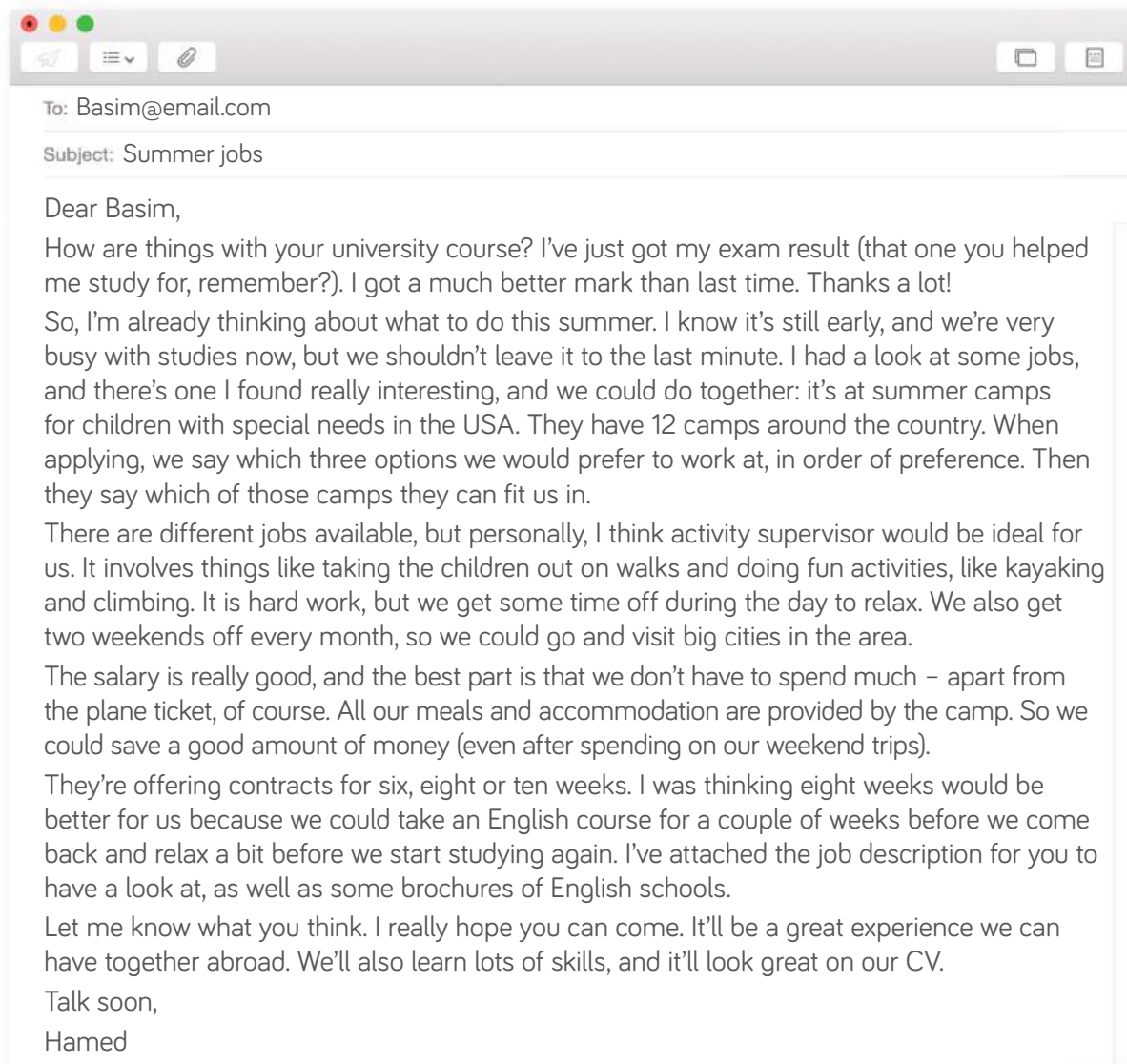
Unit

3

Lesson 8
AB 66–67

1 Read the email below. Why did Hamed write to Basim?

- a to arrange to go camping together
- b to offer to help Basim with his studies
- c to invite Basim to do a summer job together



2 Which sentences below are correct according to the email?

- a Hamed has improved his grades because of Basim's help.
- b They can choose exactly which of the 12 camps they want to work at.
- c They have to work every day during the contract.
- d The camp will give them food and a place to sleep for free.
- e Hamed prefers to work for ten weeks to earn more money.
- f Hamed thinks the experience will be good for their professional future.

3 Now do Exercise A in the Activity Book.

Focus on careers –
conference interpreter

1  What do you think working as a conference interpreter is like? Discuss the following topics in pairs. Then read the text to check.

- Equipment they use
- How they prepare
- What qualifications are needed
- How much they earn
- Skills they need to have

The place is the Hilton Hotel, Abu Dhabi, and the annual Arab Oil Industry Conference is about to break for lunch. Samira Al Mahmoud, who has been interpreting from English to Arabic, removes her headphones.

Asked how she prepared for this conference, Samira says, 'I knew the topic was oil, so I read about the subject to get familiar with the technical terms. You can't use a general word like 'the ground', for example, when you actually mean 'the source rock.' In my work, it's very important to listen to the news every day and read the newspapers. That way, you have good general knowledge and know what is going on in the world. Some interpreters read three or four newspapers a day.'

Samira was born in Britain, but her parents are both from Iraq. Samira grew up speaking Arabic at home but English at school. After leaving school, she did a degree in Arabic at the University of London and then a nine-month postgraduate course in conference interpreting. There was a lot of competition to get onto the course. And the course was very difficult. In fact, only 50% of the students who were accepted passed their final diploma exams.

Samira, like most conference interpreters, works freelance. She only works when she wants to and for the organization that she wants to work for. She often works for the UN in New York and Geneva, and the World Bank and UNESCO in Paris. She earns around £450 a day. 'The amount you get depends on who you are working for and how many of you are working. It's less stressful if there are two of us in the booth. Then we can take turns. I interpret one speech, and then a colleague does the next. This morning, whenever the speaker said figures like \$250,398,462 or 85,637 barrels of oil, my colleague wrote them down, so I didn't have to memorize them.'

Samira says that remaining calm under pressure is the most important quality in an interpreter. It's important to convey the sense even if you can't think of a particular word. 'Sometimes you will be feeling bad because you know the word. It's on the tip of your tongue, but it just won't come to you.

But you mustn't waste time trying to remember it. If you do, you will miss the rest of the speech.'

Samira says it's also important to be able to think fast. She explained why. Most interpreters only go into one language. Samira's active language is Arabic, but very occasionally, she goes into English. Recently, she was translating from Arabic to English for an Iraqi speaker on TV. Speaking in Arabic, he said, 'Akl il-inab habba habba' – words which translate literally into English as 'Grapes are eaten one by one.' But this literal translation wouldn't have been clear to English listeners. Thinking quickly, she translated the phrase into English as 'One step at a time.'

Even if you have lived all your life in Iraq and don't come from an international family like Samira's, it is still possible to become an interpreter. Arabic is a language which is very much in demand, and if you can interpret from Arabic to English, you will never be out of a job. The way to train as an interpreter is to first get a degree in English and then do a postgraduate diploma in interpreting.

2 Now do Exercises A to E in the Activity Book.

 Here are some of the things you practised in Unit 3. Discuss each item with a partner. Take it in turns to give another example.

Talking about cause and results using zero and first conditional

- If I **go** to bed late, I **don't pay** much attention in class the next day.
- I'll **help** you tidy your room if you **want**.
- I **won't speak** to Noura again unless she **apologizes** to me.

Talking about unreal situations using second conditional

- If I **were** you, I'd **explain** what happened to the teacher.
- We **could buy** a new video game if we **had** a little more money.

Reporting questions

- Faisal asked me **whether** we **wanted** to meet him at the park after school.
- Aysha asked me **what** the homework for today **was**.

Talking about past wishes and regrets using *I wish* and *If only*

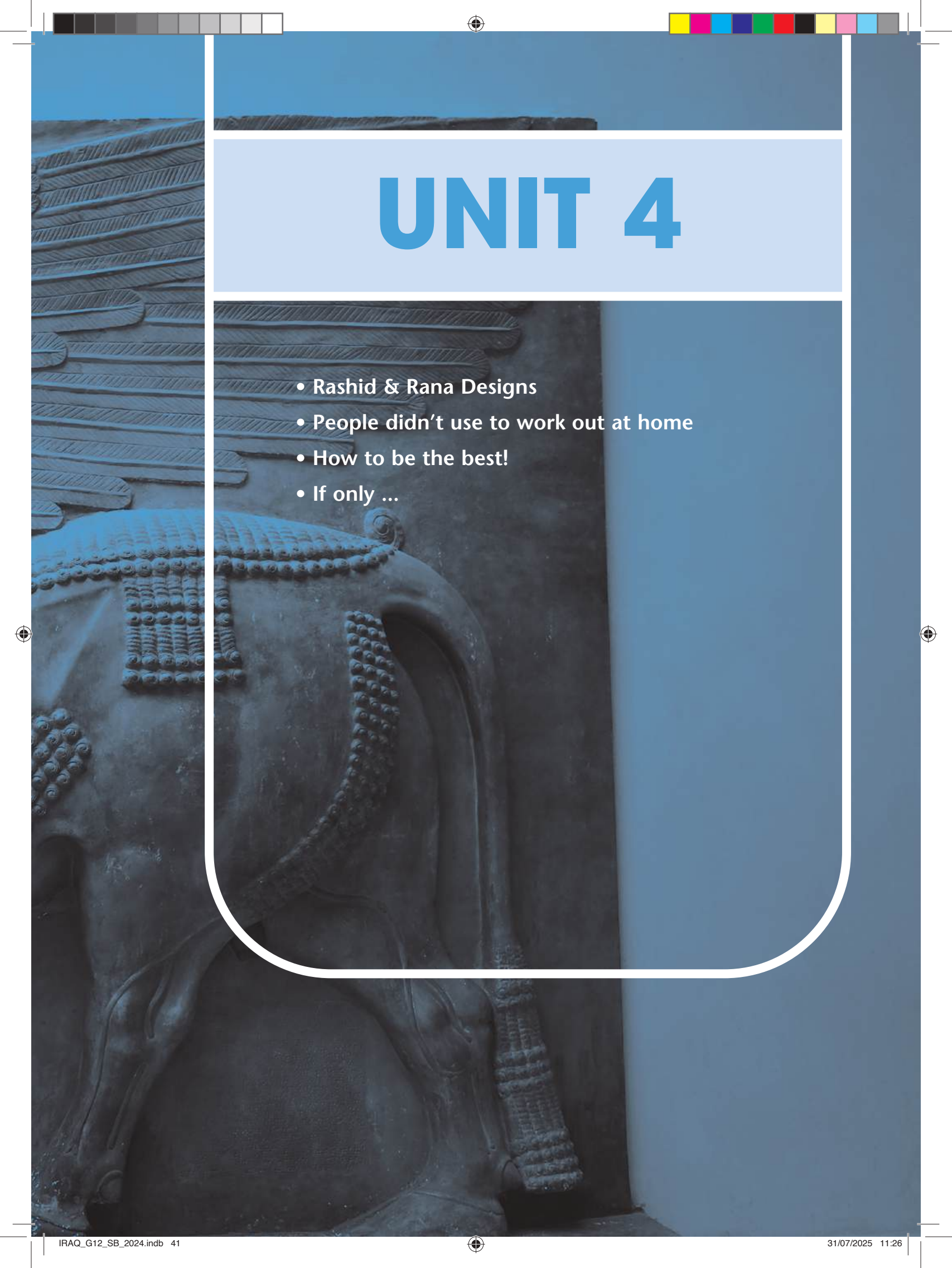
- I wish it **hadn't rained** so much earlier. The pitch is too wet to play.
- If only I **hadn't thrown** away the receipt.

Talking about unreal situations in the past using third conditional

- I **would have helped** you if you **had asked** me.
- If they **had won** this last match, they **would have gone** to the final.



Now do Exercises A to E in the Activity Book.



UNIT 4

- Rashid & Rana Designs
- People didn't use to work out at home
- How to be the best!
- If only ...

Unit 4

Lesson 1
AB 76-77

Rashid & Rana Designs

1 Complete the email with the correct words.

assistant business compete designer
flew flight produce sales signed



To: Bidor

Subject: My new business

Dear Bidor,

I'm sorry I haven't been in touch recently. This year has been really busy. My brother, Rashid, and I set up our own company last September. It's called Rashid & Rana Designs. We produce shirts and jeans. I am the _____¹, and Rashid does all the marketing. Our cousin, Salima, works as Rashid's personal _____².

We invested a lot of money in the _____³, so we are not yet making a profit. But _____⁴ are very good, and we are exporting a lot of clothes to the UAE, Oman, Bahrain and even the UK. Of course, it is difficult to _____⁵ with the Chinese market. They _____⁶ such cheap clothes in China. But our designs are very original. And they are very popular in the Gulf. So the future looks very bright, thank God.

Two months ago, we went to Lebanon and Morocco to choose cloth for our spring designs. We found some beautiful silk and cotton fabrics. And last month, we _____⁷ to London to show our new shirts at London Fashion Week. We had a great time. There was a lot of interest in our designs. We _____⁸ contracts with three London department stores. And a lot of rich and important people bought our silk shirts!

On our way back, guess who we saw at Heathrow Airport! We were waiting for our _____⁹ back to Baghdad when our old school friend, Muna Shakir, walked past with ... You will never guess! Ghassan Ahmed! Yes! Apparently, they got married two years ago. And they now have a beautiful little boy called Kamal.

Let's keep in touch. Come and stay with us whenever you like.

Lots of love,

Rana



2 14 Listen and check your answers.

3 Now do Exercises A to C in the Activity Book.

People didn't use to work out at home

Unit

4

Lesson 2
AB 78-79

- 1 What do you call these pieces of fitness equipment? Read the article and find their names.



Fitness tech

Technology is changing the way we exercise. In the past, people used to go to the gym to work out, but now the gym is going to people's houses!

Until a few years ago, people didn't use to have a gym at home unless they were very rich. But with new technologies and equipment, it's now easier to work out from home.

A good example of this are online exercise communities. In the past, you used to join a club if you wanted to cycle with others, for example. Nowadays, you can buy a stationary bike, have online lessons and work out with lots of people online, without leaving your house.

Fitness apps are another example of technology changing fitness. The first ones used to measure basic things, like distances and speed, but more modern apps now are able to measure a lot more, including how fast your heart is beating, how many calories you are burning and even how well you sleep.

So, is this the end for gyms? Experts say things are harder than they used to be for gym owners. They used to compete only with other gyms in the area, but now they also have to compete with online and home gyms. However, sports clubs that

also take advantage of the new technology will stay open.

Gyms now offer much more advanced technology than they used to. They are investing in devices that most people still can't afford to have in their homes. A good example is the workout mirror. People used to look at mirrors in gyms just to see how they looked while doing exercise, but now these hi-tech mirrors can actually teach you how to work out!

Another thing lots of gyms are using now is Artificial Intelligence (AI). AI systems allow gyms to have much more data about their clients and build an ideal workout plan for them, as well as check their progress. For this reason, it's also important for personal trainers to learn how to use these devices. Being good with technology didn't use to be a requirement for personal trainers, but now it's a key part of their job.

So what does the future of fitness look like? It's hard to say, but for sure, whether at home or at a smart gym, technology is going to continue to help you stay fit more and more.

- 2 Now do Exercises A to E in the Activity Book.

Unit 4

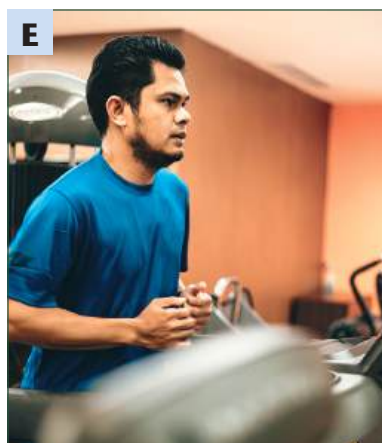
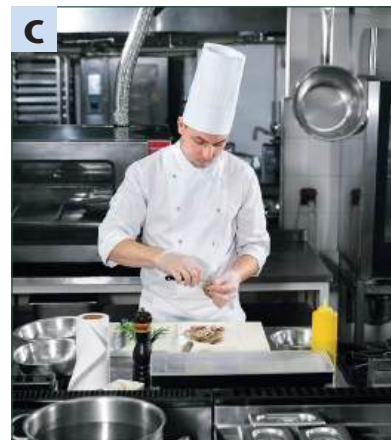
Lesson 3
AB 80-81

How to be the best!

1 Match the sentence halves.

- | | |
|---|--|
| 1 If you want to have a successful restaurant, | a you don't have to pay for plane tickets. |
| 2 If you want to make a good impression at a job interview, | b you have to be ambitious. |
| 3 If you want to have a successful party, | c you should turn your mobile off. |
| 4 If you want to be successful in business, | d you must employ a good chef. |
| 5 If you want to be a good secretary, | e you need good computer skills. |
| 6 If you want to be healthy, | f you must do a lot of exercise. |
| 7 If you work for an airline, | g you should dress well and be punctual. |
| 8 When you are in a meeting, | h you should make sure there is plenty of good food. |

2 Match six of the sentences with the pictures.



3 Now do Exercises A to D in the Activity Book.

- 1** **AB** Read about three people with regrets. Match sentences 1-9 with the correct people.

A



Fouad Salim is captain of a football team in Baghdad. His team has just lost a big match.

B



Khadija Nasser has just been to an interview for a job with an oil company. Unfortunately, she didn't get the job.

C



Nizar Ibrahim has just crashed his friend's new motorbike. It will cost a lot to repair it.

1 I wish I'd arrived earlier and been more relaxed.

2 I wish I hadn't gone so fast down that hill.

3 I wish I'd made them train harder.

4 I'd have got the job if I hadn't been so nervous.

5 If only I'd seen that hole in the road.

6 If only Hasan hadn't got a red card.

7 We'd have won if we'd trained harder.

8 If only I hadn't done so badly on the typing test.

9 This wouldn't have happened if I'd slowed down.

- 2** **AB** Use each question to make one sentence with *I wish* and one sentence using the third conditional.

- 1 Why didn't I ask Hisham to be in the team?
- 2 Why didn't I find out more about the company before the interview?
- 3 Why did I ride my friend's motorbike?
- 4 Why didn't I check the brakes before I left home?
- 5 Why did I forget to tell them about my previous experience?
- 6 Why didn't I score that penalty?

I wish I'd asked Hisham to be in the team.



We'd have won if I'd asked Hisham to be in the team.

- 3** Now do Exercises A to D in the Activity Book.