

SHOPPING IN LONDON 02

- 1 Begin the activity by asking the students to work in groups and discuss the statements. Conduct a brief whole class feedback session.
- 2 02 Ask the students to read the questions quickly and then watch the video to answer them. Then check the answers with the whole class.

Answers

7 or 8 with King's Cross and Liverpool Street as 2 separate places
Oxford Street, Knightsbridge, Covent Garden, Spitalfields in East London, Portobello Road, King's Cross and Liverpool Street train stations, airports

- 3 02 Ask the students to read the 8 questions quickly. Then watch the video and ask the students to match the questions to the photos. Ask the students to check their answers with their partner.

Answers

1e 2d 3c 4a 5c 6b 7c 8b

- 4 This task builds on the language and content covered in the video and the Student's Book, Unit 1 and Culture Section. Put the students into groups. Ask them to discuss the questions giving reasons for their choices. Make sure they understand the word *bargain* in question 3 – this is when you think the price is too expensive and you ask for a discount and try to get a cheaper price.

Video script

Shopping in London

London, a city of 11 million, amazing sights, and nationalities from all over the world. And where you have people ... you have shopping! But where should you begin? There are, of course, the most famous shopping areas, like Oxford Street, which has thousands of people no matter what day of the week it is.

Or Knightsbridge where there are always a lot of people. Or even Covent Garden where you can shop while listening to local performers.

But if you're looking for a different kind of shopping experience, why not try some other neighbourhoods? In recent years, London has changed a lot. One new spot is Spitalfields in East London. Spitalfields has existed for a long time – since the 12th century! It was rebuilt in the 19th century in honour of Queen Victoria. And in 2005, it was opened again as a modern market with shops, restaurants, and stands. People come with their products, often handmade. You can find clothes, belts, handbags, and all kinds of food. Further west in London, there is another place to explore ... Portobello Road. It began in the 1960s as a place to sell stuff that you didn't want anymore. Now you can find both old and new things. There is so much to look at – posters, delicious food... even old teacups. And if you don't have much money to spend, you can still find something special.

If you are just passing through London and can't stay long, there are now many shops in the bigger train stations. You can spend hours shopping in stations such as King's Cross and Liverpool Street.

Also, London's many airports often have the most popular shops, so you can buy something from London without even going into the city!

Whatever you want – clothes, books, or something different, London has it all.

SPORTS IN CANADA 05

- 1 Begin the activity by asking the students to work in pairs and answer the questions. Encourage them to remember anything they learned when they looked at the Culture section in the Student's Book.

(It is north of the USA, it is the second largest country in the world by area (Russia is largest), it has mountains, lakes, rivers, forests, glaciers and islands.)

- 2 Ask the students to work with a partner and match the outdoor activities to the correct definitions. Then ask them to decide which might be mentioned in the video. Check the answers with the class.

Answers

1f 2e 3h 4g 5j 6a 7i 8d 9b 10c

- 3 05 Play the video and ask the students to tick which activities listed in Exercise 2 were described. Then ask them to check their answers with their partner.

Answers

1, 3, 4, 5, 6, 8, 9, 10

- 4 05 Ask the students to read through the questions quickly. Play the video again and ask the students to write the answers. You may need to play the video again, pausing in the right places to give the students time to write the answers. Then check the answers with the whole class.

Answers

1 football, baseball, basketball and ice hockey 2 It's a large country; it has areas with very few people 3 Because nature is near home. 4 climbing, mountaineering 5 There are roads just for biking/cycling. 6 canoeing, kayaking, fishing, whitewater rafting 7 It's very far north. 8 All kinds/Everyone

- 5 This task builds on the language and content covered in the video and the Culture Section of the Student's Book. Put the students into groups. Ask them to discuss the questions giving reasons for their choices.

Video script

Sports in Canada

Canada is known for its team sports and they are similar to competitive sports in the USA, like football, baseball, and basketball.

But Canada is, of course, most famous for their national sport: ice hockey. Most Canadians grow up either watching the sport live on TV or playing it!

But Canada has more than team sports. Because it is such a large country with areas that have very few people, there are many opportunities for outdoor sports. These can include anything from walking and canoeing to skiing and snowboarding.

And since nature is often close to home for many Canadians, as they just have to walk out their front door, they tend to be quite active - in the sun or the snow!

For people who want some excitement, there's climbing and mountaineering. The mountains in Canada are spectacular. During the summer, the canyons and cliffs of the Canadian Rockies are a dream for climbers.

But if you've never climbed before, there are plenty of other easy hikes. And if you prefer cycling, there are roads just for mountain biking.

If you like water sports, the many lakes and rivers of Canada are perfect spots for canoeing and kayaking.

Friends and families often spend time in the summer on these lakes. They fish in the nearby rivers and hike the paths of the surrounding area. In some parts of Canada, there is also good white water rafting.

In the winter, the mountains have a different purpose and Canadians practice other outdoor sports, such as skiing and snowboarding.

Because their country is so far north and often experiences extremely cold temperatures, Canadians are used to a lot of snow in winter and they know how to live in it.

So you can see that while Canada is known for its ice hockey, other outdoor sports are just as common since everyone can do them.

Because Canadians have access to so much nature, they have lots of outdoor activities.

What outdoor sport would you do in Canada?

ONLY IN AUSTRALIA 08

1 Begin the activity by asking the students to work in pairs and circle the words in the box they think they will hear in the video. Ask them to discuss their choices.

2 08 Ask the students to watch the video and check their predictions. Check the answers with the class.

Answers

desert, rainforest, ocean, kangaroo, lizard

3 Ask the students to read the numbers and words quickly. Ask them to match the numbers with the words. Then play the video again so they can check their answers.

Answers

1e 2c 3f 4b 5a 6d

4 08 Ask the students to read through the text and see if they can complete any of the spaces. Point out that this text is a summary of the video and the sentences are not exactly the same as the ones the students hear. Play the video again and ask the students to check their answers and complete the text. Then ask them to check the answers with a partner before checking with the whole class.

Answers

1 parks 2 deserts 3 wildlife 4 don't exist 5 national
6 pouch 7 two/2 8 marsupials 9 meat 10 noises

5 This task builds on the language and content covered in the video and the culture section of the Student's Book. Put the students into groups of four or six. Ask students to discuss the questions giving reasons for their choices.

(Endangered species include certain types of possum, wombat, bat, bird, fish and the koala.)

Only in Australia

Australia, a place of natural beauty, with many national parks, wet rainforests, and huge open spaces from the desert to the coastline.

And, of course, it's famous for the Great Barrier Reef where you can find exotic fish and other ocean life.

Australia is full of all kinds of wildlife. There are animals that live only here and don't exist in any other place.

In fact, more than 80% of Australia's wildlife is only found in Australia.

These animals are unique and there are plenty of them. To give you an idea, there are more than 300 mammal species, 800 bird species and 4,000 fish species. That's a lot of fish!

In addition to that, there are 300 species of lizards (yes, lizards). And if you like snakes, there are at least 140 types of those.

Let's take a look at some of these animals in their natural environments.

First, the obvious - the kangaroo. The kangaroo appears on Australia's coat of arms as its national animal. They are part of the species called marsupials. They carry their babies in a pouch - a special part of the body that is like a pocket. Sometimes you can see them fighting.

Another marsupial is the koala. Unlike kangaroos, koalas are a little lazy. They are only active for two hours a day! They eat leaves all day and this gives them all of the liquid they need. They don't drink much water!

The Tasmanian devil is also a marsupial but it's carnivorous, which means it eats meat. It gets its name from the strange noises it makes, especially at night. It sounds like a scary creature but it's actually quite shy. There are many other animals, including the wombat, the emu and the platypus.

And all of these creatures are part of one of the most amazing places in the world - Australia.

SOCIAL MEDIA DETOX 11

- 1 Begin the activity by asking the students to work in pairs and discuss the questions.

Make sure they understand the idea of *checking for likes* or *waiting for the next ping*.

(*Checking for likes*, is looking to see if people have clicked the 'like' icon by a post or photo.

The ping, is the noise that is made when you receive a response to a post.)

- 2 Ask the students to work with a different partner, if possible, and discuss the questions.
- 3 11 Ask the students to watch the video and check their answers to Exercise 2. Check the answers with the class.

Answers

- 1 A social media detox means stopping all use of all social media for a set period of time.
- 2 The results could be better health, more sleep, better friendships.
- 3 No, some people would find it hard.

- 4 11 Ask the students to read the notes quickly. Play the video again and ask them to complete the notes. Then ask them to check their answers with their partner.

Answers

- 1 school, work, fun 2 studies, friendships, health 3 waits
- 4 produces / makes 5 good / happy 6 Deactivate 7 Remove
- 8 Block 9 Replace 10 Buy / Get

- 5 This task builds on the language and content covered in the video and the culture section of the Student's Book. Put the students into groups. Ask them to discuss the questions giving reasons for their choices.

Video script

Social media detox

Social media has become a part of daily life.

For some people, it's something they use many times a day and on many different platforms – checking "likes" to their posts and waiting for the next "ping".

They use it for school, for work, and often just for fun.

But is social media controlling us? Have you ever tried not using it for a day? Or a week? Or longer? If you haven't, you might be ready for a social media detox.

Studies show that breaks from social media can improve your studies, your friendships, and even your own health.

So why is it so hard to stop using social media? Think about what happens after you post something and you're waiting for a reply.

Your body is anticipating that "ping", that "like", and your brain wakes up when it happens. It produces something in our brain called dopamine and our brain likes it. That's why you keep checking. And soon you can't stop.

Here are some things you can do to start a social media detox:
Number one: Deactivate all (yes, all) of your social media accounts. This will make it more difficult for you to check.

Number two: Remove all social media apps from your phone and other devices.

Number three: Block all social media sites from your web browser.

Number four: Replace the time you spent checking social media with other activities. Play an instrument, hang out with your best friend, do something outside!

Your social media detox can take three months or more.

This is how long it takes to make the dopamine cycle in your brain begin again.

But if this sounds like too long, try it for at least a week.

Then maybe one more week. Soon you will find you're spending real time with your friends again – that is, if your friends do a social media detox, too – you have more time for your studies, and you are probably sleeping better.

After all, if you use your phone as your alarm clock, it's the first thing you check when you wake up. Maybe it's time for an old-fashioned alarm clock – that could be your first step to your social media detox.

COLLECTORS 15

- 1 Begin the activity by asking the students to work in pairs and discuss the questions.
- 2 Ask the students to continue working with a partner and to complete the words to write items that people collect. Check the answers with the class.

Answers

- 1 bracelets 2 stamps 3 aeroplanes 4 records 5 flags
- 6 plates 7 teddy bears 8 postcards 9 coins 10 fridge magnets

- 3 15 Play the video and ask the students to tick which items in Exercise 2 they hear.

Answers

- 1, 2, 3, 4, 8, 9

- 4 15 Ask the students to read through the questions quickly. Play the video again and ask the students to answer the questions. Then check the answers with the whole class.

Answers

- 1 more than two versions of an item 2 (vinyl) records, bracelets, cars, aeroplanes 3 by chance 4 colour, size, favourites 5 stamps, old coins, postcards 6 shoes, special figures, film posters, football cards 7 in (breakfast) cereal boxes

- 5 This task builds on the language and content covered in the video and the Culture Section in the Student's Book. Put the students into groups. Ask them to discuss the questions giving reasons for their choices. (Plenty of material on Internet if you want to discuss this further. Largest museum collections, unusual collections - see Guinness Book of World Records, etc.)

Collectors

Look around your room. Are you a collector? If you have more than two versions of the same item, you could be. So, what do people collect? All kinds of things! From vinyl records to bracelets, from very little cars to quite big cars ... and even airplanes!

But how does it start? For some people, they became collectors just by chance. They started with one thing – like a shell or a comic book, and then they got another one and another one and soon they were organizing them by colour, size, and favourites – a sign that they were becoming true collectors.

And then after a few months or sometimes years of collecting, they suddenly realise that they are collectors! In the old days, many people liked to collect stamps from different countries and keep them in special books, or old coins that were often worth a lot of money.

Some people collected postcards from different places around the world when they travelled or they asked other people to send them postcards as a memory of the trip. When travel took longer and was more expensive, this was one way to feel like a traveller without actually going to those places.

Nowadays, you can collect almost anything, but some of the more popular collections include shoes, special figures, film posters, and, of course, football cards.

These items are sometimes quite expensive, which makes some of the collections very valuable.

Some cultures actually encourage collecting. More than fifty years ago, you could collect toys from breakfast cereal boxes!

But collecting is not for everyone. Some people prefer to only keep what they need and nothing more. What about you? Do you collect anything?