

Unit 1 Traces of the past

1-1 Learning objectives

1-2 Sharing

The people in the podcast mainly talk about whether they go out a lot and what they did when they went out last night

1) I have a 1) (busy) social life I go out most nights after work with 2) (friends) Last night,

!

I went out for a meal with an old friend from 3) (university) - it was really good to see

her Tell me about your 4) (social life) Do you go out a lot

3 ACEDBF

4 She went to a club and 1) (danced) all night

She had dinner in an Italian restaurant and enjoyed the 2) (view of the river) and lots of

3) (fun) with the family.

She went to the cinema and then met some friends for a 4) (drink) in town.

She went to Westfield Shopping Center in the 5) (west) of London and enjoyed a

6) (delicious meal) there

He went to a friend's 7) (house) in south London and had some fish and chips in front of the 8) (television / TV)

}

6 Yes, I go out a lot with my friends After a long week of study, going out at weekends can help me relax, so I can go back to study with a refreshed mind / No, I don't go out

a lot because I have no time I'm taking many courses at college, so I have to spend most of my time studying.

I like going to shopping malls I also like going to the cinema and the theater

Sometimes I go to museums and art galleries, too.

I went shopping with my best friend last weekend After that we went to a cafe and

had a cup of coffee Yes, I enjoyed it because I took a break from study and I had a good time with my best friend / No, I didn't enjoy it because there were too many people in the store Besides, it was so noisy in the cafe that my friend and I could hardly hear each other

1-3 Listening

I admire my mother most She loves my brother and me so much that she would do everything for us. At the same time, she always encourages us to be independent and try our best to do what we like As a teacher, she has also set a good example for me.

She has worked as a primary school teacher for about 30 years and she has never got tired of her work She spends a lot of time helping her students, especially those with learning difficulties I'm very proud of her Live and work with pleasure - this is what I have learned from her.

2 1. Baruti was born in the year (1962)

2. He was the (fourth / 4th) child in a very big family.

3. Baruti married his wife in (1990)

4. Together they opened an orphanage in (1996)

3 Baruti was born in Johannesburg His father was a 1) (teacher) and his mother 2) (cleaned houses) for rich people When Baruti was in school, one of his friends 3) (lost) his parents and moved to an orphanage Baruti

4) (visited) him and when he saw his life there, he decided to

5) (work) with orphans Later he opened an orphanage with 6) (his wife)

Baruti regards Mother Teresa as his hero and his favorite book is Long Walk to Freedom, the story of Nelson Mandela's life 7) (in his own words)

4Mother Teresa's words tell us that small things can make a great difference
 Few of us can do anything great, but we can all do small things with great love

My favorite book is Steve Jobs The book is based on more than 40 interviews with Jobs conducted over two years as well as interviews with more than 100 family members, friends, foes, competitors, and colleagues. Jobs spoke honestly about the people he worked with and competed against. He encouraged the people he knew to speak honestly too. So through the book, readers can not only read about the life of the legendary Steve Jobs, but also have a genuine view of his personality that shaped his approach to business and his products

When I was seven years old, my parents bought a new wall clock with an owl inside I was very curious about how the owl moved its eyes and gave out sound One day, I took the clock off the wall, and took it apart with a screwdriver After an hour, I still couldn't figure out how the clock worked, and I couldn't put all the parts together I was scared But when my father found what I had done, instead of scolding me, he praised me for my eagerness to learn. And he taught me how to assemble the clock

This experience made me love my father more And more importantly, I fell in love with mechanics since then. That's why I chose mechanics as my major

A

1 — 4 Viewing

1-5 Pronunciation

1-6 Role-playing

Isabel: Hi, Marek How was your weekend

Marek: OK. And yours What did you do

Isabel: I went for a walk 1) Gt was great)!

Marek: Who did you go with

Isabel: With my boyfriend, Diego. 2)(He's a football player / He is a football player)

Marek: Oh. Where did you go

Isabel: By the river 3) (It was really beautiful)

Marek: That sounds good

2ACEGJ

1-7 Presenting

1 — 8M ore practice in listening

1BABDD DBCD

2DDBA

There are so many changes when a person comes to college Some of the new college students may have been to camp or 1)(programs / programmes)away from home before, but for some it's the 2) (very)first time they've left home

That means having to make certain

3)(decisions)that they've never really had to make before

Besides some basic everyday activities, for example, eating and 4) (doing laundry), there are many more important matters, such as whom to become friends with

5) (Obviously), there are just so many issues new college students have to face It's really a jump from high school.

It's such a change when they don't have any parents around They need to make

6) (choices)with their studies, and with their social lives They need to learn how to act

in the right way so that they can enjoy their social lives without

7) (ruining)their studies

This is very common to college students in the first year It takes a little while for them to 8)(get used to)their college life and learn to balance their studies and social lives

There are a lot of 9)(opportunities)for students to try new things
There are so many new ways to meet other people on campus If they find out
it's not working for them, they can 10)(step back)and try something else
They should just give it a go! That's the way everybody learns to grow up.

3BC DC

1- 9 Check & check

ITO Unit test

- 1 The woman enjoyed the foods at Jenny's party very much
- 2 He was bored
- 3 Because Rob has found Suzie unfaithful
- 4 Her opinion towards love is influenced by her sister's experience
- 5 Dogs
- 6 She finds it difficult to answer
- 7 Her favorite Beatles' song from 1965
- 8 The hits chart from 1965
- 9 Every time he goes to a karaoke bar, he finds it one of few English songs available
- 10 A Rolling Stones' song
- 11 Their parents' wedding anniversary
- 12 To put away a dollar each day.
- 13 Teaching
- 14 A savings account
- 15 A visit to Cancun.
- 16) achievements
- 17) specialized/specialized

- 18) vast
- 19) professional
- 20) educated
- 21) was familiar
- 22) extensively
- y
- 23) elegantly
- 24) a great deal
- 25) Besides

Unit 2 A break for fun

2-1 Learning objectives

2-2 Sharing

The people in the podcast mainly talk about how often they go to the cinema and what films they saw last time They also talk about their favorite films, actors, and actresses I like going to the cinema a lot, but probably only get there about (once a month)

2. (Not very often) But I do go occasionally.

3. I go to the cinema, probably (once or twice) a month

4 I go to the cinema about (once a week) during the summertime

5. I go, normally, probably (once every month) or two months, but it depends on the

film.

6. I go to the cinema about (once every fortnight)

3 I always like 1) (romantic) comedies Slumdog Millionaire was a 2) (great) movie

2 probably 3) (recommend), er, the new Terminator movie Er, that's

once again filled

with 4) (action) Very exciting

3. I like old films I I've a complete 5)(collection)of John Wayne and Charlton Heston

And musicals, anything that's quite happy or adventurous, that takes me away from

6) (real life) Those are the ones I watch

4. It's a James Bond film and I think the action 7)(scenes)are just absolutely

8) (fantastic)in it.

4CDAB

6The Graduate I like the movie because the music is fantastic And I enjoy Dustin Hoffman's great performance, which shows many aspects of the hero's rich character

I prefer watching DVD movies at home because it saves both money and time
I have

the freedom to choose what I would like to watch / I prefer going to the cinema because it provides better sound effects Besides, with more people around, the atmosphere is much better than when I watch movies alone at home

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My favorite movie star is Sandra Bullock I like her because she is beautiful and her performance is natural. I love her warm smiles as well. Every time I see her smile, I couldn't help smiling too.

2-3Listening

1 c

2blonde blue dark masculine

3CADB

Y

4tall masculine face / best-looking

black hair / black

dark brown / dark brown eyes

red hair / red grey / grey eyes

grey / grey eyes

slim

blonde hair / blonde

lovely

5The man I like should be strong and fit, without a beard And he should not have long hair The woman I like most is someone who is slim and healthy. She should have long hair and big eyes And I like girls who smile a lot I believe everyone has something beautiful about them, regardless of age, race, gender, size, ability, etc I don't think being lighter or slimmer equals beauty Instead, I think the inner self counts a lot more than outer appearance Virtues such as honesty, hard-working, and willingness to help make one a beautiful person. / Beauty is what we see and feel So my idea of beauty is what is pleasing to the eyes As long as it makes you feel good, it is beauty So both inner qualities and body features are important factors to make one look beautiful Of course, what one considers beautiful may not appear the same to someone else That is why beauty standards are different from person to person, culture to culture and

%

time to time

The ideas of beauty have changed over the past several decades in China Truly, on the one hand, many still stick to the idea that one's inner quality counts more than outer appearance Honesty, hard-working, generosity, and kindness are considered inner beauty On the other hand, more and more people think outer appearance is more important Nowadays, many people, especially young people, hold some new ideas about beauty For example, long straight black hair used to be thought as one feature of beauty, but now young people want to look stylish by having their hair curled and dyed They follow the fashion trend and put on

fashionable clothes and wear make-up More people are afraid of not looking attractive enough So they go on diet to look thinner and receive some

cosmetic surgeries to look better Still many others realize that it is important to live a healthy lifestyle and learn to love their own body for its uniqueness

I don't think it is wise to judge a person by his / her appearance because appearance

is superficial Sometimes the appearance of a person may mislead your judgment when it doesn't match well with the inner part of that person. For example, an ordinary-looking person can be a scientist, a hero, or a great thinker

greatness of a book lies in its content instead of its cover. So it is with a person. Instead of focusing only on one's appearance, we should get to know more about that person's education, life experiences and life attitude before we make any judgment

2- 4 Viewing

2-5 Pronunciation

2-6 Role-playing

1W: OK...What do you 1)(feel like)watching

M: Hmm. I I don't know really. 2) (What do you recommend)

W: Um... Well, 3) (how about)French Kiss Do you know it

M: No, I don't think so. 4) (What's it about / What is it about)

W: Well, it's a romantic comedy. It's about an American woman. She goes to France and meets a French guy and ... they fall in love It's quite old, but it's really funny.

M: Um, sounds OK, I suppose 5) (Who's in it / Who is in it)

W: Meg Ryan and Kevin Kline

M Oh, I like Meg Ryan. Mm. 6)(Do you think)I'd like it

Y

W: Yeah, I think so. You like comedies, don't you And it's very funny.

M: Yeah, OK. 7) (Why don't we)get it then

W: Great Excuse me. Can we have this one, please

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2-7 Presenting

c

2-8 More practice in listening

DBCAD DCBC

ABAC

People joke that no one in Los Angeles reads; everyone watches TV, rents videos, or goes to the movies

The most popular reading materials are

1)(comic)books, movie magazines, and TV guides

City libraries have only 10

percent of the 2)(traffic)that car washes have

But how do you explain this

A yearly book festival in west Los Angeles is

People wait half an hour for a

parking space to become 4) (available)

This outdoor festival, supported by a newspaper, takes place every April for

one weekend This year, about 70, 000 people 5)(took part in)the festival on

Saturday and 75, 000 on Sunday. The festival 6)(attracted)280 exhibitors

There were about 90 talks given by authors, with an

7) (audience)question-and-answer period following each talk

A food court

sold all kinds of local foods, from hot dogs to ice drinks

Except for a \$7

parking fee, the festival was 8)(free of charge)

Even so, some people take

their own sandwiches and drinks to avoid the high prices of the food court

The idea for holding the festival in Los Angeles was 9) (put forward)years

ago, but nobody knew if it would succeed

Although book festivals were

already popular in other US cities, would people in this city

AC CD

2-9 Check & check

2-10 Unit test 1 Fast music can give people energy according to the man.

2 Have a short break.

3 It's terrible

4 She will outperform the man.

5 Tennis

14.

7 15 months

8 He talks about nothing but computers

9 To give Billy a birthday present

10 Michael knows how to use computers properly

11 Students think music is important

12 They listen to music whenever they are free

13 It was the most popular style

14 Parents have very little influence on their children.

15 3 percent

16) too much

17) warning

18) affected by

19) back

20) drive people to suicide

21) pointed out

22) recent

23) conimit

24) prevention

25) it's time/it is time

Unit 3 Life moments

3- 1 Learning objectives

people in the podcast mainly talk about how they feel about London and the most

exciting things they have done in London.

love 1) (living) in London because there's so 2)(much) to do. I've been to lots of

3)(interesting places) but there's always 4)(something) new to

5) (experience) How do you

6) (feel about) London

most 1) (exciting) thing I've done in London recently is to see Oasis live I went to the

Roundhouse and it was the most 2)(amazing concert) It was free, so we ended up having nice passes, so we were close to the band and it was 3)(incredible)

It's the best thing I think I've seen in a long time

2. I've been to 4)(the theater) quite a lot in London. I went to see Waiting for Godot at

(
the National

3. I I think Tate Modern is 5) (the best place) I've been to, you know, because it's it's

6)(different) every time Um, you know, they really push the boundaries of, you know,

the displays, 7)(compared to) a lot of the traditional museums and art galleries in London.

4. The most exciting thing I've done in London Um, I've watched England 8) (play football)

at Wembley - that was quite exciting

5. I've done a lot of 9)(interesting things) I've had a lot of good experiences here but

I got to watch I got to watch Andy Murray on Center Court managed to get 11) (tickets) to that And it was just a really good atmosphere and it was a good example of, sort of,

British 12) (culture and sport)

,I visited Beijing Beijing is a wonderful city with many great things to do and see

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I went to the National Center for the Performing Arts (国家大剧院)to see a famous

musical It was a wonderful show. And I visited the Bird's Nest and the Water Cube, two important venues (场馆)of the 2008 Beijing Olympic Games I also went to the Tian anmen Square, the Forbidden City, the Temple of Heaven, Peking University, and the Summer Palace But the most exciting thing I did there was visiting the Great Wall - the view was breathtaking!

Yes, I have been to London. I loved it. The museums are wonderful, especially the British Museum, which was established in 1753 and is one of the largest and most comprehensive museums in the world I also enjoyed riding in the London Eye, a giant observation wheel on the South Bank of the River Thames
/ No, I haven't been to London.

If I have a chance to go to London, I would like to see places I have heard so much about, such as Tower Bridge, Tower of London, Buckingham Palace, Big Ben, and Westminster Abbey I would also like to take the Tube as the London underground is the oldest underground railway network in the world Besides, I hope to visit some of the 2012 London Olympic Games venues 3-3 Listening

happened in 1) (Australia) ...when I was about 25. I spent a few days at a hotel in

Alice Springs and went to Ayers Rock and ... Well, anyway, one day, I went out for a walk ...

in the 2) (outback) It was a lovely day so I walked and walked ...and then I realized I didn't really know where I was I was a bit stupid, really ... because I decided to 3)(go further) ...

I guess I thought I'd find the way back Um ... anyway, after that I heard some dogs First

... There was a group - maybe five or six dogs,

wild dogs, coming towards me. I felt really 4) (frightened), but I remembered some advice I, I, er ... um, I ... I read in my guidebook: 3)(Don't move), and don't look at 6)(the dogs)

So I froze, like a statue ...I didn't move ...and I looked at a tree, not at the dogs, and didn't move my eyes The dogs were all around me, jumping and barking ... I thought they were going to bite me. Then one dog did bite my arm, just a little, but still I didn't move In the end, after about 20 minutes, the dogs went away. I stayed there for a few more minutes and then luckily found my way back to the hotel. It was the most

7) (frightening) experience I've ever had!

I was 12 years old and just graduated from elementary school, I went to Beijing

)
with my dad to see the 2008 Olympic Games I loved basketball, so I wanted to watch the Chinese basketball team playing and I especially wanted to see Yao Ming playing First, we tried to buy tickets online, but all tickets for basketball games had been sold out Of course, I was very disappointed
Then we went to the stadium to see if someone would be selling extra tickets After we waited for hours, we became hopeless But just when we were about to leave, a man came up to us and said he had an extra ticket because his friend couldn't make it due to an emergency We were overjoyed
Immediately, my dad bought the ticket, and told me to rush in - he would wait outside Finally, I was able to

watch the game between the Chinese team and the German team I enjoyed the game greatly and I was excited when China won. The best thing was that I saw Yao Ming What

a wonderful experience!

3-4 Viewing

3-5 Pronunciation

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3-6 Role-playing

Extract 1:

B: Hi, Sean. 1) (It's) Debbie.

What's up

B: Is Kevin 2)(there)

A: No, he's not He went out about 10 minutes ago.

Extract 2:

B: Could I 3) (leave a message) for him

A: Of course

B: Just ask him to 4) (call) me.

Extract 3:

B: Hello. Could I 5) (speak) to customer services, please

A: Just a 6)(moment)

Extract 4:

B: Could you 7) (ring) me back

C: Of course Could you give me the 8)(number) there

Extract 5:

B: Hello, uh ...Who's 9) (this)

A: My name is Marianne

B: Thanks for 10) (picking up)

Y

3- 7 Presenting

3- 8 More practice in listening

CCBDA BCAD

CABC

Some parts of the earth are more likely to have earthquakes than other parts

This is usually true of 1)(mountainous) areas because there the thickness of rocks is not even.

It is easy to understand why people are so 2) (frightened) by earthquakes. People used to believe that when an earthquake 3)(took place), the ground opened, swallowed great

numbers of people, and then it closed It was also thought that those people would 4) (vanish) forever But now we know this is not what really happens

What we need to fear most is the effects of a serious earthquake, including fires, floods, and landslides A powerful earthquake 5)(occurred) in Yellowstone National Park on August 17, 1959 The earthquake was 6)(massive) and very strong It also caused the worst landslides in US history since 1927.

After the earthquake, some people said that they would never visit Yellowstone, because they were afraid they would be 7) (caught) in such a disaster caused by the earthquake This is actually a foolish idea Such a fear would 8)(keep us away from) beautiful mountains for the rest of our lives Even though earthquakes happen every day, such a powerful earthquake like the Yellowstone one does not happen frequently at all. We should feel 9) (grateful) that very few of us will suffer such a bad natural disaster Besides, if we know 10) (in advance) and make careful preparations, the loss of lives could be avoided

CA DC

3—9 Check & check 3-10 Unit test

1 He is confident

2. Having a dinner party for mom on Mother's Day.

3. They will probably go to his workplace to give him a birthday present.

4. When the guest is leaving

5. A speech by the president on TV.

6. He proposed marriage to her

7. He was nervous and trembling all over

8. She gave him a hint by showing her ring finger

9. It is a family treasure

10. She is afraid of wearing it for fear of losing it.

11. They had a frightening experience in darkness

12. He has not tested his idea of the frightening situation.

13. Darkness

14. The Causes and Handling of Fear of Darkness

15. They overcome different levels of fear one by one

for

practices

qualities

positive addition

Unit 4 Getting from A to B

4-1 Learning objectives

4-2 Sharing

the podcast, the people talk about how they get to work, what they do on their journey

to work, what they like and don't like about their journey

2. A B C CD AC E

in the 1) (fresh air) , the scenery, um and try to 2) (avoid holes) in the road which

are quite dangerous

2. Well, sometimes, if if it's a bit of a quiet road, I can 3) (think about) what I'm going

to do that day.

3. I I 4) (dream), usual 1 y. I just I, I love I love

journeys I love just 5) (looking out of

the window).
4. Well, it's so short; I don't actually do very much at all, apart from making sure I don't have 6) (an accident)

CABDFE

my city / town, most students get to school 1)(Reference: by underground) (how) I

2)(Reference: go to school by bus) (how) and it takes 3)(Reference: about an hour) (how

(

long) I usually 4)(Reference: listen to music) and 5)(Reference: look out of the window) (activities) on the journey

4 — 3 Listening

was it invented

2. (Reference: What was the transportation idea)

3. (Reference: Who invented it)

4. (Reference: What was the idea behind it)

3. (Reference : What was the problem with it / How successful was it) leave their cars at home

public transport

build

keep in good condition

1948

got in and drove away

engineering problem

too heavy strong

private difficult to fly

c

traffic problems

like the idea of the monorail in that people could get to work faster by monorail than

by car / I like the idea of the plane with a car that comes off because one can fly to a place and then drive his / her own car without bothering to rent a car / I like the idea of the home helicopter because with a home helicopter one can fly directly to the place he / she wants to by taking the shortest route

The Horseless Sulky:

- It can only hold two people
- It's difficult to slow down
- It's open to bad weather conditions

The Lightning Bug:

- It's very small
- It's difficult to get in and out

*

4- 4 Viewing

4- 5 Pronunciation

4 - 6 Role-playing

got 1) (tied up) with a 2)(customer)

2. David waited for 3)(20 / twenty) minutes to get his 4)(coffee)

3. George was late because the railway service was 5)(delayed) when a train hit a 6)(cow) that got onto the line between two 7)(stations)

4 - 7 Presenting

4 - 8 More practice in listening

CBDD

Humans' first means of transportation were walking and swimming
1) (Gradually), humans learned to use animals for transportation. The use of animals not only allowed heavier loads to be hauled by them, but also

2) (enabled) humans to ride the animals so they could travel longer distances in a shorter amount of time The invention of the wheel helped make animal transportation more efficient through the introduction of 3) (vehicles).

Also, water transportation 4) (dates back to) very early times and it was the best way to move large quantities of materials over long distances before the Industrial Revolution.

5) (As a result), most cities that grew up as sites for trading have been established along

rivers or the coast

Until the Industrial Revolution, transportation was very slow and expensive After the Revolution, transportation changed 6) (thoroughly) In the 19th century, the invention of the steam engine made land transportation independent of human or animal power Both speed and 7)(capacity) increased rapidly.

With the development of cars at the 8)(turn) of the 20th century, land transportation became more common. In 1903, the first controllable airplane was invented, and after World War I, it became a fast way to transport people and goods After World War II,

9)(automobiles) and airplanes became more popular as methods of transportation. Then,

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