



Malaysian Independent Chinese Secondary School Textbook

ENGLISH

Senior Middle 2



Unified Curriculum Committee of
Malaysian Independent Chinese Secondary School (MICSS) Working Committee



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Core Competency Structure of MICSS Education



Suitable for Senior Middle Level

English Senior Middle 2

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Preface

1. The English Senior Middle series are compiled aiming to implement the vision of ‘Enjoy teaching, love learning—empower children to attain achievement’ raised in the *MICSS Education Blueprint* and to ensure every student develops holistically.
2. The contents of the English Senior Middle series are compiled according to senior middle level English language curriculum objectives which support the core competencies of *MICSS Main Curriculum Standard*. The textbooks are also compiled in line with the *Senior Middle Level English Language Curriculum Standard*.
3. The series is compiled with the integration of cross-disciplinary issues from 17 sustainable development goals of the United Nations and a reference to CEFR standards.
4. The series is specially written for the students of Malaysian Independent Chinese Secondary Schools (MICSS). There are 3 books in the series, which are written for Senior Middle 1, 2 and 3 students. A Teacher’s Guide is available for each of the series.
5. For Senior Middle 1 and 2, 5 class periods weekly is proposed. However, for Senior Middle 3, 3 class periods weekly is proposed. Each period carries 40 minutes. Teachers are encouraged to adapt or add to the activities in the textbooks based on the teaching-learning context.

6. There are 10 units of theme-based lessons in this book. Each unit consists of 8 sections: Reading, Further Thinking, Vocabulary Practice, Idioms and Phrases, Patterns in Action, Listening, Speaking and Writing.
 - Reading: Reading passages are compiled according to the themes. The practices provided after each passage are aimed at developing various comprehension skills.
 - Further Thinking: Help students to develop higher-order thinking skills.
 - Vocabulary Practice: Improve students' vocabulary skills and enable them to use the right words in their communication.
 - Idioms and Phrases: Explore students with more idioms and phrases with English and Chinese explanations.
 - Patterns in Action: Provide grammar explanations and practices. Various types of practices are provided for students to practise and enhance their language knowledge.
 - Listening: Students can access the recordings of the listening practices by scanning the QR codes. A variety of practices have been provided to develop the skills of listening.
 - Speaking: Integrate more real-life issues for students' discussion in the speaking practices.
 - Writing: Provide guidelines and essay examples to help students in their writing. Summary writing guidelines are also provided so that students can practise their summarising skills with increasing confidence.
7. We welcome any feedback from teachers and readers in helping to improve future editions of the series. We can be reached at curriculum@dongzong.my.

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A READING**Malaysia - Infrastructure, Power and Communications**

Since colonial times, Malaysia has inherited relatively well-developed but unevenly distributed infrastructure and transportation networks. After achieving independence, the Malaysian government has **made considerable efforts** and invested immensely in expanding its highways, railroads, seaports and airports.

Malaysia is served by a network of 94,500 kilometres of primary and secondary roads, 70,970 kilometres of which are paved. This includes 580 kilometres of superior quality expressways, which connect Kuala Lumpur with Singapore and with major seaports and other destinations. However, the road transportation system is still underdeveloped in East Malaysia (Sabah and Sarawak), as most of the road construction projects have been carried out in Peninsular Malaysia. In the 1990s, with the rapidly growing number of privately-owned vehicles (840,000 new registrations in 1997 alone), the roads in the capital and other major cities became heavily congested. This also worsened air pollution in Kuala Lumpur. In **response to** the growing number of vehicles on the national roads, the government has invested in developing the public transport systems, including the modernisation of the country's railways and the construction of a light rapid-transit system in Kuala Lumpur.





Malaysia has a railway system of about 1,800 kilometres, part of which was planned for privatisation in 1998 and 1999. In 2000, only 148 kilometres of railways were electrified. The major tracks run from Singapore to Kuala Lumpur, and further to Penang and Bangkok (Thailand). However, the railways are unevenly distributed. In Sabah, East Malaysia, there is only one railway track of about 134 kilometres.

Malaysia's seaports were established during the colonial era and served as merchant ports as well as British naval bases. The major ports are Klang, George Town, Penang, Kuantan, Kota Kinabalu and Kuching. During the last few decades, these ports were expanded to serve rapidly-growing Malaysian exports and imports. The West Port of Port Klang has seen RM2.2 billion worth of private and government investments, while there has been RM2.8 billion worth of investment in the Tanjung Pelepas Port. In 1998, Malaysia's seaports handled 83 million metric tons of cargo. The country has 32 airports with paved runways and 83 airports with unpaved runways. The largest of them, the US\$3.2 billion state-of-the-art Kuala Lumpur International Airport, was opened in 1998.

In Peninsular Malaysia, electrical power is supplied by the predominantly state-controlled Tenaga Nasional Company. Owing to the rapid industrial development and growing demand for electricity, considerable efforts were made to privatise the national utility company and develop private initiatives to build and operate new power-generating plants. To this end, a private consortium, the Independent Power Providers (IPPs), was established. Malaysia has sufficient oil, gas and coal reserves to meet its energy needs. Additionally, in East Malaysia, there is huge potential for building hydroelectric power plants, but such



development will require considerable investments. In 1998, Malaysia produced 57.45 billion kilowatt-hours (kWh) of electricity, 94% of which was produced using fossil fuel and 5.22% by hydroelectric power plants.

Telecommunications services in Malaysia are provided by several competing companies. In 1998, the country had 4.4 million telephone lines and 2.17 million mobile phones. In 1999, there were eight major Internet service providers (including Telekom Malaysia, MIMOS Ltd. and Maxis Ltd.) with several new companies announcing their intention to enter the market. In 1998, the Malaysian government announced the development of the multi-billion-dollar Multimedia Super Corridor (MSC), now known as Malaysia Digital.



Comprehension Check

Reading for Main Ideas

1. After achieving independence, the Malaysian government has made considerable efforts and large investments in expanding its highways, railroads, seaports and airports through inherited relatively well-developed but unevenly distributed infrastructure and transportation networks from the colonists.
2. The road transportation system is still underdeveloped in East Malaysia (Sabah and Sarawak), as most road construction projects have been carried out in Peninsular Malaysia.
3. In response to the growing number of vehicles on the national roads, the government has invested in developing the public transport systems, including the modernisation of the country's railways and the construction of a light rapid-transit system in Kuala Lumpur.
4. The major seaports in Malaysia are Klang, George Town, Penang, Kuantan, Kota Kinabalu and Kuching.
5. Malaysia has sufficient oil, gas and coal reserves to meet its energy needs. Additionally, in East Malaysia, there is huge potential for building hydroelectric power plants.
6. Telecommunications services in Malaysia are provided by several competing companies.



Reading for Details

Answer the questions according to the passage.

1. What are the places connected by the expressways in Malaysia?

2. What is the main cause of air pollution in Kuala Lumpur?

- A. There are too many trains in Kuala Lumpur.
- B. There are too many vehicles in Kuala Lumpur.
- C. There are too many smokers in Kuala Lumpur.
- D. There are too many pedestrians in Kuala Lumpur.

3. Besides the railways, what is the public transport system that is intended to reduce the number of vehicles on the roads in Kuala Lumpur?

4. What is the length of railway track in East Malaysia?

- A. The railway track is about 134 miles in Sabah.
- B. The railway track is about 134 miles in Sarawak.
- C. The railway track is about 134 kilometres in Sabah.
- D. The railway track is about 134 kilometres in Sarawak.

5. What is the primary energy source for generating electricity in Malaysia?



Further Thinking

1. What are the infrastructures Malaysia should provide or improve for a better future?
2. Is it a good sign that telecommunications companies are mushrooming? Why do you think so?



Vocabulary

1. **Colonial:** adjective. /kə'ləʊnɪəl/ connected with or belonging to a country that controls another country
e.g. Malaysia achieved independence from British colonial rule on 31 August 1957.
2. **Infrastructure:** noun. /'ɪnfrastrəktʃə(r)/ the basic systems and services that are necessary for a country or organisation to run smoothly, for example, buildings, transport, water and power supplies
e.g. More money is needed to improve the infrastructure of the nation's rural areas.
3. **Congested:** adjective. /kən'dʒestɪd/ crowded, heavy traffic
e.g. The main streets in the city centre are often very congested during peak hours.
4. **Privatisation:** noun. /prə'vetə'seɪʃn/ to sell a business or an industry so that it is no longer owned by the government
e.g. There were fears that privatisation of industries would cause salary reduction of their employees.
5. **Naval:** adjective. /'neɪvl/ belonging to a country's navy or relating to military ships
e.g. The United States is sending a naval task force to the area to evacuate American citizens.



6. **Predominantly:** adverb. /pri'domɪnəntli/ mostly, mainly
e.g. She works in a predominantly male environment.
7. **Initiatives:** noun. /ɪ'nɪʃətɪvs/ new plans for dealing with a particular problem or achieving a particular purpose
e.g. We welcome the volunteers' initiatives to help the homeless.
8. **Consortium:** noun. /kən'sɔ:tɪəm/ a group of people, countries, companies, etc. who are working together on a particular project
e.g. The two companies have joined forces to form a new consortium.
9. **Hydroelectric:** adjective. /haɪdrəʊlɪktrɪk/ using the power of water to produce electricity
e.g. Our country needs to have more hydroelectric plants to generate electricity.
10. **Fossil:** noun. /'fɒsl/ the remains of an animal or a plant that have become hard and turned into rock
e.g. The electricity industry consumes large amounts of fossil fuel.

Vocabulary Practice

In each of the following items, choose the word that best fits into the blank in the sentence.

1. The crime was _____ in the early hours of the morning.
A. done B. committed C. accomplished D. performed

2. The bus _____ on the wet road and struck a tree.
- A. spun B. turned C. slipped D. skidded
3. The first prize was _____ to Beck Choo.
- A. addressed B. awarded C. delivered D. given
4. He _____ his thirst at the wayside stream.
- A. solved B. surmounted C. overcame D. quenched
5. Seeing my neighbour with his new car, I felt rather _____ to buy one too.
- A. coaxed B. tempted C. influenced D. lured



Idioms and Phrases

1. **made considerable efforts:** put a lot of physical or mental energy into 投入大量精力
e.g. To develop the country's infrastructure, we have made considerable efforts in expanding our highways, railroads, seaports and airports.
2. **in response to:** a reaction to something 回应
e.g. The product was developed in response to customer demand.
3. **owing to:** because of 由于、因为
e.g. Owing to lack of time, we could not complete the project.
4. **not just yet:** not now but probably quite soon 并非现在，但很快
e.g. A: "Shall I make the announcement?"
B: "Not just yet. Let everyone settle down first."
5. **akin to:** similar to 类似
e.g. Listening to his life story is akin to reading a good adventure novel.

Patterns in Action

Simple, Compound, Complex and Compound-Complex Sentences

There are four types of sentences: Simple, Compound, Complex and Compound-Complex. They are discussed below in turn.

1. Simple Sentence

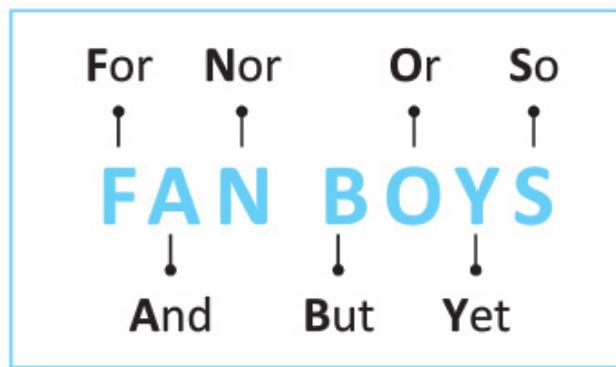
Simple Sentence	Example (The subjects are in bold and the finite verbs are underlined.)
one subject and one finite verb	Computers <u>are</u> important in the modern world.
More than one subject and one finite verb	Computers and other technological devices <u>are</u> important in the modern world.

2. Compound Sentence

Compound Sentence	Example (The independent clauses are in bold.)
Two or more independent clauses which are joined by coordinating conjunctions such as 'and', 'but', 'or' and 'so'	<ul style="list-style-type: none">• Computers are essential, but they can be hazardous.• Some reptiles have wings, so they can fly.



The common coordinating conjunctions used to connect two clauses are easy to remember if you think of the words 'FAN BOYS':



3. Complex Sentence

Complex Sentence	Example (The independent clauses are in bold and the dependent clauses are underlined.)
One independent clause and one or more dependent clauses	<ul style="list-style-type: none">• This is my friend <u>who is always helpful</u>.• I went to bed <u>as soon as he left because I was tired</u>.
If the dependent clause comes before the independent clause, add a comma after the dependent clause	<u>Even though some health supplements have not been proven, they are sold in the market.</u>

Dependent clauses begin with subordinating conjunctions. Below are some of the common subordinating conjunctions:

after	even if	unless
although	even though	until
as	if	when
as if	in order to	whenever
as long as	in case	whereas
as much as	once	where

as soon as	since	wherever
as though	so that	while
because	that	
before	though	

4. Compound-Complex Sentence

Compound-Complex Sentence	Example (The independent clauses are in bold and the dependent clauses are underlined.)
two independent clauses and at least one dependent clause or vice versa	<u>Though Jack prefers watching comedy films, he rented the latest spy thriller, and he enjoyed it very much.</u>

Practice 1

Identify whether the following statements are Simple, Compound, Complex or Compound-Complex sentences. Refer to the example below.

e.g. I ate a lot when I got home, but I was still hungry, so I went out to buy some more food.

Compound-Complex Sentence.

1. **It was Ruth who paid for the meals.**

2. **You have four sisters and each of them is quite different from the others.**

3. Wendy drove right up to Moscow in ten days.

4. One minute ago the child was fast asleep, but now he is wide awake.

5. They do not care how expensive it is.

6. He is not fit enough to be a pilot.

7. They spoke to him in Spanish, but he responded in English.

8. It is important to vote when the time comes, or you will not get a say in new laws.

9. The teenager will never leave home alone because he does not have the courage to do so.

10. Read the user manual when all else fails.

Practice 2

In each of the sentences below, four parts are underlined and lettered A, B, C and D. One of these parts contains an error. Circle the letter indicating the error.

1. Jane is my classmate which is very polite and hardworking.

A B C D

2. Save some money every month so you may need it for a rainy day.

A B C D

3. Ruku, with all her friends, manage to complete the work quickly.

A B C D

4. A good student will always do all his work promptly, careful and regularly.

A B C D

5. To do the work yourself is sometimes better than asking someone to do it.

A B C D

6. Integrity without knowledge is weak and useless, and knowledge without integrity

A B C

is danger and dreadful.

D

7. All work and no play make Jack a dull boy.

A B C D

8. Whenever Aaron and Daniel left the bus station before noon, I did not see

A

them at the station.

D



9. While I was sleeping, my sister woke me up but she had a nightmare.
A B C D
10. I am always late because I take the public transport to school; therefore, my
A B C
classmate is always on time because her mother drives her there.
D

B LISTENING

Practice

Listen to the recording about ‘Use of Public Property’. Fill in each blank with one or two words based on the recording.

1. _____ public property has become a national defect of the world.
2. Most people do not turn off the _____ and it leads to a huge waste of water.
3. Some people tend to _____ pages from library books.
4. Some _____ persons _____ notices and advertisements on the public walls.
5. The transport authorities provide bus stops with _____ for the _____ of passengers.
6. Some government officers use telephones for personal calls and cause waste of _____.
7. Make people aware of the importance of protecting public property by implementing _____.



C SPEAKING

Practice

In groups, discuss how you would advise someone on the proper use of the public swimming pool.

Useful Expressions

You	mustn't
	can't
	aren't allowed to
	are forbidden to

You	must
	should
	have to
	ought to

D WRITING

Summary Writing

To summarise a text is to give only the main ideas of the text. The meaning or message must still be the same as the original text.

Guidelines for writing a summary:

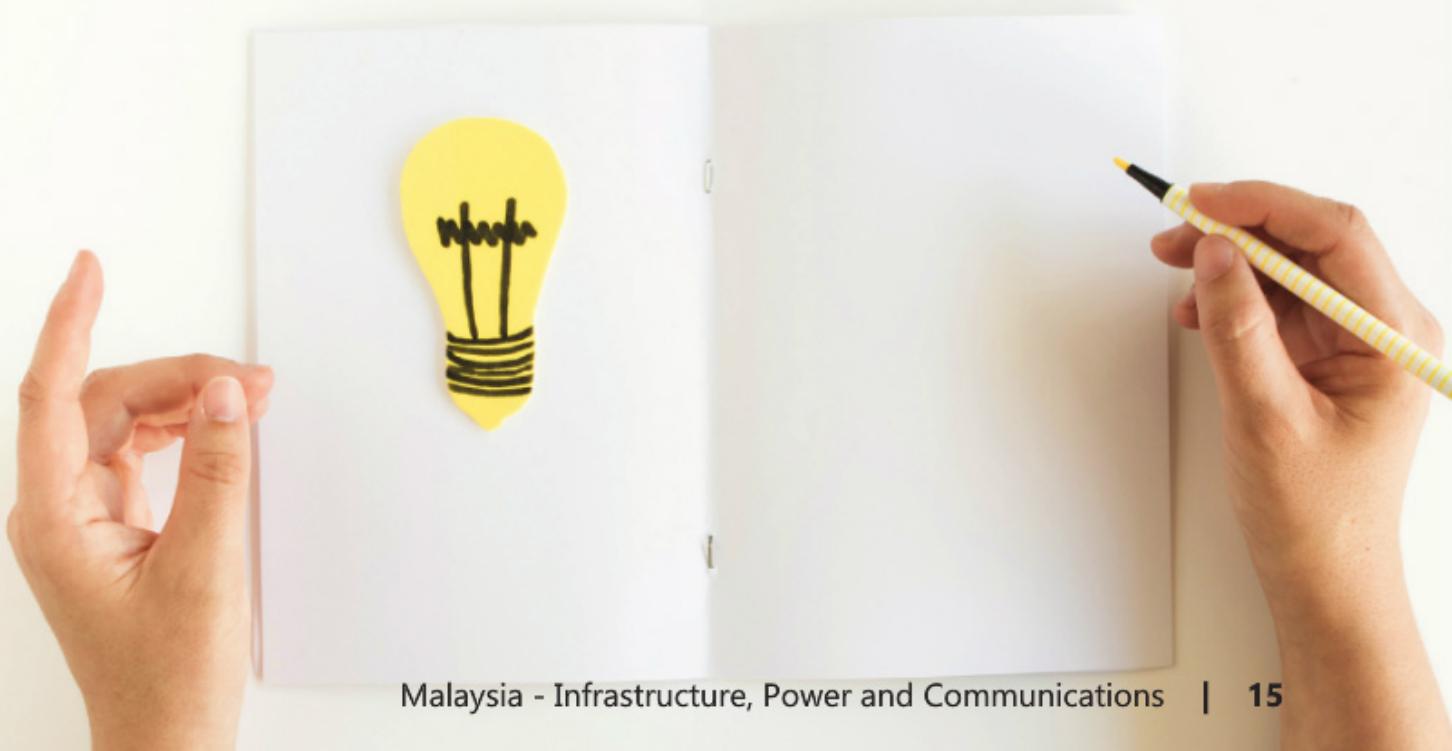
A good summary should include all the main points and should be rephrased in your own words.

1. Read the instructions and be mindful of the requirements of the summary.
2. Skim the text to get a general overview of the material.
3. Look for the main points which are usually expressed in the thesis statement and topic sentences. Particularly, focus on the topic sentences.
4. Arrange the points according to the sequence of the question requirement.
5. Write your first draft.

6. Use sequence connectors to maintain cohesion in the summary.
7. Keep within the number of words specified and state the number of words written in brackets.
8. Proofread the final summary for grammatical errors and spelling mistakes.
9. Credit will be given for the use of your own words or paraphrasing.
10. Write the summary in **ONE** continuous paragraph.

Pitfalls to avoid:

1. Do not include information not found in the text.
2. Do not include your own ideas or opinions.
3. Do not repeat ideas. Sometimes, an idea is repeated in the text and you may not notice it.
4. Do not use contractions in summary writing.
5. Do not use subjunctive sentences.
6. Do not use proverbs or quotations.
7. Do not use specific examples, illustrations, metaphors or interpretations.



Practice

Read the following passage carefully. Write a summary on:

- factors to consider when moving to another country
- the reasons for settling in Malaysia

Your summary should be in continuous writing and should not be longer than 150 words. Credit will be given for the use of your own words. State in brackets the number of words you have written.

Moving to and living in a different country is a different experience compared to visiting a destination. There are many factors that people need to consider when choosing a new country to live in. The important factors to consider are economic and political stability, infrastructure, living cost, language, education, etc.

Malaysia is proving popular for expatriates' relocations. Increasing numbers of people are migrating to Malaysia every year. There are some reasons why people choose to make Malaysia their second home.

Malaysia has experienced many years of economic and political stability. The ruling government is the democratically elected representatives of all races, religions and cultures in Malaysia. Additionally, Malaysia has a good infrastructure that is continuously being improved. The country is well connected with up-to-date and modern road, rail, air and sea transportation systems. Public transport by buses, taxis and trains are comfortable, efficient and affordable.

The cost of living in Malaysia is relatively lower than that of neighbouring countries such as Singapore and some western countries. Public transport fares in Malaysia are reasonable as the Malaysian government subsidises fuel costs.

Most Malaysians speak English. Foreigners will have no problem making new



friends. They can find signboards in English when they get around. Moreover, most of the official documents are in Bahasa Melayu and English making their stay in Malaysia easier and more convenient.

Besides, Malaysia is indeed the place to get internationally acclaimed education quality at a very reasonable cost. There are international schools of repute in all major towns with English as the medium of instruction. Private colleges and universities also provide twinning programmes with other renowned universities and colleges worldwide.

Malaysia has many well-equipped, modern hospitals with state-of-the-art equipment and well-qualified doctors and nurses. The cost of seeing a doctor is very reasonable and it is relatively easy to see a specialist compared to other countries that require a referral from a General Practitioner before the patients get access to them.



The weather in Malaysia is pleasant and warm with moderate rainfall throughout the year. The temperatures vary between 20 and 30 degrees and it is humid and sunny most days. The sunny, warm and wet climate throughout the year makes Malaysia a tropical paradise.

For nature lovers, they can explore the jungles, hill stations, tropical islands or beaches for relaxing weekends. They can choose to climb Mount Kinabalu or experience jungle trekking or river rafting in the National Park, one of the oldest rainforests in the world.

Moreover, there is a wealth of choices for food from different races in Malaysia. One can find surprisingly tasty and affordable food at hawker centres, roadside stalls and restaurants. It is a paradise for people who like Indian, Malay or Chinese cuisines.

The lifestyle in Malaysia can be as extravagant or as humble as one wishes it to be. In the big cities, many restaurants and entertainment options keep people occupied throughout the day and night. Likewise, the rural areas offer affordable indoor and outdoor activities, such as traditional games and sports, and other nature activities, such as bird watching and fishing. People can choose to dine at a hawker stall or local café for a fraction of the price of a fine dining restaurant. People can shape their lives to fit their needs and interests.

**A READING****Chinese Calligraphy**

Calligraphy, literally ‘beautiful writing’, has been appreciated as an art form in many different cultures throughout the world, but the stature of calligraphy in Chinese culture is unmatched. In China, from a very early period, calligraphy was considered not just a form of decorative art; rather, it was viewed as the supreme visual art form. It was more valued than painting and sculpture and ranked alongside poetry as a means of self-expression and cultivation. How one wrote was as important as what one wrote.

The earliest extant examples of Chinese writing are the inscriptions that appeared on so-called oracle bones (animal bones and tortoise shells) and on bronze vessels, the oldest of which dated back to the *Shang* dynasty (ca.1600-ca.1100 B.C.E.). Shang emperors used these objects in important divination rituals. Some scholars have argued that this early association of writing with ritual and political authorities helps to account for the special status conferred upon those who could read and write.

Although archaeological evidence confirms that brushes were known in China at a much earlier date, it was during the *Han* dynasty that their use became widespread. A typical brush consists of animal hairs (black rabbit hair, white goat hair and yellow weasel hair) inserted into a tube of bamboo or wood (though jade, porcelain and other materials were also occasionally used). The hairs are not all the same in length; instead, an inner core has shorter hairs around it, which **in turn** are covered by an outer layer that tapers to a point. Brushes come in various shapes and sizes that determine the type of line produced. What all such brushes have in common, however, is their flexibility. This feature allows the calligraphic line to be fluid and expressive.

The ink employed in calligraphy is usually made from lampblack. After being collected, the lampblack is mixed with glue and pressed into moulds. The resulting hardened cakes or sticks can then be ground against a stone and mixed with water, a process that allows the calligrapher to control the thickness of the ink and density of the pigment. Eventually, ink cakes and ink sticks became a decorative art form, and many well-known artists have created designs and patterns for their moulds.

The invention of paper is widely appreciated as one of China's major technological contributions to the world. Tradition credits the discovery of the process to Cai Lun in 105 C.E., though recent tomb findings demonstrate that paper was known at least a century earlier. Paper was **made from** various fibres, such as mulberry, hemp, cotton and bamboo, and provided an inexpensive alternative to silk as ground material for calligraphy and painting.

Although the practice and appreciation of calligraphy are often presented as traditional pursuits, calligraphy is present in modern China in various ways. Indeed, the single most commonly reproduced example of calligraphy is undoubtedly the four characters – Renmin Ribao (*The People's Daily*) that to this day appears on the masthead of every copy of the official newspaper of the People's Republic of China (PRC), originally brushed by Chairman Mao himself.





Comprehension Check

Reading for Main Ideas

1. Calligraphy has been appreciated as an art form in many different cultures throughout the world; the stature of calligraphy in Chinese culture is unmatched.
2. Calligraphy was viewed as the supreme visual art form and ranked alongside poetry as a means of self-expression and cultivation.
3. In ancient China, how one wrote calligraphy was as important as what one wrote.
4. Although archaeological evidence confirms that brushes were known in China at a much earlier date, it was during the *Han* dynasty that their use became widespread.
5. The ink employed in calligraphy is made from lampblack mixed with glue and pressed into moulds.
6. The invention of paper is widely appreciated as one of China's major technological contributions to the world.
7. Paper was made from various fibres and provided an inexpensive alternative to silk as ground material for calligraphy and painting.



Reading for Details

Answer the questions according to the passage.

1. What was the purpose of the earliest Chinese writing inscribed on oracle bones?

2. What makes the Chinese calligraphic line fluid and expressive?

3. What allows the calligrapher to control the thickness of the ink and the density of the pigment?

4. Why do we credit Cai Lun for the discovery of the paper-making process?

5. What is considered the most commonly reproduced example of calligraphy in China?



Further Thinking

1. What are the benefits of learning calligraphy?
2. Do you like to learn calligraphy? Why or why not?



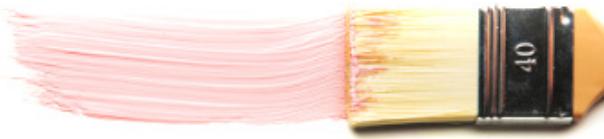


Vocabulary

1. **Stature:** noun. /'stætʃə(r)/ the importance and respect that a person has because of his or her ability and achievements
e.g. She is an actress of considerable stature.
2. **Cultivation:** noun. /kʌltɪ'veɪʃn/ try to develop and improve something
e.g. Parents play a crucial role in the cultivation of good habits in children.
3. **Extant:** adjective. /ek'stænt/ still in existence
e.g. The extant documents prove the lost civilisation.
4. **Inscription:** noun. /ɪn'skrɪpʃn/ words written in the front of a book or engraved in stone or metal
e.g. The inscriptions on the cave's walls are evidence of ancestors' activities.
5. **Divination:** noun. /dɪvɪ'neɪʃn/ the act of finding out and saying what will happen in the future using supernatural means.
e.g. In Taiwan, divination activities are still common in many temples.
6. **Archaeological:** adjective. /ɑ:kɪə'lodʒɪkl/ related to the cultures of the past
e.g. The residents of that region uncovered the archaeological site of the legendary tribe accidentally.
7. **Weasel:** noun. /'wi:zl/ a small wild animal with a long thin body, a tail, short legs and reddish-brown fur.
e.g. The weasel is an active predator that hunts small animals for food.
8. **Taper:** verb. /'teɪpə(r)/ to become gradually narrower
e.g. The pots are wide at the base and tapered at the top.
9. **Lampblack:** noun. /'læmpblæk/ sooty residue created by burning pine resin or oil
e.g. The Chinese used lampblack to make ink for writing in ancient times.



10. **Pigment:** noun. /'pɪgmənt/ a substance that gives something a particular colour when it is present in it or is added to it
e.g. The pigment is mixed into the oil or glue to make different types of paint.



Vocabulary Practice

In each of the following items, choose the word that *best fits* into the blank in the sentence.

1. Mr Lee presented a letter which _____ him to collect a sum of money from the insurance company on behalf of his sister.
A. granted B. entitled C. confirmed D. authorised

2. The helicopter _____ in the sky while the rescue operation was going on.
A. glided B. soared C. hovered D. cruised

3. That wealthy lady was wearing an expensive _____ of pearls around her neck.
A. row B. band C. chain D. string

4. The rescuers felt that there was _____ danger of a second eruption.
A. devastating B. eminent C. imminent D. catastrophic

5. Smoking is _____ in many public areas nowadays to protect the health of non-smokers.
A. prevented B. prohibited C. disallowed D. illegal



Idioms and Phrases

1. **account for:** to be the explanation or cause of something 是……说明或原因
e.g. He could not account for the missing funds.
2. **in turn:** because of that; one after the other in an order that has been agreed upon or officially decided 依次、相应地
e.g. My mother taught me the importance of filial piety, and I, in turn, taught my daughter.
3. **made from:** how something is manufactured from raw materials 由……制成
e.g. The cloth is made from a mixture of linen and cotton.
4. **to a significant extent:** reaching an important level 达某种显著、意味深长或重要的程度
e.g. The success of a person, to a significant extent, is influenced by his early development years.
5. **accessible to:** easy to obtain or use 能够得到、接触到
e.g. These private and confidential documents are not accessible to the public.

Patterns in Action

Present Perfect Continuous Tense

Usage	Example
1. An action that began in the past and continued to the present.	<ul style="list-style-type: none">• The workers <u>have been building</u> the bridge for several months.• The children <u>have been playing</u> since 4 o'clock.
2. An action that may or may not be finished when its effect can be seen now. Without the duration, the tense has a more general meaning of lately.	<ul style="list-style-type: none">• I <u>have not been sleeping</u> for three days. (I am tired and sleepy now.)• Someone <u>has been eating</u> my chips. (half of them are gone)

Practice 1

Fill in the blanks with the correct form of the verbs in brackets.

1. It _____ (rain) since this morning.
2. I _____ (read) the book you recommended.
3. What _____ (do) since I last saw you?
4. We _____ (produce) this herbal drink since the beginning of the year.
5. I am a bit worried about Johnathan. He _____ (act) very strangely of late.
6. My sister _____ (make) a cake, that is why the kitchen is such a mess.
7. Sorry to arrive looking so untidy. I _____ (run) as I missed the bus.
8. I _____ (listen) to podcasts for language study for the past two months.
9. All the participants of the singing competition _____ (practise) hard for the final rounds which shall begin tomorrow.
10. Linford Christie _____ (try) to break the 100-metre-race world record since the Barcelona Games.



Practice 2

In each of the sentences below, four parts are underlined and lettered A, B, C and D. One of these parts contains an error. Circle the letter indicating the error.

1. Amanda had been living with her mother since she lost her job.

A B C D

2. How long will Peter have been working when he retired?

A B C D

3. The player has been practising very hard as if his efforts will pay off.

A B C D

4. In the past, sailors have been observing the stars for navigation before the advent of
A B C D
Global Positioning System (GPS).

5. My grades are better now because I had been studying hard for the past few months.

A B C D

6. My mother have been working in that prestigious company for 20 years.

A B C D

7. Before I moved in my own apartment, I had been living in a house with five
A B C D
roommates.

8. I have been dreaming of visit Venice for the past 12 years.

A B C D

9. The trekkers has been sending out rescue flares to alert their rescuers since they
A B C D
got lost.

10. We have stopped going to that restaurant since the chief cook resign.

A B C D

B LISTENING

Practice

Listen to Dr Phil and Dr Kay's discussion about cultural integration. Then answer true (T) or false (F) for each question.

1. Cultural integration is important only for the business world. ()
2. The key to racial harmony is mutual respect and understanding. ()
3. Fewer people are finding a spouse from another community. ()
4. Children with a cross-cultural upbringing have better adaptive skills. ()
5. In the modern age, we have to be more knowledgeable about cultural sensitivities. ()
6. You can use all types of gestures to communicate with people from diverse cultures. ()



C SPEAKING

Read the question below on your own and take notes. Then discuss your ideas with your group members. You may support or oppose your members' views. Present your suggestions to the class.

Situation: How to help students become respectful of people from different cultural backgrounds? Give three suggestions.

Useful Expressions

Asking for an opinion	What is your opinion about/on...? What do you think about/of...? Do you think/feel...?
Asking for an explanation	What do you mean by that? I do not really understand...? Could you explain to me...?
Giving your opinion	In my opinion... My point of view is that... It seems to me that... Everyone knows...
Agreeing with an opinion	I agree. That's right. That is exactly what I mean. You are right. You have a good point there. I can't agree more.
Polite disagreement	I don't think so. I don't think that is right. I am sorry I can't agree with you. Well, that is one way of looking at it, but...

D WRITING

Persuasive Essay

In a persuasive essay, you need to state your opinions to persuade the readers to agree with you. You need to state your stand in the introduction and include various facts, reasons and examples to support your stand.

Essay Structure

Introductory Paragraph

- General statement
- Background information (opinions, definitions, historical or general facts, trends or changes)
- State your stand (e.g. I agree, in my opinion, I believe...)
- Thesis statement (be specific, include three main points in the thesis statement)

Body Paragraphs

1st paragraph : topic sentence, supporting details and examples, concluding sentence

2nd paragraph : topic sentence, supporting details and examples, concluding sentence

3rd paragraph : topic sentence, supporting details and examples, concluding sentence

Concluding Paragraph

- Restate the thesis statement (paraphrase the thesis statement)
- Restate your stand
- End with a clincher (recommendation, advice, persuasion or prediction)

Example

Topic: Teenagers should be allowed to do part-time jobs while they are still students. Do you agree?

Introductory Paragraph

Nowadays, it is very common to see teenagers working everywhere for various reasons (**general statement**). Whatever part-time jobs they do, they prepare for their future (**background information**). In my opinion, teenagers should be allowed to do part-time jobs (**state your stand**) because they can learn how to manage their time, appreciate the value of money and get lessons from real life (**thesis statement**).

Body Paragraphs

First, teenagers can learn how to make good use of their time on studying and working...

Furthermore, teenagers will appreciate the value of money by earning money on their own...

Other than that, teenagers can obtain real-world experiences from part-time jobs...

.....

Concluding Paragraph

In summary, teenagers can learn time management skills, difficulties in making money and real-world experiences from part-time jobs (**restate the thesis statement**). Therefore, I agree that teenagers should be allowed to do some part-time jobs (**restate your stand**). Although teenagers are responsible for concentrating on their academic studies, part-time jobs help them to obtain real-world experiences that they may not gain in school (**end with a clincher**).

Practice

Write a persuasive essay on one of the following topics in not less than 300 words.

1. Traditional culture should be promoted among the younger generation. Do you agree?
2. Friends influence the personality of a teenager more than a family. Do you agree?
3. Recycling should be mandatory for everyone. Do you agree?

A READING**Indian Cultural Heritage in Malaysia**

The modern states of India and Malaysia share a long history, from the old record of trade and territorial relations to modern British colonialism. There has been constant interaction between the people of the Indian subcontinent and the Malay peninsula since the time of the Pallava Kings and possibly even earlier than that.

Although there is evidence from the recent centuries of people from southern India, particularly the Tamils who migrated to the Malay peninsula, the present Indian population is mainly made up of direct descendants of those taken as soldiers and labourers during the British rule.

Tamil Hindus make up most of the 2 million Indians in Malaysia, who are multilingual, so in areas like Selangor, Negeri Sembilan and Penang, it is common to see people dressed in sarongs, speaking both Tamil and Bahasa Melayu fluently.

Even today, the Indian-Malaysians, making up more than 7% of the population, remain in the working class by engaging mainly in blue-collar jobs. A substantial share of professionals, especially doctors (almost 25%), is also contributed by people of Indian heritage. (figures extracted from the source in 2019)

Indian Peranakans

The Malay term ‘Peranakans’ loosely translates to ‘born of’. It is used to refer to people who are descendants of centuries-old immigrants. In addition to the Chinese Peranakans, there are the Tamil, Jawi, and Eurasian Peranakans.



Chitty, also called Tamil Peranakan, is a **closely-knit** community of a few thousand people. Chitty, a descendant of a Tamil trader who came during the 18th century stayed behind and married a local woman of Malay and Chinese descent. Today, the Chitty, although still Hindus, reside mainly in the Melaka region and demonstrate the physical and cultural features of their Indochinese foremothers.

Jawi Peranakan, **on the other hand**, is a descendant of Tamil-Muslim and Malay parents. The term, however, is also used to refer to those of Arab parentage. Jawi is an Arabic word used for South Asian Muslims. This shrinking **elite** community was once highly influential in the regional commerce during the 18th and 19th centuries.

Thaipusam

Thaipusam festival is a celebration of the Malaysian-Indian cultural heritage. The festivities are organised in honour of Lord Murugan (also known as Kartikeya). **Devotees** from throughout Malaysia **congregate** at the grand celebrations at Batu Caves in Selangor, Penang and other states. Many devotees begin doing penance a few days before the actual festival, carrying the kavadi (a decorated structure bearing the image of several deities, including Lord Murugan) on their shoulders and paal kudam (milk pots) on their heads. Some devotees also subject themselves to cheek or tongue **piercings** as a sign of devotion to their deities and to fulfil their vows.



Malaysia is a multiracial country with various cultural celebrations related to their religions or beliefs. Sharing such celebrations means that the different ethnic groups can be forever harmoniously connected by the Indian-origin diaspora and its unique culture, a confluence of Malaysian and Indian practices. In fact, these events promote unity among Malaysians.



Comprehension Check

Reading for Main Ideas

1. The modern states of India and Malaysia share a long history, from the old record of trade and territorial relations to modern British colonialism.
2. The present Indian population is mainly made up of direct descendants of those taken as soldiers and labourers during British rule.
3. Tamil Hindus make up most of the 2 million Indians in Malaysia who are multilingual.
4. Chitty, the descendants of Tamil traders, reside mainly in the Melaka region and demonstrate their Indochinese foremothers' physical and cultural features.
5. The festivities of the Thaipusam festival are organised in honour of Lord Murugan (also known as Kartikeya) and devotees congregate from throughout Malaysia to join in the grand scale celebrations at Batu Caves in Selangor, Penang and other states.



Reading for Details

Answer the questions according to the passage.

1. Based on the pieces of evidence in recent centuries, why did Indians come to Malaysia?



2. What does the word 'Peranakan' mean?

3. What is the difference between Tamil Peranakan and Jawi Peranakan?

4. How is Thaipusam celebrated in Malaysia every year?

5. In what way has the local culture influenced the Indian culture in Malaysia?



Further Thinking

1. Give some examples of Indian customs and traditions.

2. Why is it important to know about the cultures of other races apart from your own?



Vocabulary

1. **Colonialism:** noun. /kə'ləʊniəlɪzəm/ the practice by which a powerful country directly controls less powerful countries and uses their resources to increase its own power and wealth
e.g. Before World War II, most colonised countries were prepared to overthrow colonialism and establish independent states.

2. **Subcontinent:** noun. /'sʌb'kɔntɪnənt/ a large landmass that forms part of a continent
 e.g. Pakistan is one of the countries in the Indian subcontinent.
3. **Peninsula:** noun. /pə'nɪnsjələ/ a protruded area of land that is almost surrounded by water but is joined to a larger piece of land
 e.g. The first French to visit the Malay peninsula must have arrived in the second half of the 16th century.
4. **Blue-collar:** adjective. /'blu:’kɒlə(r)/ blue-collar workers refer to workers who engage in manual labour, typically agriculture, manufacturing, construction, engineering, mining or maintenance.
 e.g. He worked his way up through the mining company, starting from the bottom as a blue-collar worker.
5. **Elite:** adjective. /'elɪ:t/ belonging to a group of people who have a lot of power and influence because they have money, knowledge or special talents
 e.g. As Anna is quite wealthy, she sends her children to the most elite school in the city.
6. **Devotee:** noun. /'devə'ti:/ a member of a religious group
 e.g. The devotee spends his time in prayers, worship and constant remembrance of the deity of his choice.
7. **Congregate:** verb. /'kɔŋgrɪgeɪt/ to come together as a group
 e.g. A crowd congregated around the entrance to the theatre, hoping to catch a glimpse of the stars of the show.
8. **Piercing:** noun. /'pɪəsɪŋ/ puncturing through or into something
 e.g. Nose piercing is the second most popular type of body piercing.

The Indian Subcontinent



9. **Diaspora**: noun. /dī'əspōrə/ the movement of people from any nation or group away from their own country
e.g. People from every country of the diaspora now live in Israel.
10. **Confluence**: noun. /'kōnflooəns/ a situation in which two things join or come together
e.g. The confluence of the two companies allowed both of them to be more successful.

Vocabulary Practice

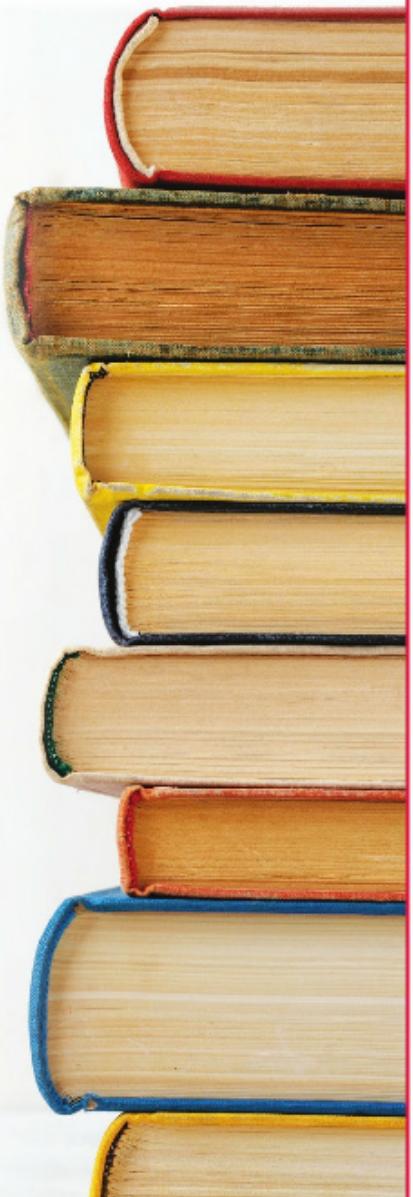
In each of the following items, choose the *most appropriate meaning* of each underlined word in the sentences.

1. Anything that goes awry in the project is blamed on Dylan.
A. wrong B. crooked C. corrupted D. skew
2. She was never able to heal the rift between her two brothers.
A. outlook B. quarrel C. gap D. crack
3. The robbers did not find the jewellery as the owner had hidden them in a pillow with a zipper.
A. strewn B. concealed C. sealed D. covered
4. As a retail manager, she has to oversee several subordinates, such as department managers, supervisors and shift leaders.
A. observe B. supersede C. overlook D. supervise
5. Robert was so enraged at the article about him that he sued the newspaper.
A. betrayed B. irritated C. furious D. disappointed



Idioms and Phrases

1. **closely-knit:** a closely-knit group of people is closely linked, do things together and share common interests 关系紧密的、紧密团结的
e.g. A small village is a closely-knit community where everyone knows each other by name.
2. **on the other hand:** in a way that is different from the first thing you mentioned 另一方面
e.g. I want to eat out; on the other hand, I should economise in having my food.
3. **to make both ends meet:** to manage the finances just enough to meet one's needs 使收支相抵、勉强维持生计
e.g. To make both ends meet, she works for a travel company and makes cupcakes for a cafeteria after work.
4. **at loose ends:** not knowing what to do 不知所措
e.g. I was at loose ends after finishing high school and not being able to find a job.
5. **make do with:** to use what is available although it is not enough or what you wanted 凑合、将就
e.g. Can you make do with RM500 for now and I will give you the rest next Monday?



Patterns in Action

Infinitives

A 'to'-infinitive verb is '*to + the base form of a verb*'.

e.g. to talk, to teach



To-infinitives used as Nouns

Usage	Example
1. As the subject of a verb	<u>To help</u> others is so important. <u>To be</u> a chef is my dream.
2. As the object of a verb	I need <u>to eat</u> something. He needs <u>to pay</u> his school fees by this week.
3. As the complement of a verb	No one is allowed <u>to enter</u> . Samantha is chosen <u>to represent</u> the school in the competition.

To-infinitives used as Adjectives

Usage	Example
Describe nouns in a sentence	Tony wants a book <u>to read</u> . I have some handicrafts <u>to sell</u> .

To-infinitives used as Adverbs

Usage	Example
Give more information about adjectives, verbs or other adverbs in the sentence.	My mother is going to the store <u>to buy</u> dinner. I needed a sound sleep <u>to calm</u> my mind.

Infinitives without 'to' are used

Usage	Example
1. after verbs of perception such as feel, see, hear, notice, watch, smell	I can feel my heart <u>throb</u> . Her friends saw him <u>get</u> into a taxi.
2. after verbs such as make, need, help, let	My brother helped me <u>finish</u> my homework. You need not <u>wait</u> for your sister to come home.
3. after modal verbs such as will, would, shall, should, may, might, can, could, must	You should <u>work</u> harder. She will <u>cook</u> a meal for her friends.
4. after had better, would rather, sooner than, rather than	You had better <u>start</u> your work early. He made excuses rather than <u>do</u> his homework.

Practice 1

Fill in the blanks with an infinitive with or without 'to'.

1. The children were afraid _____ (admit) the truth.
2. We watched eagles _____ (hover) in the sky.
3. The traffic police officer warned us not _____ (overtake) dangerously.
4. I helped her _____ (decorate) the house last month.
5. I made an effort _____ (win) the race, but I failed.
6. I would rather _____ (have) a milkshake than a beer.
7. My mother always reminds me not _____ (be) late for school.
8. You had better not _____ (give) in to her demands.
9. We expect her _____ (come) back this weekend.
10. It was difficult for me _____ (start) the car with such a weak battery.

Practice 2

Form the sentences below, four parts are underlined and marked A, B, C and D. One of these parts contains an error. Circle the letter indicating the error.

1. Today I do not feel like to do anything; I just want to lie in bed. I swear I am not doing
A B C D
anything. Nothing at all.
2. You should stop to smoke to improve your health and to protect those around you.
A B C D
3. The police should put up a barrier preventing travellers from rushing out of the
A B C D
station.
4. Aaron likes reading, play badminton and travelling to other countries.
A B C D
5. You have to working harder if you want to achieve success in your life.
A B C D
6. Would you prefer go to London or Paris for your holiday this year?
A B C D
7. I could not sleep so I listened to some soft music eliminating fatigue.
A B C D
8. I managed finding the place where she was working with the help of a map.
A B C D
9. He tried getting a job in the press but they wanted someone with higher qualifications.
A B C D
10. I went to the bookshop to buy some stationary
A B C
for the children at the orphanage yesterday.
D



B LISTENING

Practice

Listen to the recording about 'Indian Food in Malaysia'. Fill in each blank with not more than two words based on the recording.

1. The majority of Malaysia's Indian community is of _____ descent.
2. Ghee is a cooking oil that adds an _____.
3. Traditionally, banana leaf cuisine is mostly a _____ dish.
4. The banana leaf dishes are served with the rice in the centre and the side dishes on the _____.
5. Nowadays, banana leaves are replaced with _____ plates.
6. 'Nasi kandar' originated from the _____ traders in Penang.
7. Many 'nasi kandar' restaurants are open for _____.
8. The way of pouring different gravies onto the 'nasi kandar' rice is a _____.



C SPEAKING

Read the questions below individually and take notes. Then discuss your ideas with your group members. You may support or oppose your members' views. At the end of the discussion, decide on the best suggestions. Present your suggestions to the class.

1. Do you think we should preserve our food culture? Give your reasons.

2. Suggest three ways to promote food culture in the tourism industry.

D WRITING

Summary Writing

Practice

Read the following passage carefully. Write a summary on:

- the characteristics of culture
- the benefits of culture

Your summary should be in continuous writing and should not be longer than 150 words. Credit will be given for the use of your own words. State in brackets the number of words you have written.

Culture encompasses the social behaviour and norms found in human societies. It is defined as the complex whole of society. Therefore, this can include everything that gives a society its identity, which would include such things as language, beliefs, values, customs, laws and cuisine.

What is particularly fascinating about cultures is that each culture shares at least five basic characteristics no matter where it is located. Culture is learned and much of culture learning is unconscious. We learn culture from families, peers, institutions and media. The process of learning culture is known as enculturation. While all humans have basic biological needs such as food and sleep, how we fulfil these needs varies cross-culturally.

Culture is shared because we share culture with other members of our group. We are able to act socially in appropriate ways as well as predict how others will act and react. Despite the shared nature of culture, that does not mean that culture is homogenous. For instance, Malaysia is a melting pot of various cultures. Culture is also related to symbols that vary cross-culturally and are arbitrary. They only have meaning when people in a culture agree on their use. Cultural symbols include signs, emblems, hand gestures, flags, animals and so on.

Besides, culture is integrated. In other words, the various parts of a culture are interconnected. To truly understand a culture, one must learn about all of its parts. As

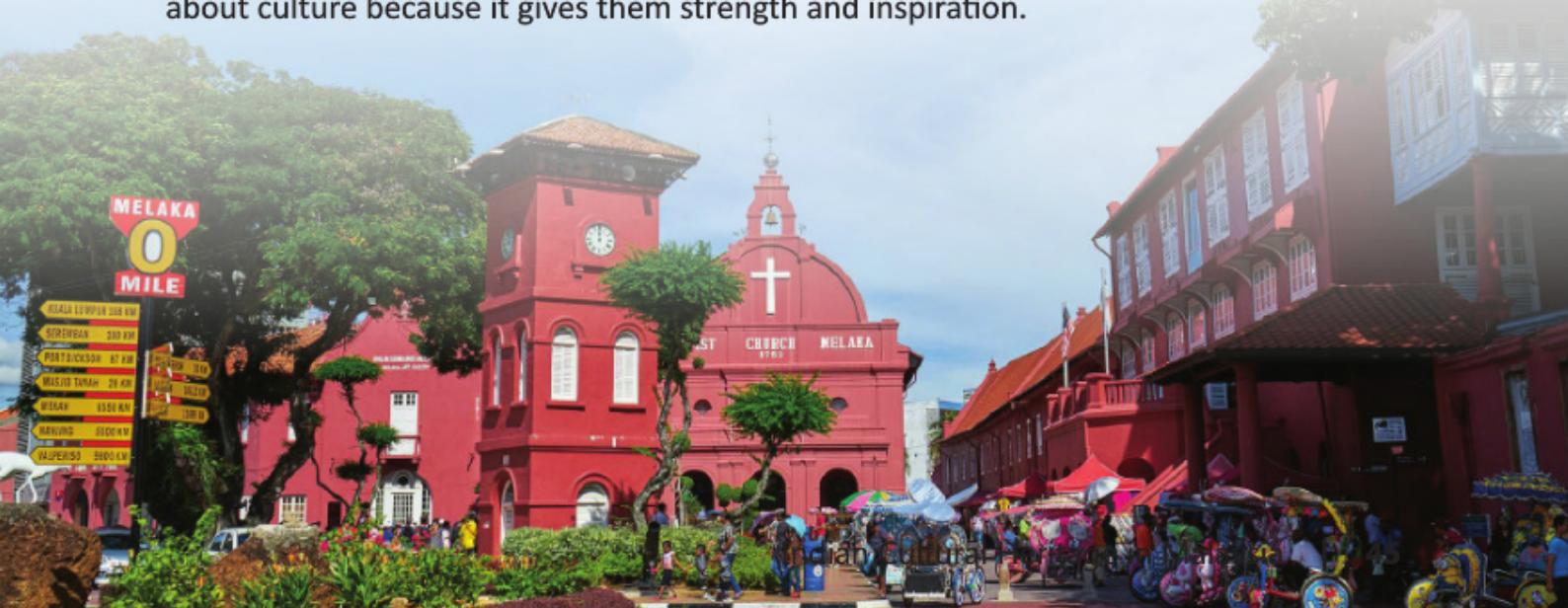
cultures are integrated, if one component in the system changes, it is likely that the entire system must be adjusted. Western hand gestures, such as the sign of peace, are commonly adopted forms of culture.

Culture is also dynamic. This means to say, cultures interact and change. Since most cultures are in contact with other cultures, assimilation of ideas and symbols occurs. All cultures tend to change, otherwise, people would have problems adapting to changing environments. Therefore, culture plays an essential role in the societal life of a person. It acts as a means of accumulating, storing and transmitting human life experiences.

In addition to its intrinsic characteristics, culture also provides social and economic benefits. Culture helps to develop a variety of skills. Cultural involvement and creative potential are essential to the world. For example, rock music has been developed over time by combining technology and art. Thus, culture helps in the creation of various genres of music and film arts.

Culture contributes to the economy. Cultural tourism throughout the world is an increasingly important source of employment and income. Consequently, culture helps cities to develop. With vibrant landmarks, tourists are attracted to visit the urban cities of great architectural reputations. Additionally, culture preserves and transfers knowledge to the whole world. Culture conveys knowledge about societal life from popular dances to the traditional daily routine. You can glean such information not only from history books but also from modern novels.

Thus, culture is truly the glue that holds all achievements together. Culture is not only complex and diverse but also highly mobile. It is a living process, constantly moving, developing and changing. Culture helps the world to be better in every way. People learn about culture because it gives them strength and inspiration.



UNIT 4

TRAVELLING AND SIGHTSEEING



A READING

Confused by typhoons, Japan's cherry blossoms are blooming in autumn

Every spring, cherry blossoms bloom in Japan and it is an occasion for national celebration. Picnics, photo-taking sessions, parties and excursions are planned to observe the flowers in all their ephemeral glory abound. The traditional festival of 'hanami' or flower-viewing activity is enjoyed by people of all ages and visitors from around the world.

However, when the trees bloom in fall—as an unusually large number of them have done this season—it could be a cause for concern. Due to extreme weather and a slew of recent typhoons, most notably the destructive Typhoon Jebi, which hit in early September 2018, it seems some iconic trees have grown confused, sprouting flowers off-schedule.

While the phenomenon is not unheard of, it seems lots of trees have bloomed very early in Tokyo this autumn. As Hiroyuki Wada of the Flower Association of Japan



told the broadcaster of Nippon Hoso Kyokai (NHK), “This has happened in the past, but I don’t remember seeing something **of this scale**.”

Wada posits that warm weather caused by typhoons may have confused the trees. He notes, too, that many trees lose their foliage during storms and the leaves of the cherry blossom tree release a hormone that prevents budding except in spring. The trees only bloom once a year, so an autumnal display bars the traditional spring blossoms from appearing on the same tree.

The meteorological company, Weathernews, says that more than 300 individuals in Tokyo have reported autumnal blossoms, although it is unclear to what extent these reports overlap. Wada says that the traditional viewing season will not be seriously impacted by the unusual display of blossoms.



The cherry blossom forecast, published annually by the Japan Meteorological Corporation, has not yet been released for 2019. A travel website Kyuhoshi says, “This year, ‘sakura’ have bloomed earlier than usual.”

Traditionally, the Sakura-viewing celebrations were meant to highlight the temporal beauty of nature. The flower-viewing parties are believed to have started in the eighth century in Kyoto, initiated by Emperor Saga, who would hold picnics under the springtime blossoms. The festivities began in the daytime and sometimes continued late into the night, as guests enjoyed ‘sake’ and the beauty of the blooms under the moonlight.

Extreme weather is **adding a new twist** to the traditional cherry blossom season that Mother Nature intended. The beauty of cherry blossom is not only transient but also full of surprises. Her delights may come when they are not expected and her treasures, it seems, are not always bound by strict schedules.



Comprehension Check

Reading for Main Ideas

1. Every spring, cherry blossoms bloom in Japan.
2. It is an occasion for a national celebration since it is enjoyed by people of all ages and visitors from around the world.
3. Due to extreme weather and a slew of typhoons, most notably the destructive Typhoon Jebi, some iconic trees had grown confused, sprouting flowers off-schedule.
4. Many cherry blossom trees lose their foliage during storms and the leaves release a hormone that prevents budding except in spring.
5. The Sakura-viewing celebrations highlight the temporal beauty of nature.
6. Extreme weather changes the traditional cherry blossom season.



Reading for Details

Answer the questions according to the passage.

1. In what ways do people in Japan observe cherry blossoms?

2. Why have some iconic cherry blossom trees grown confused, sprouting flowers off-schedule in Japan lately?

3. How can extreme weather affect cherry blossoms?

4. What other purposes of Sakura-viewing celebrations can you think of other than highlighting the temporal beauty of nature?

5. Do you agree that Kyoto is an ancient city?

Why?



Further Thinking

1. What conclusions can you draw from the reading passage on cherry blossoms?

2. What would you do to promote a floral fest in our country?



Vocabulary

1. **Ephemeral:** adjective. /'efemərəl/ lasting for a very short time; short-lived
e.g. Fashions are ephemeral and new ones regularly drive out the old.
2. **Abound:** verb. /ə'bəʊnd/ to exist in great numbers or quantities
e.g. Rumours abound as to the reasons for his criminal charges.
3. **Foliage:** noun. /'fəʊliɪdʒ/ the leaves of a tree or plant; leaves and branches together
e.g. It is spectacular to look at the dense green foliage of that tree.
4. **Temporal:** adjective. /'tempərəl/ connected with or limited by time
e.g. We must not be too attached to temporal things because they are not lasting.
5. **Sake:** noun. /'sake/ Japanese alcoholic drink made from rice
e.g. Traditionally, Japanese drink 'sake' while enjoying the cherry blossoms.
6. **Transient:** adjective. /'trænziənt/ lasting for only a short time; temporary
e.g. A glass of whisky has only a transient warming effect.
7. **Schedule:** noun. /'sedʒju:l/ a list of planned activities or things to be done when they are intended to happen
e.g. The renovation project has already fallen behind schedule due to the effect of the pandemic.



Vocabulary Practice

For each question below, choose the word *closest in meaning* to the underlined words.

Getting good results in your studies comes from developing good study habits. Before you study, look for a quiet environment with no (1) activities that take away your attention. If you find your home too noisy for studying, try the library or community centre instead.

When you study, set (2) achievable targets for yourself to achieve. If you feel sleepy after studying for some time, you may want to go for a short walk to (3) perk yourself up. Studying may also be (4) taxing on the eyes. It may be a good idea to rest your eyes (5) now and then by looking at objects at a distance or at greenery. Remember not to push yourself too hard.

- | | | | |
|-------------------|-----------------|------------------|-----------------|
| 1. A. distresses | B. distractions | C. interruptions | D. attractions |
| 2. A. high | B. superior | C. realistic | D. average |
| 3. A. refresh | B. wake | C. cheer | D. reward |
| 4. A. challenging | B. strenuous | C. draining | D. painful |
| 5. A. often | B. hourly | C. seldom | D. occasionally |



Idioms and Phrases

1. **a slew of:** a series of 一系列的

e.g. Attributed to a slew of recent riots, the government deployed more police to the site.

2. **of this scale:** of this size or extent 这种规模或程度

e.g. Demonstration of this scale is rare in this country.

3. **add a new twist:** to add a certain difference that makes it special 加入新元素、异于寻常的成分

e.g. The lemon juice adds a new twist to the cake.



4. **wont to:** in the habit of doing something 习惯于
e.g. My son is wont to fall asleep after lunch.
5. **travel broadens the mind:** visiting different places allows a person to gain greater perspective and knowledge about the world, people and oneself. It also makes a person more willing to accept other people's beliefs and customs 旅游可以开阔我们的思维
e.g. As the saying goes, 'travel broadens the mind'; I got to know different aspects of life and explored the world from a different perspective when I travelled to Europe.

Patterns in Action

Past Perfect Tense	
Active Voice	Passive Voice
had + Past Participle	had + been + Past Participle
Past Perfect Continuous Tense	
had + been + Present Participle	

Comparison of Past Perfect Tense and Past Perfect Continuous Tense

Past Perfect Tense	Past Perfect Continuous Tense
<p>1. To emphasise that one action had been completed before another action took place in the past</p> <ul style="list-style-type: none"> • After I <u>had written</u> the letter, I showed it to my teacher. • The bus <u>had left</u> before we got to the bus station. 	<p>1. To emphasise an action that had been continuing for some time before another action took place in the past</p> <ul style="list-style-type: none"> • It <u>had been raining</u> for an hour before I went out. • They <u>had been collecting</u> materials for two weeks before they wrote the report.

Past Perfect Tense	Past Perfect Continuous Tense
<p>2. To replace the Simple Past and Present Perfect Tense in Direct Speech when changing to Indirect Speech.</p> <ul style="list-style-type: none"> Direct: He said, “I visited Paris twice before.” Indirect: He said that he <u>had visited</u> Paris twice before. Direct: Jackson asked the singer, “When did you sing your first song?” Indirect: Jackson asked the singer when he <u>had sung</u> his first song. 	<p>2. To replace the Present Perfect Continuous Tense in Direct Speech when changing to Indirect Speech.</p> <ul style="list-style-type: none"> Direct: The teacher said, “I have been watching you, Peter.” Indirect: The teacher told Peter that she <u>had been watching</u> him. Direct: Kassim said, “My wife has been working here for seven years.” Indirect: Kassim said that his wife <u>had been working</u> there for seven years.
<p>3. Focus on the result of the action</p> <ul style="list-style-type: none"> My parents <u>had</u> already <u>left</u> when I reached home. <u>Had</u> the concert <u>started</u> by the time you got there? 	<p>3. Focus on the duration of the action</p> <ul style="list-style-type: none"> I <u>had been living</u> in New Zealand for five years when we first met. Michael needed a holiday because he <u>had been working</u> hard for five months.
<p>4. To emphasise an action had taken place before a definite time</p> <ul style="list-style-type: none"> I <u>had left</u> home for school before 7 am. The old man <u>had</u> already <u>passed</u> away before his 80-year-old birthday. 	
<p>5. To show an action that was not fulfilled in the past</p> <ul style="list-style-type: none"> I wish I <u>had listened</u> to my teacher’s advice. He wished he <u>had apologised</u> to his neighbour. 	

Past Perfect Tense	Past Perfect Continuous Tense
<p>6. In the 'If' clause of a conditional sentence to express an impossible situation</p> <ul style="list-style-type: none"> • If you <u>had asked</u> me, I would have helped you. • If he <u>had passed</u> the examination, he would have been offered a place in the university. 	
<p>7. In the Passive Voice to show what had been done to the Subject</p> <ul style="list-style-type: none"> • The woman said that she <u>had been swindled</u> by a conman. • We were relieved that the robbers <u>had been arrested</u>. 	

Sentence Structure of Past Perfect Tense	
Affirmative Sentence	She <u>had written</u> a short story.
Negative Sentence	She <u>had not written</u> a short story.
Interrogative Sentence	<u>Had she written</u> a short story?

Sentence Structure of Past Perfect Continuous Tense	
Affirmative Sentence	He <u>had been talking</u> since this morning.
Negative Sentence	He <u>had not been talking</u> since this morning.
Interrogative Sentence	<u>Had he been talking</u> since this morning?



Practice 1

Complete the sentences with the Past Perfect Tense of the verbs in brackets, using the Active or Passive Voice.

1. The report said that the drug pusher _____ (sentence) to death.
2. I was hungry because I _____ (not eat) since I woke up.
3. Before the game was over, many spectators _____ (leave).
4. He acted as if he _____ (win) the lottery.
5. He _____ (not ride) a horse before visiting the riding club.
6. The plants would have grown well if you _____ (fertilise) the soil.
7. The room _____ (sweep already) before the teacher returned.
8. The movie _____ (start already) when we arrived at the cinema.
9. When I saw her, I knew we _____ (never meet) before.
10. He told me he _____ (never be) to Australia before.



Practice 2

Complete the sentences with the Past Perfect Continuous Tense of the verbs in brackets.

1. My sister _____ (iron) clothes for half an hour before she was called for dinner.
2. He _____ (not/ride) a horse for two years.
3. The man said that he _____ (live) in that house since 1990 before migrating to China.
4. _____ she _____ (write) a poem for three hours by the time her cousin arrived?
5. We _____ (complain) for a few weeks before the Municipal Council repaired the burst pipe.
6. Where _____ he _____ (has/work) before he was retrenched?
7. We _____ (not/continue) our reading habit since we left school.
8. Had _____ (she/not/sing) for the past 15 years?
9. Why were you so exhausted when we met? _____ (you/run)?
10. Why _____ (you/behave) so strangely before I talked to you?

Practice 3

In the sentences below, four parts are underlined and lettered A, B, C and D. One of these parts contains an error. Circle the letter indicating the error and provide the correct answer.

1. By the time we got to the meeting point, all our partners had been leaving for the island cycling tour.
A B C
D

2. Where have you being? We have been waiting for you for ages at the airport.

A B C D

3. My brother has not decided on a career yet, but he had been thinking about it

A B C

lately.

D

4. Cindy was not aware that it was so late because she

A B

had been checking the time.

C D

5. We had answered questions for nearly two hours

A

in the examination hall when the bell rang.

B C D

6. He had not expected his parents to come to his concert,

A B

so he was very surprise to see them.

C D

7. Everything was white outside when we woke up because it snowed all night.

A B C D

8. If she had been preparing for the examination, she would not have failed.

A B C D

9. She got up reluctantly in the morning after she had been woke up by her mother.

A B C D

10. I wanted to see my favourite band at a concert, but I could not leave on time because

A B

I had not completed the report that my boss demanded.

C D

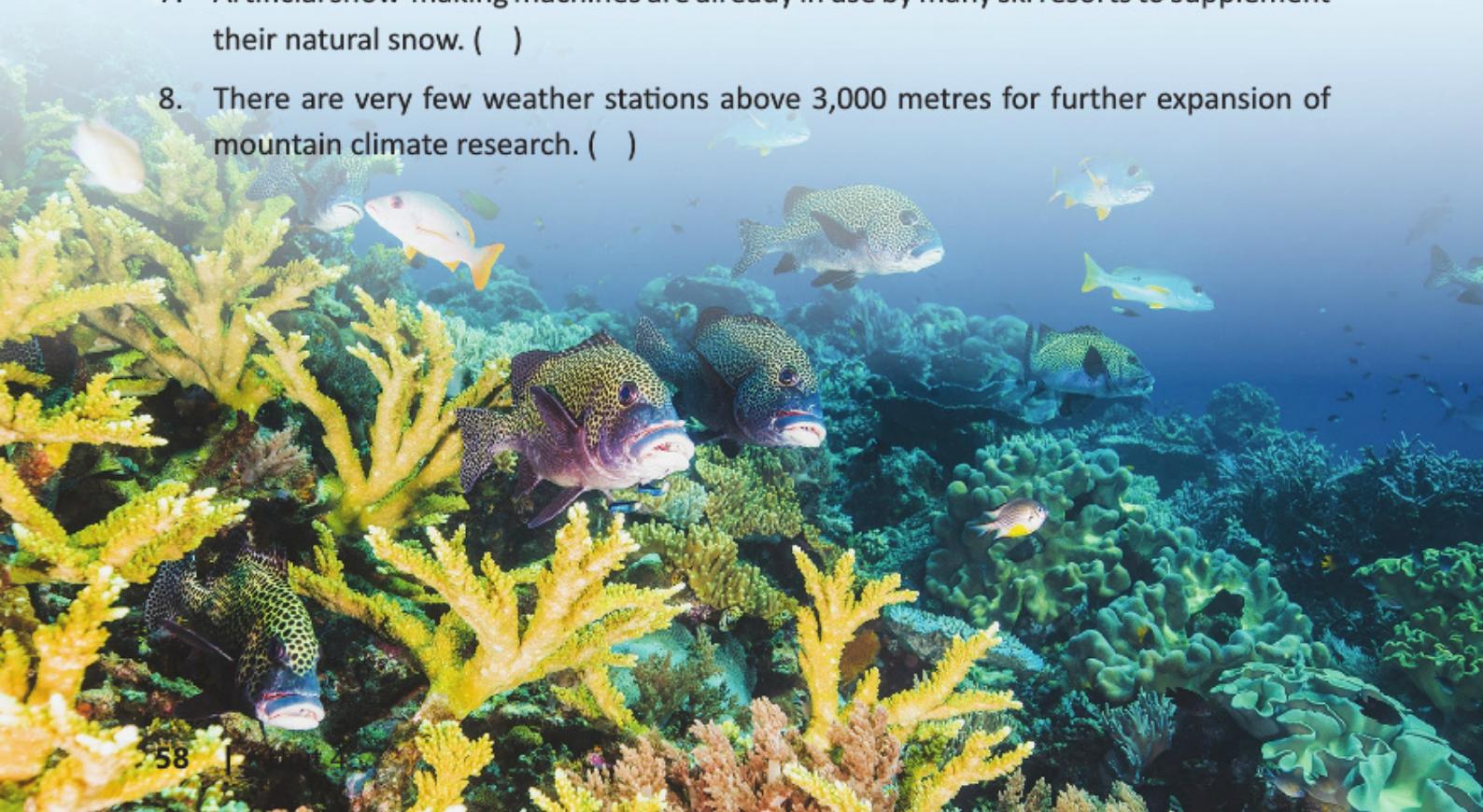


B LISTENING

Practice

Listen to the recording about 'Climate Change is Impacting Your Favourite Vacation Destination'. Which of the following statements are mentioned in the recording? Put a tick (✓) or a cross (✗) in the space provided.

1. Global warming causes the rise of sea levels. ()
2. About 49%–60% of the region's resorts and 21 airports would be destroyed if sea levels rose by 1 metre. ()
3. Many animals lost their habitats when the temperature in the forest areas increased. ()
4. As water temperatures increase, the corals become more prone to disease which can even lead to death. ()
5. Without coral reefs, fish and other marine animals will struggle to survive. ()
6. The mean summer temperature will increase by more than 40°C by the middle of the next century. ()
7. Artificial snow-making machines are already in use by many ski resorts to supplement their natural snow. ()
8. There are very few weather stations above 3,000 metres for further expansion of mountain climate research. ()



C SPEAKING

Work in groups of four. Discuss the questions. Use the expressions given below in your discussion. Share your views with your group members.

1. Choose a country with four seasons that you wish to visit.
2. Based on the information given below, during which season would you visit the country of your choice? Why?

Useful Expressions	
Spring	
<ul style="list-style-type: none">• cool and pleasant weather• perfect time for flowers to bloom• fantastic time for photography• witness melting snow• outdoor activities	Autumn/Fall
Summer	
<ul style="list-style-type: none">• sunny weather• simple packing• enjoy the beach and outdoor activities• special discounts• excellent time for sports tourism	<ul style="list-style-type: none">• mild weather• shedding of leaves• wonderful changing leaves scenery• clear evening skies are the best time for stargazing• suitable weather for mountaineering• participate in autumn festivals
	Winter
	<ul style="list-style-type: none">• cold weather• glistening winter scenery• experience White Christmas• participate in winter sports• enjoy playing in the snow

Example

Reasons to visit the country in a particular season	
Country	Korea
Season	autumn
Weather	mild weather
Activities	visiting places of interest
Scenery	<ul style="list-style-type: none">• shedding of leaves• leaf-changing scenery
Others	<ul style="list-style-type: none">• mountaineering• participating in autumn festivals such as Seoul International Fireworks Festival

D WRITING

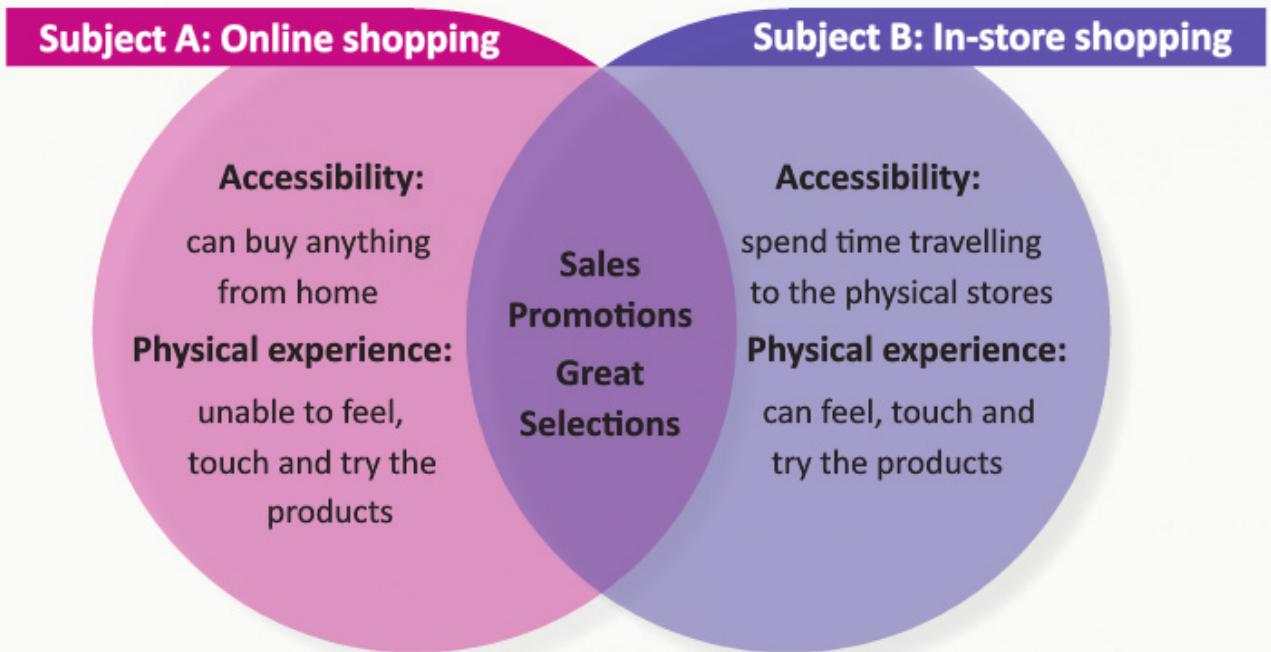
Compare and Contrast Essay

The purpose of a compare and contrast essay is to provide points of similarities and differences between two subjects. It is possible to focus on only comparison (similarities), only contrast (differences) or comparison and contrast (similarities and differences).

Example

Topic: Compare and Contrast Online and In-Store Shopping

- (1) A Venn diagram represents the similarities and differences between two subjects. Circles that overlap have the similarities while circles that do not overlap have the differences.



(2) Point-by-Point Method

Introductory Paragraph		
<ul style="list-style-type: none">• General statement• Brief background information about the two subjects• Thesis statement (tell the reader about two points of comparison [similarities] and two points of contrast [differences] between the two subjects)		
Body Paragraphs		
1st Body Paragraph	Point 1: Sales Promotion (Similarity)	<u>Subject A: Online Shopping</u> Many retailers offer abundant discounts and voucher codes to customers. <u>Subject B: In-Store Shopping</u> The in-store retailers allow customers to redeem coupons or vouchers in the stores.
2nd Body Paragraph	Point 2: Great Selections (Similarity)	<u>Subject A: Online Shopping</u> Online retailers are not restricted to shelves and have a wide selection of products. <u>Subject B: In-Store Shopping</u> There are many outlets that carry different brands of similar products.
3rd Body Paragraph	Point 3: Accessibility (Difference)	<u>Subject A: Online Shopping</u> Buyers can buy anything they want from the comfort of their home through the digital space. They can save precious time spent going from one store to another. <u>Subject B: In-Store Shopping</u> Consumers have to spend time driving or taking public transport to the physical stores and search for products from different stores.

4th Body Paragraph	Point 4: Physical Experience (Difference)	<p><u>Subject A: Online Shopping</u></p> <p>Online shoppers are unable to feel, touch and try the products before buying them. They have to return the products if they are unsuitable.</p> <p><u>Subject B: In-Store Shopping</u></p> <p>In-store shoppers have the opportunities to feel, touch and try the products before buying them so that they can ensure they buy the right items.</p>
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Concluding Paragraph

- Restate the thesis statement by paraphrasing
- Briefly summarise the features that you are comparing and contrasting
- Do not introduce new points
- Closing statement

Connectors That Show Comparison (Similarities)

In addition	Correspondingly	Compared to
Similarly	Just as	As well as
Likewise	Same as	At the same time
Both...and...	In a similar way	Equally

Connectors That Show Contrast (Differences)

However	On the contrary	On the other hand
Even though	In contrast	Although
Unlike	Conversely	Meanwhile
While	Instead	Whereas

Example

Topic: Compare and Contrast Online and In-Store Shopping

Introductory Paragraph

Since the rise of large internet-based e-commerce sites, many retailers have switched to offering online orders and home delivery (**general statement**). Online and in-store shopping differ in various ways, yet they both have appealing factors for shoppers (**background information**). The similarities of both online and in-store shopping are the sales promotions and great selection of products, whereas the differences are the accessibility and physical experience (**thesis statement**).

1st Body Paragraph (similarity between the two subjects)

In a similar way, online shopping and in-store shopping offer the buyers many promotions or incentives. Many retailers offer generous discounts and voucher codes to be used online as part of their marketing promotions. Buyers can select promotional items or apply the voucher codes before making payment to receive discounts. Similarly, in-store retailers allow customers to redeem coupons or vouchers to entice them to shop in physical stores. Customers can expect to save money whether through shopping online or in physical stores.

2nd Body Paragraph (similarity between the two subjects)

In addition, online shopping and in-store shopping offer an extensive range of items to choose from. Online retailers are not restricted to shelves and often have more inventory on hand with a wide selection of products; buyers have a lot of choices when they shop online. Likewise, at the shopping malls, many outlets carry different brands of similar products. Consequently, consumers can select a particular product from different manufacturers both online and in-store.

3rd Body Paragraph (difference between the two subjects)

However, online shopping is more convenient than in-store shopping. Online shoppers do not need to physically go to brick-and-mortar stores. They can buy

anything they want from the comfort of their home through the digital space. It helps them save precious time spent on the road and going from one store to another. In contrast, the consumers must visit the store in person to shop. They have to drive or take a means of public transport to the physical stores, which can be time-consuming. They also need to search and compare products from different stores in order to get something suitable.

4th Body Paragraph (difference between the two subjects)

Buyers have different physical experiences from online shopping and in-store shopping. In the case of online shopping, consumers are unable to feel, touch or try the products before purchasing them. As a result, they have to go through the process of returning the products should they later find the products unsatisfactory; sometimes at their own expense. On the contrary, one of the main reasons buyers choose to shop in stores is that they get to feel, touch or try the products. This, together with the in-store hands-on service, helps to finalise shoppers' decisions.

Concluding Paragraph

To conclude, both online and in-store shopping have special offers and more choices of products, while the differences between both purchasing methods are the accessibility and shopping experience (**restate the thesis statement**). No matter which shopping patterns the buyers choose, they always make purchasing decisions according to their preferences and needs (**summary**). Retailers are encouraged to know customers' needs and try to meet their expectations in order to boost their sales (**closing statement**).

Practice

Write a compare and contrast essay on one of the following topics in not less than 300 words.

1. Compare and contrast online classes and regular classes.
2. Compare and contrast city life and country life.
3. Compare and contrast using public transport and private transport.
4. Compare and contrast domestic travel and overseas travel.

UNIT 5

TRAVELLING AND SIGHTSEEING

A READING

Discovering Switzerland

Switzerland is a mountainous country in South-Central Europe. It is surrounded by Austria, France, Germany, Italy and Liechtenstein. Bern is the capital, although Zurich is the largest city. It is very convenient to **get around** and **move on** to other destinations; Germany, France, Italy and Austria are all easily accessible by train.

Switzerland is a multilingual nation. There are four official languages spoken in Switzerland, namely French, German, Italian and Romansh. Most of the people speak mainly French and Romansh. However, it is always possible to find someone who speaks English, especially in restaurants, hotels and tourist attractions.

The International Hot-Air Balloon Festival in Château-d'Oex is a hot-air balloon festival that takes place annually. Every year the tiny village of Château-d'Oex welcomes hot air balloon enthusiasts from all over the world for a week-long series of exhibitions and competitions. For spectators, it is quite a sight to look up into a sky crowded with colourful balloons drifting slowly over the mountains, particularly if there is snow on the ground and the sky is blue. Visitors have the opportunity to buy a balloon flight to savour the experience for themselves and it is certainly a picturesque place to try it,



especially for the first time. The highlight of the festival is the Night Glow event after dark when some 20 illuminated balloons and paragliders fly with a musical soundtrack.

Fasnacht Basel is the largest and most famous carnival in Switzerland. Basel Fasnächtlers dress **from head to toe** in costumes to hide their identities completely. Members of cliques, some of whom are playing piccolos and Basler drums, wear themed garbs to parade around Basel city. The main Basel Fasnacht parade occurs on Tuesday and is participated by families and children. Basel also stages one of the most amazing lantern festivals in the world. It is celebrated from Monday evening until Wednesday morning when intricate lanterns are showcased to locals and foreigners.



in Switzerland. Led by cowherds and children dressed in embroidered traditional jackets and dresses, the attractively bedecked dairy cows come by mountain trails to village streets, where people greet the joyful parades.

Most Swiss cities are surrounded by mountains that present magnificent views along with all that nature has to offer in this country. One of the best itineraries is to visit the Alps, an ideal attraction for those who love snow and winter sports. Matterhorn is one of the highest mountains in the Alps and Jungfraujoch is Europe's highest-altitude railway station. The Glacier Express train **cuts through** the Swiss Alps, providing passengers with some of the most breathtaking scenery. The trip takes about 7½ hours and travels through majestic mountain landscapes, deep gorges, picturesque valleys, 91 tunnels and 291 impressive bridges. The train which operates year-round offers panorama carriages with huge windows that provide exceptional views.

There are numerous castles all over Switzerland, most of which were built in the middle ages. The Chillon castle is a frequently visited historical monument that regularly offers exhibitions and cultural events. Besides, the castles of Bellinzona are a UNESCO World Heritage site and the main tourist attraction. Many other castles are open to travellers and they are also worth seeing.



Switzerland impresses the world with the variety and quality of its architectural works. Travellers will marvel at the country's architectural masterpieces inspired by the medieval era and European culture. The city of Bern has one of the richest architectural styles in Switzerland. Museums with spectacular architecture are a great option for any tour in this country.

Being home to one of the largest chocolate factories and producers, Switzerland

produces one of the best chocolates in the world. Many factories are open to visitors to observe the whole process of chocolate production. Moreover, the world's biggest and most luxurious watch brands such as TAG Heuer and Rolex are manufactured in Switzerland. Most of the shops are full of high quality, luxurious and prestigious watches. This is one of the reasons that attracts many people worldwide to choose Switzerland as their holiday destination.



Comprehension Check

Reading for Main Ideas

1. Switzerland is a mountainous country in South-Central Europe.
2. Switzerland is a multilingual nation with four official languages.
3. The International Hot-Air Balloon Festival in Château-d'Oex is a hot-air balloon festival that takes place annually.
4. Fasnacht Basel is the largest and most famous carnival in Switzerland.
5. The Swiss cow parade is one of the oldest and most popular traditions celebrated in Switzerland since medieval times.
6. The Alps are an ideal attraction for those who love snow and winter sports. The Glacier Express train cuts through the Swiss Alps, providing passengers with some of the most breathtaking scenery.
7. Many castles in Switzerland were built in the middle ages and are worth seeing.
8. Switzerland impresses the world with the variety and quality of its architectural works.
9. Switzerland produces one of the best chocolates in the world and has the world's biggest and most luxurious watch brands.



Reading for Details

Answer the questions according to the passage or choose the best answer for the questions.

1. What are the languages mainly spoken by the Swiss?

2. The following statements describe the Hot-Air Balloon Festival *except*

- A. visitors can buy a balloon flight
B. it takes place in Château-d'Oex
C. visitors celebrate the festival by skiing
D. paragliders join in the Night Glow event

3. How is the Swiss Cow Parade celebrated?



4. The word **panorama** in the 6th paragraph means that _____.

- A. a view of a particular direction
- B. a view of mountain scenery
- C. a view of a large expanse of the sea
- D. a view of a wide area

5. What are the great choices for tourists to appreciate attractive architecture in Switzerland?



Further Thinking

1. What are the advantages and disadvantages of living in a tropical country without four distinct seasons?

Advantages

Disadvantages

2. Name some places where you can appreciate art and culture in your country.
-



Vocabulary

1. **Illuminated**: adjective. /ɪ'lu:minɪtɪd/ lit with bright lights
e.g. In some rural villages, houses are still illuminated by oil lamps.
2. **Paraglider**: noun. /'pærəglайдə(r)/ a structure consisting of a big thin piece of cloth like a parachute and a harness which is attached to a person when they jump from a high place in the sport of paragliding
e.g. The photographer captured rare natural environments and inaccessible cityscapes from a paraglider.
3. **Soundtrack**: noun. /'saʊndtræk/ all the music, speech and sounds that are recorded for a film
e.g. It took the singers a few days to complete the soundtrack recording for the film.
4. **Fasnacht**: noun. 'fas-nacht' a local festival in Switzerland
e.g. One of my favourite events of Fasnacht is when the cliques parade throughout the city with big floats, piccolos and drums.
5. **Basel**: noun. 'baa-zel' a city on the Rhine River in northwest Switzerland, close to the country's borders with France and Germany
e.g. Basel is a city for pleasure-seekers, especially for lovers or enthusiasts of art and architecture.
6. **Piccolo**: noun. /'pɪkələʊ/ a musical instrument of the woodwind group, like a small flute that plays high notes
e.g. The piccolo produces a unique sound in classical music.
7. **Garb**: noun. /ga:b/ clothes, especially of a distinctive or particular style
e.g. He decided to wear traditional Scottish garb for the cultural celebration.



8. **Intricate**: adjective. /'intrɪkət/ having a lot of different parts and small details that fit together
e.g. The intricate design of the wedding ring contributes to its high cost.
9. **Embroider**: verb. /ɪm'broidə(r)/ to decorate cloth with a pattern of stitches, usually using coloured thread
e.g. My aunt loves to embroider table napkins during her leisure hours.
10. **Bedeck**: verb. /bɪ'dek/ to decorate something or somebody with flowers, flags, precious stones, etc.
e.g. The hall of the wedding ceremony was bedecked with flowers.



Vocabulary Practice

In each of the following items, choose the word that *best fits* into the blank in the sentence.

1. If we hope to do well in business, we should adopt _____ methods instead of sticking to old-fashioned ways.
A. correct B. currant C. normal D. current

2. I can still _____ our visit to England 15 years ago.
A. remind B. memorise C. feel D. recall

3. Co-operation is _____ for survival in the desert; without it, few men can cross the blazing land.
A. vital B. serious C. consequential D. effective

4. The high humidity makes the heat really _____.
A. bad B. oppressive C. repulsive D. perpetual

5. Mr Chong _____ that he has promised to pay for the dinner.
A. dismisses B. deceives C. denies D. discovers



Idioms and Phrases

1. **get around:** to move from place to place 各处旅行、到处走走
e.g. The tourists rented a four-wheel drive to get around the island.
2. **move on:** go somewhere else 继续移动、往前走
e.g. I have been in Paris long enough; it is time to move on.
3. **from head to toe:** over one's full body, entirely 从头到脚
e.g. Jackie Chan suffered numerous injuries from head to toe as a Kungfu actor.
4. **cut through:** to go through something/somewhere in order to make your route shorter 穿过、(抄近路)
e.g. The workers had to cut through 500 feet of solid rock in order to build the tunnel.
5. **a multitude of:** an extremely large number of things or people 许多、众多
e.g. Beijing has a multitude of attractions that fascinate foreign tourists.

Patterns in Action

Noun Phrases and Clauses

Phrase (does not contain a verb)	Clause (contains a subject and a verb)
<ul style="list-style-type: none">• the apple tree• the girl in blue jeans	<ul style="list-style-type: none">• the tree that bears apples• the girl who wears blue jeans

Functions of Noun Phrase and Noun Clause

Noun Phrase	Noun Clause
<ul style="list-style-type: none">• A noun phrase has two parts: a noun and any modifiers. These modifiers can be adjectives, articles and determiners.	<ul style="list-style-type: none">• Usually introduced by that, what, who, where, why, when, how, whether, whom, whatever, whichever, whomever, whoever, etc.

Subject of a sentence	
<ul style="list-style-type: none"> • <u>The boy in the room</u> is my nephew. • <u>Small children</u> often insist that they can do things by themselves. 	<ul style="list-style-type: none"> • <u>How</u> the runner managed to win the <u>race</u> was amazing. • <u>What</u> my brother said surprised my family.
Object of a verb	
<ul style="list-style-type: none"> • I met <u>the new vice-principal</u>. • The man bought <u>a T-shirt</u>. 	<ul style="list-style-type: none"> • She admitted <u>that</u> she did not know <u>the answer</u>. • He did not know <u>why</u> the rice cooker <u>was not working</u>.
Subject complement	
<ul style="list-style-type: none"> • She was <u>the angel</u> among us. • John is <u>a student</u>. 	<ul style="list-style-type: none"> • It appears <u>that</u> the closing date is <u>tomorrow</u>. • Maria's happiest time in life was <u>when</u> she got married two years ago.
An appositive	Adjective complement
<ul style="list-style-type: none"> • Mr Tam, <u>our new English teacher</u>, is a good teacher. • Lang Lang, <u>the Chinese virtuoso pianist</u>, had already won international acclaim while a teenager. 	<ul style="list-style-type: none"> • Geoffrey runs so fast <u>that</u> he can <u>outrun his dog</u>. • They are perfectly happy <u>where</u> they <u>live now</u>.

Practice 1

Underline the Noun Phrases in the following sentences.

1. Those people are so friendly.
2. My father is a man of principle.
3. The three stains on your scarf are from your coffee.
4. The colour of your boots is different from mine.
5. Very few giant pandas remain in the wild.
6. Most people want to live a quiet and peaceful life.
7. James will become a teacher next month.



8. Being a strong man, Uncle Henry, can carry a few heavy boxes of books by himself.
9. We, organisers of the festival, would like to thank the volunteers who helped with the event.
10. Thomas Edison, the inventor of the incandescent light bulb, has been described as one of America's leading entrepreneurs and innovators.

Practice 2

From the box, use noun clauses to complete the sentences below. Use each clause only once.

- | | |
|--|---|
| <ul style="list-style-type: none">• whoever wins the race• that they should not cheat during a test• that she has fallen ill• whether you will sue the political opponent for defaming you• how the rabbit escaped | <ul style="list-style-type: none">• where the treasure was hidden• how to make this dessert• Whether or not Jane should go camping• who your ancestors were• that she did not practise enough• whether I needed any help |
|--|---|

Example: 0. Maurice asked me whether I needed any help.

1. The prize should be given to _____
2. Kelly's problem was _____
3. It saddens me to hear _____
4. Do you know _____ ?
5. You need to find out _____
6. _____ doesn't worry her mother.
7. They now understand _____
8. The old man knew _____
9. No one knows _____
10. My question is _____

Practice 3

Study the sentences below and state whether the underlined part is a Noun Phrase (NP) or a Noun Clause (NC).

1. The bookshelf, a large piece of furniture, was disassembled before being moved to another place. ()
2. Jerry was aware when the manager went to the factory. ()
3. Don't give me such a blank look. ()
4. Why the driver drove so dangerously was beyond me. ()
5. Those durians over there are to be sold. ()
6. He remembered that he had seen her at the party. ()
7. Our rented car could not accommodate all five of us since it was a two-seater. ()
8. The recent merciless fire caused serious damage to the temples. ()
9. That the brothers are triplets is amazing. ()
10. He made all necessary arrangements before leaving. ()

B LISTENING

Practice

Read the statements below. Listen to the recording about 'Mauritius' and fill in the blanks with *no more than three words*.

1. The island nation enjoys a _____ with clear warm seawater.
2. The island nation has a multi-ethnic and _____ society.
3. Mauritius is home to a diversity of _____ not usually found in such a small area.
4. Over 100 species of _____ and _____ on the island have become extinct.



5. Conservation activities were implemented for the reproduction of threatened bird and plant species as well as _____ in the national parks and nature reserves.
6. The dodos were caught and eaten by the _____ who arrived in Mauritius in the 16th century.



C SPEAKING

Answer the question below individually and take note. Then, discuss your ideas with your group members. You may support or oppose your members' views. At the end of the discussion, decide on the best suggestion.

Topic: Give three ways to conserve the environment before and while travelling.
Give reasons as to how they help.

D WRITING

Summary Writing

Practice

Read the following passage carefully. Write a summary on:

- career skills
- the career skills you can improve while travelling

Your summary should be in continuous writing and should not be longer than 150 words. Credit will be given for the use of your own words. State in brackets the number of words you have written.

Career skills are a set of personal qualities, attributes and competencies that enable you to thrive in a variety of working environments. For example, the ability to communicate well is a skill that applies to a wide range of professions.

Travel brings you into contact with people from diverse backgrounds, in many cases less privileged than your own. Understanding other people's behaviours and viewpoints empowers you to be more receptive. The combination of contact with people and eye-opening experiences cultivate your empathy to work better in your career.

Travel presents opportunities for you to strengthen your adaptability because things may not go completely according to plan. Flights get delayed or cancelled, restaurants may not have the right food you want, and that great hotel you have booked online may look nothing like you had expected. Soon you learn that it is better to deal with a series of difficult situations rather than let trivial disappointments ruin your entire day. Adaptability helps a person avoid dead-end situations and find solutions for problems at the workplace.

Any seasoned traveller knows that learning how to communicate with people who speak another language is important. In this way, you are able to communicate effectively with colleagues from other cultures to build trust, strengthen professional relationships and boost teamwork. Being misunderstood is incredibly easy if you are not careful about this. It would be useful to learn some common expressions that would help in communication with colleagues. It makes you a better listener and a more conscious communicator in all of your interactions.

When you travel, you may use the opportunity to experiment with goal-setting. You could use this in other areas of professional development. For example, setting a goal to make at least two new connections or trying a new cultural activity in your job each week.

Always incorporate budget management into your travel planning, even if it is just making a rough spending plan, including a breakdown for each place you



will visit. Keeping a spreadsheet for finances is helpful, as you can then use it to track what you have spent, compare actual costs with what you estimated, and then use that information to budget more accurately in your job in the future.

During a trip, you might experience problems that can put all your plans on hold. A flat tyre, missing keys, wrong directions and countless more situations can increase stress levels. What you need at this time is to stay calm, identify and address the problem. Consequently, travel makes you more adept at resolving problems in your career.

Managing your time well is one of the most underestimated skills. If you have been on a trip before, then you know that effective time management is extremely important to be able to enjoy the trip to the fullest. From visiting must-go places to coordinating flights and trying to explore new cuisines, we always want to fit everything into our schedules. While travelling, you should ensure that time is managed wisely. Likewise, good time management at work helps you to complete tasks within a time frame.

Travelling with others is a great way to improve your teamwork. You learn to give and take, figure out common goals and learn how to compromise so that everyone can have an enjoyable experience. You also have to be proactive and assume the role of leadership when necessary. This would be useful as similar circumstances are encountered in the workplace where teamwork is important.

Travel exposes you to a variety of cultures. Thus, it enriches your cultural experiences. You can enhance your ability to interact harmoniously with people from diverse cultures. It teaches you to appreciate the significant cultural diversity. Similarly, you will need to build and nurture relationships with colleagues from different cultures in your company.

Apart from enjoying your trips, travelling can also develop your work-related skills. No matter where you go, you are always learning something practical.

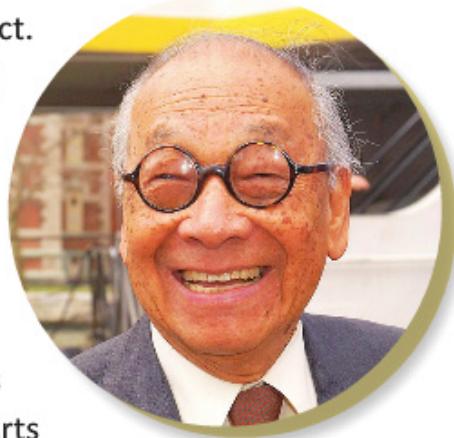
UNIT 6

MODELS AND IDOLS

A READING

Global Architect Ieoh Ming Pei

Ieoh Ming Pei was a Chinese-American architect. Raised in Shanghai, Pei derived inspiration at an early age from the garden villas at Suzhou, the traditional retreat of the scholar-gentry to which his family belonged. In 1935, he moved to the United States and enrolled in the University of Pennsylvania's School of Architecture but soon transferred to the Massachusetts Institute of Technology (MIT). He was unsatisfied with the focus at both schools on Beaux-Arts architecture and spent his free time researching emerging architects, especially Le Corbusier.



After graduation, Pei joined the Harvard Graduate School of Design (GSD) and became a friend of the Bauhaus architects, Walter Gropius and Marcel Breuer. In 1948, Pei was recruited by New York City real estate magnate William Zeckendorf, for whom he worked for seven years before establishing his own architectural firm in 1955, I. M. Pei & Associates. Pei retired from full-time practice in 1990. After his retirement, he worked as an architectural consultant primarily from his sons' architectural firm, Pei Partnership Architects.

Pei's first major recognition came with the Mesa Laboratory at the National Center for Atmospheric Research in Colorado, which was designed in 1961 and completed in 1967. His new stature led to his selection as chief architect for the John F. Kennedy Library in Massachusetts. He went on to design Dallas City Hall and the East Building of the National Gallery of Art in Washington. He returned to China for the first time in 1975 to design a hotel at Fragrant Hills. Fifteen years later, Pei designed the Bank of China Tower,



Louvre Pyramid

a skyscraper in Hong Kong for the Bank of China. In the early 1980s, Pei was the focus of controversy when he designed a glass-and-steel pyramid for the Louvre Museum in Paris. He later returned to the world of the arts by designing the Morton H. Meyerson Symphony Center in the United States, the Miho Museum in Japan, the junior and high school chapel in MIHO Institute of Aesthetics in Japan and the Suzhou Museum in China.

Pei's style was described as thoroughly modernistic, with significant cubist themes. He was known for fusing traditional architectural principles with progressive designs based on simple geometric patterns; circles, squares and triangles are common elements of his work in both plan and elevation. As one critic wrote: "Pei has been aptly described as combining a classical sense of form with a contemporary mastery of method". At the same time, Pei himself rejected simple dichotomies of architectural trends. He once said: "The talk about modernism versus post-modernism is unimportant. It is a side issue. An individual building, the style in which it will be designed and built, is not that important. The important thing is the community. How does it affect life?"

Pei won various prizes and awards in the field of architecture, including the AIA Gold Medal in 1979. In 1983, he was awarded the Pritzker Prize, sometimes referred to as the Nobel Prize of architecture. The jury said: "Ieoh Ming Pei has given this century some of its most beautiful interior spaces and exterior forms. His versatility and skill in the use of materials approach the level of poetry." The prize was accompanied by a US\$100,000 award, which Pei used to offer scholarships for Chinese students to study



Morton H. Meyerson Symphony Center

architecture in the United States on the condition that they return to China to work in the architectural field.

In 1986, Pei was one of twelve recipients of the Medal of Liberty, awarded by President Ronald Reagan in conjunction with the 100th anniversary of the Statue of Liberty. Furthermore, when he was awarded the 2003 Henry C. Turner Prize by the National Building Museum, the museum board chair Carolyn Brody praised his impact on construction innovation: “His magnificent designs have challenged engineers to devise innovative structural solutions and his exacting expectations for construction quality have encouraged contractors to achieve high standards.” In December 1992, Pei was awarded the Presidential Medal of Freedom by President George Herbert Walker Bush. In 1996, Pei became the first person to be elected a foreign member of the Chinese Academy of Engineering in China.



Comprehension Check

Reading for Main Ideas

1. Ieoh Ming Pei was a Chinese-American architect. He was raised in Shanghai and moved to the United States in 1935.
2. He enrolled in the University of Pennsylvania's architecture school but quickly transferred to the Massachusetts Institute of Technology.
3. In 1948, Pei was recruited by New York City real estate magnate William Zeckendorf whom he worked for seven years before establishing an independent design firm in 1955.
4. Pei's first major recognition came with the Mesa Laboratory at the National Center for Atmospheric Research in Colorado, which was designed in 1961 and completed in 1967.
5. After that, he went on to design many famous buildings in many countries.
6. Pei was known for combining traditional architectural principles with progressive designs based on simple geometric patterns.
7. Pei won various prizes and awards in the field of architecture, including the Pritzker Prize, sometimes referred to as the Nobel Prize of architecture.



Reading for Details

Answer the questions according to the passage.

1. What influenced Pei for his interest in architectural design at an early age?

2. Who did Pei work for before he started his own company?

3. What building did Pei design after the Mesa Laboratory in Colorado?

4. What was the famous structure that Pei designed in Paris?

5. What was Pei's architectural style?

6. What was the reason for Pei winning the Pritzker Prize?



Further Thinking

1. What are some of the attributes that could help someone to be a great architect?



2. Describe a building in your country that you like or dislike and state your reasons.



Vocabulary

1. **Inspiration:** noun. /ɪnspa'reɪʃn/ someone or something that gives you ideas for doing something
e.g. You can always derive inspiration from design ideas available online.
2. **Retreat:** noun. /rɪ'tri:t/ a quiet and safe place
e.g. The rich man bought the cottage as his weekend retreat.
3. **Gentry:** noun. /'dʒentri/ people of a high social class, especially in the past
e.g. The local gentry succeeded in helping underprivileged children by setting up National Schools as early as 1811.
4. **Magnate:** noun. /'mægnət/ a person who is very rich and successful in business or industry
e.g. Robert Kuok worked his way from being a simple businessman to becoming an industrial magnate.
5. **Stature:** noun. /'stætʃə(r)/ the good reputation a person or organisation has, based on their behaviour and ability
e.g. If the international school continues to gain in stature, it will attract more foreign students.
6. **Controversy:** noun. /kən'trɒvəsi/ a lot of disagreement or argument about something, usually because it affects or is important to many people
e.g. A fierce controversy has broken out over the issue.
7. **Contemporary:** adjective. /kən'temprəri/ belonging to the present time
e.g. She composes a lot of contemporary music that draws favourable responses from the young generation.



Robert Kuok

8. **Dichotomy**: noun. /dɪk'ɒtəmi/ a difference between two completely opposite ideas or things
e.g. Her essay discusses the dichotomy between good and evil in a famous novel.
9. **Versatility**: noun. /vɜ:sə'tɪləti/ having a wide variety of skills
e.g. The director wanted the actors to demonstrate their versatility by acting in different roles in the play.
10. **Exacting**: adjective. /ɪg'zæktɪŋ/ demanding a lot of effort and care about details
e.g. Only a few applicants could meet the company's exacting standards.

Vocabulary Practice

In each of the following items, choose the *most appropriate meaning* of each underlined word in the sentences.

1. No one can foretell what will happen in his or her life in the future.
A. acknowledge B. predict C. assume D. depict

2. Being a latchkey child when she was young, she greatly desired her parents' attention.
A. nudged B. urged C. craved D. carved

3. The health authorities have done a great deal of work to stop the spread of the infectious disease.
A. eradicate B. stifle C. deny D. linger

4. After much persuasion, he finally agreed to withdraw his resignation.
A. asserted B. contended C. consented D. nodded

5. They have gathered enough evidence to convict him on six charges.
A. activated B. collected C. accredited D. accomplished



Idioms and Phrases

1. **walk-on role:** a small acting part with no words to say in a play or film 跑龙套演员
e.g. Monroe had a walk-on role in the film, she was not onscreen long enough to leave much of an impression beyond her beauty.
2. **big cheese:** an important person in a company or an organisation with a lot of influence 重要人物
e.g. He graduated from business school and eventually became a big cheese in the city.
3. **supporting cast:** the actors in a play, film or television show other than the main characters 配角
e.g. Apart from the main cast, the supporting cast in the drama had moments to shine as well.
4. **paper tiger:** refers to something or someone that claims or appears to be powerful or threatening but is actually weak or ineffectual and unable to withstand challenge 纸老虎（指外强中干的敌人或国家）
e.g. He claimed that the enemies of his party were paper tigers and not to be feared.
5. **teacher's pet:** a student in a class who is liked best by the teacher and therefore treated better than the other students 老师的宠儿
e.g. Jenny is the English teacher's pet due to her obedience.



Patterns in Action

Future Perfect Continuous Tense

'will have' or 'shall have' + been + present participle of verb

Usage of Future Perfect Continuous Tense	Example
Emphasise the duration of an activity that will be in progress before another activity in the future. In general, the duration is emphasised at or before a reference point in the future	<ul style="list-style-type: none">We <u>shall have been cooking</u> for an hour by the time our relatives arrive.James <u>will have been teaching</u> at the university for five years when he leaves for Australia.

Sentence Structure of Future Perfect Continuous Tense

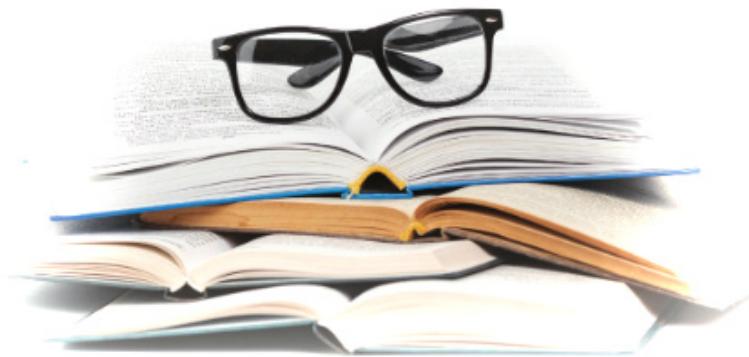
Affirmative Statement	She <u>will have been sleeping</u> when the movie ends.
Negative Statement	She <u>will not have been sleeping</u> when the movie ends.
Question	<u>Will</u> she <u>have been sleeping</u> when the movie ends?

Comparison of Future Continuous Tense and Future Perfect Continuous Tense

Future Continuous	Future Perfect Continuous
<p>Emphasise the interrupted action or an interruption in time</p> <ul style="list-style-type: none">By the time I buy a motorbike, he <u>will be using</u> a car.In the year 2024, we <u>shall be living</u> here.When you reach here, I <u>will be cooking</u>.	<p>Emphasise a duration of time at or before a reference point in the future</p> <ul style="list-style-type: none">By the time I buy a motorbike, he <u>will have been using</u> a car for five years.By the year 2024, we <u>shall have been living</u> here for eight years.When you reach here, I <u>will have been cooking</u> for two hours.

Signal Words of Future Perfect Continuous Tense

By
For
Since
When
By the time



Practice 1

Rearrange the words to form correct sentences using Future Perfect Continuous Tense.

1. five hours next feed have baby The will for before been its sleeping

2. the repairing workmen the road for will have been the day whole

3. years month paying not tenant the will have of rental been his by for end the three this

4. 7,000 the leatherback reaching Terengganu turtle will kilometres swimming have for been before about the coast

5. the before slope six mountain have climbing the for days reaching trekkers been will steep the summit
-
-

Practice 2

Complete the sentences with the Future Perfect Continuous Tense of the verbs in brackets.

1. I _____ (work) all weekend, so I will not join the party on Sunday night.
2. When the factory stops production in 2028, it _____ (operate) for 20 years.
3. Julie _____ (not/eat) much, so we will need to provide her with a good meal when she arrives.
4. _____ (she/wait) long by the time we get there?
5. _____ (he/teach) French for 15 years next year?
6. How long _____ (you/study) when you graduate?
7. The factory _____ (not/operate) immediately after the pandemic.
8. By the time he becomes a qualified doctor, he _____ (study) for seven years.
9. She _____ (not/work) here for even a year when she goes on maternity leave.
10. By the end of April, we _____ (not/contact) each other for at least two years.

Practice 3

Complete the sentences with the Future Continuous Tense or Future Perfect Continuous Tense of the verbs in brackets.

1. When you return from school tomorrow, I _____ (board) a plane.
2. He _____ (wait) for 20 minutes when the plane arrives.
3. By June, we _____ (work) on this project for two years.
4. You can visit us during the first week of July; I _____ (not/work) then.
5. _____ (you/prepare) yourself for the examination in September?
6. By 5 pm tomorrow, I _____ (fly) to Rome for two hours already.
7. At this time tomorrow, the candidates _____ (sit) for an examination.
8. When I turn 40, I _____ (play) the piano for 21 years.
9. How long _____ (you/wait) when you finally get your examination results?
10. They _____ (not/celebrate) his birthday this year.



B LISTENING

Practice

Listen to the recording about ‘Landscape Architecture’. Fill in each blank using no more than two words based on the recording.

1. Many people think that landscape architecture is all about _____.



2. Examples of landscape architecture that we see daily are _____ and _____.

3. Landscape architects must consider _____ factors in their design.

4. Landscape architects are involved in

_____ the building locations,
roads, walkways and others.

5. Landscape architects should be proud

of creating places that impact and
_____ people.

6. Lim In Chong applied the

Chinese garden design principles
of yin and yang, solid and
void, _____ and

_____, hard and soft and
added a contemporary twist.



C SPEAKING

Answer the question below individually and then work in groups. Discuss and debate your ideas with your group members. You may support or oppose your members' views. At the end of the discussion, decide on the best suggestion to present.

Topic: Why do teenagers idolise celebrities (singers, actors, reality show participants, TV presenters, athletes, politicians, millionaires, etc.)? Give three reasons, two positive impacts and two negative impacts on teenagers who idolise celebrities.



D WRITING

Cause and Effect Essay

A cause and effect essay tells how one event (the cause) leads to another event (the effect). The essays may focus on all causes (reasons/factors of an event), all effects (results of an event) or a combination of both.

Cause and Effect Essay Structure

Introductory Paragraph

- Hook
- Background information
- Thesis statement (be specific, include the main points in the thesis statement)

Body Paragraphs

Sample A

- **Cause 1:** topic sentence, supporting details, examples, concluding sentence
- **Cause 2:** topic sentence, supporting details, examples, concluding sentence
- **Effect 1:** topic sentence, supporting details, examples, concluding sentence
- **Effect 2:** topic sentence, supporting details, examples, concluding sentence

Sample B

- **Cause 1 and Effect 1:** topic sentence, supporting details, examples, concluding sentence
- **Cause 2 and Effect 2:** topic sentence, supporting details, examples, concluding sentence

Concluding Paragraph

- Restate the thesis statement
- Summary of the main points
- Closing statement (suggestion, opinion or prediction)

Examples of cause and effect language phrases

Cause phrases	There are several reasons for... The main factors are... The first cause is... [Cause] leads to or might lead to [effect] [Cause] often results in...
Effect phrases	One of the results/outcomes of [cause] is...Another is... A primary effect of [cause] is... One consequence of [cause] is... [Effect] often occurs as a consequence of [cause]

Example

Sample A

Topic: What are the causes and effects of the increasing cases of scams reported in Malaysia?

Introductory Paragraph

Have you ever been scammed (**hook**)? Nowadays, there are rising cases of scams in Malaysia. Scammers



target people from all walks of life. We may be vulnerable to scams at some point in our lives (**background information**). People are likely to be scammed because of greed and lack of awareness, which result in financial difficulties and loss of trust and confidence in others (**thesis statement**).

Body Paragraphs

One of the causes of falling prey to a scammer is being greedy... (**1st paragraph: cause 1**)

Another factor of falling for a scam is lack of awareness... (**2nd paragraph: cause 2**)

One of the effects of falling victim to scams is a financial loss... (**3rd paragraph: effect 1**)

Another impact on the victims of fraud is that they lose trust and confidence in other people... (**4th paragraph: effect 2**)

Concluding Paragraph

In short, people may be swindled by scammers because of greediness and ignorance, which may lead to financial losses and a lack of trust and confidence in others (**restate the thesis statement**). Therefore, people should be alert to the common signs of scams so as to minimise the risk of falling victims to scams (**summary**). In the meantime, the authorities concerned should warn the public regarding the common scamming modus operandi and take legal actions against the scammers based on the reports (**closing statement**).

Sample B

Introductory Paragraph

Have you ever been scammed (**hook**)? Nowadays, there are rising cases of scams in Malaysia. Scammers target people from all walks of life. We may be vulnerable to scams at some point in our lives (**background information**). People are likely to be scammed because of greed and lack of awareness, which result in financial difficulties and loss of trust and confidence in others (**thesis statement**).

Body Paragraphs

One of the causes of falling prey to a scammer is greed... As a result, the victims of scams may encounter a financial loss... (**1st paragraph: cause 1 and effect 1**)

Another factor in falling for a scam is a lack of awareness... Consequently, the victims of fraud may lose trust and confidence in other people... (**2nd paragraph: cause 2 and effect 2**)

.....

Concluding Paragraph

In short, people may be swindled by scammers because of greediness and ignorance, which may lead to financial losses and a lack of trust and confidence in others (**restate the thesis statement**). Therefore, people should be alert to the common signs of scams so as to minimise the risk of falling victims to scams (**summary**). In the meantime, the authorities concerned should warn the public regarding the common scamming modus operandi and take legal actions against the scammers based on the reports (**closing statement**).

Practice

Select one topic from below and write an essay in not less than 300 words.

1. What are the causes and effects of smoking or vaping among teenagers?
2. Some students drop out of school before completing their studies. What are the possible causes and effects of dropping out of school?
3. Fast-food restaurants are mushrooming nationwide. What are the causes and effects of consuming fast food frequently?



A READING

Global Goals on Addressing Land Degradation

1. Hydroponic Farming

Hydroponic Farming is a system of growing crops without soil. It uses advanced technologies to produce food without soil, and with reduced reliance on water and fertiliser, making it possible to grow food in new areas. Soil-free agriculture presents an opportunity to save water and give tired soils a chance to regenerate.

Soil-free agriculture presents one of the strongest opportunities for scientific, economic and technological advancements in the field of agriculture for the last 200 years. Originally invented to produce out-of-season crops, this technology can help regenerate soils in times of land pressure and degradation. Soil-free agriculture offers higher yields than traditional agriculture, uses water more efficiently, provides alternatives to toxic soil sterilisation and decreases risks of soil-borne diseases. Even more promising, soil-free agriculture can take the form of indoor or vertical farming and is suitable for dense urban environments. The benefits of soil-free agriculture are

manifold. It permits more food to be grown locally, lowering emissions from transport and reducing food moving costs. A more stable food supply will help reduce price fluctuations and food waste while allowing a variety of fruits, vegetables and legumes to be produced at any time of the year.



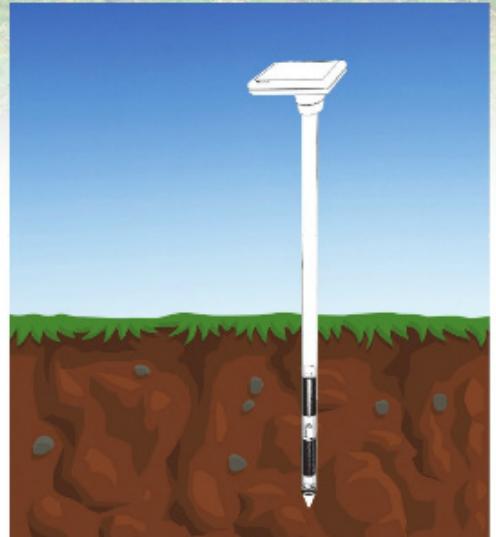
Products and services in the soil-free agriculture market include the necessary input into production, including alternative growth media; LED lighting for indoor cultivation; technical and advisory services; and advisory for soil-free agriculture. The products also include towers to grow plants vertically or shelves to maximise the use for farming production, both of which can be acquired with built-in LED lighting. Renewable energy is an important component in this market, as it lowers emissions from lighting used in indoor soil-free farming. Products in soil-free agriculture include solar panels that provide power to submersible pumps. As solar-powered systems continue to decrease in price, the costs of operating an indoor soil-free garden or farming will also be cheaper, making these technologies even more attractive.

A number of factors are driving soil-free agriculture. First, global urbanisation is propelling the demand for more locally produced food. Second, the increasing rate of extreme weather events coupled with decreasing soil fertility is creating demand for producing food in more controlled environments. Third, there is a growing movement around self-sufficiency, which brings food production into areas without land available for cultivation, such as cities. **On the whole**, alternative soil solutions are becoming a real business opportunity. The worldwide market value of food produced without soil will show sustained strength with a 6.5% compound annual growth rate from 2013 to 2018, beating the International Monetary Fund (IMF) estimated growth forecast of 3.6% for 2014.



2. Smart Sensors for Intelligent Agriculture

Pycno's solar-powered sensors and software collect and analyse data, allowing farmers to make data-based decisions for more efficient and sustainable agricultural practices. The Pycno¹ sensors are inserted into the ground, collecting data on the amount of sunlight the plants receive, the air temperature and humidity, the soil temperature and the soil moisture. The sensors are sold in sets of four, with only one master sensor connected to the internet through a SIM card. The other three sensors send their collected data directly to the master sensor which then sends the accumulated data to the software. The sensors are solar-powered and are available in three different lengths to measure the soil moisture at different depths. The built-in SIM card is supported in over 160 countries.



The software receives the collected data and combines it with data from local weather stations and satellites to advise the farmer on the use of irrigation, pest and disease growth and other potential plant stress factors. The data can help prevent problems such as over-irrigation and excessive use of pesticides and fertilisers. In one project, using Pycno's sensors and software led to a 70% decrease in water usage.

Pycno's smart sensors and software can increase the efficiency of agriculture, helping to reduce the quantities of water, fertilisers and pesticides used for the same output. This will be vital if we intend to double food production by 2050 in order to feed the growing population. It may also help farmers to adapt to changing conditions under climate change.

Note:

¹ Pycno is an organisation in the United Kingdom that develops wireless sensors designed to provide a simple and low-cost way to collect real-time weather or soil data from a field or greenhouse.



Comprehension Check

Reading for Main Ideas

1. Soil-free agriculture presents an opportunity to save water and give tired soils a chance to regenerate.
2. Soil-free agriculture offers higher yields than traditional agriculture, uses water more efficiently, provides alternatives to toxic soil sterilisation and decreases risks of soil-borne diseases.
3. Products and services in the soil-free agriculture market include LED lighting for indoor cultivation and technical and advisory services.
4. Pycno's solar-powered sensors and software collect and analyse soil data, allowing farmers to perform more efficient and sustainable agricultural practices.
5. Pycno's smart sensors and software can increase the efficiency of agriculture, helping to reduce the quantities of water, fertilisers and pesticides used for the same output.
6. Pycno's smart sensors and software can help farmers to adapt to changing conditions under climate change.



Reading for Details

Answer the questions according to the passage.

1. What are the benefits of soil-free agriculture compared to traditional agriculture?

2. What are the factors that encourage soil-free agriculture?

3. What are the data that can be collected by Pycno's sensors?

4. How do the Pycno's sensors send their data?

5. How does the data collected by Pycno's sensors help farmers?



Further Thinking

1. What is a smart farming system?

2. How can a smart farming system improve farming in our country?



Vocabulary

1. **Reliance:** noun. /rɪ'laiəns/ the state of needing someone or something in order to survive
e.g. They believe that modern farming techniques discourage excessive reliance on harmful chemicals.
2. **Yield:** noun. /ji:lд/ the total amount of crops, profits and others that are produced
e.g. This method of cultivation produces a higher yield.

3. **Sterilisation:** noun. /'sterəlɪzɪʃn/ the act of killing the bacteria in or on something
e.g. Soil sterilisation can be achieved through physical and chemical means to eliminate microorganisms from the soil.
4. **Promising:** adjective. /'prɒmɪsɪŋ/ showing signs that it is going to be successful or enjoyable
e.g. He sacrificed a promising career for the sake of looking after his kids.
5. **Manifold:** adjective. /'mænɪfəʊld/ many; of many different types
e.g. Despite her manifold faults, she was a strong leader.
6. **Fluctuation:** noun. /'flʌktʃu'eɪʃn/ a change in a price, amount, level, etc.
e.g. The fluctuation of market prices is in consequence of an unstable economy.
7. **Legume:** noun. /'legju:m/ /lɪ'gju:m/ a plant that has its seeds in a pod, such as a bean or a pea
e.g. Easy-to-chew protein sources include ground meat and legumes like beans, peas and lentils.
8. **Vertically:** adverb. /'vɜ:tɪkli/ straight up or down from a level surface or from top to bottom
e.g. The cliffs rose vertically out of the water.
9. **Submersible:** adjective. /səb'mɜ:səbl/ that can be used underwater
e.g. You can take pictures underwater with a submersible camera.
10. **Irrigation:** noun. /ɪrɪ'geɪʃn/ the practice of supplying water to an area of land through pipes or channels so that crops will grow
e.g. Irrigation channels supply the crops with water.

Vocabulary Practice

In each of the following items, choose the *most appropriate meaning* of each underlined word in the sentences.

1. A post-mortem was carried out to try to ascertain the cause of death.
A. determine B. estimate C. guarantee D. speculate

2. The children's unruly behaviour incurred the headteacher's wrath.
A. debt B. trust C. anger D. disappointment
3. Let's confine our attention to the problem of illegal drugs.
A. due B. limit C. imprison D. secure
4. He was notorious for his violent and threatening behaviour.
A. malicious B. renowned C. infamous D. famous
5. The old coins have been withdrawn from circulation.
A. revoked B. reversed C. dismissed D. retracted



Idioms and Phrases

1. **on the whole:** taking everything into account; in general 总的来说、整体上讲
e.g. On the whole, he seems like an intelligent and likeable person.
2. **at all costs:** in any way possible, regardless of risk or expense 不惜任何代价、无论如何
e.g. Security during the president's visit must be maintained at all costs.
3. **by no means:** not at all 决不、一点都不
e.g. That was by no means the end of the matter.
4. **in the swim:** fashionable or active in social or political activities 时髦及活跃的
e.g. In terms of fashion, the actresses are always in the swim.
5. **nuts and bolts:** the practical facts about a particular thing 基本重点
e.g. She is obviously incapable of dealing with the nuts and bolts of running a business.

Patterns in Action

Adjectival Phrases and Clauses

	Adjectival Phrase	Adjectival Clause
Definition	<ul style="list-style-type: none">• a group of words comprising an adjective• give more information about a noun or a pronoun• does not have a finite verb	<ul style="list-style-type: none">• a group of words that describe a noun or a pronoun• has a subject and a finite verb
Usages and Examples	<p>1) An array of adjectives used together to give more information about a noun</p> <ul style="list-style-type: none">• She wore <u>a red, black and white</u> watch during her brother's wedding. <p>2) Modify a noun by starting a phrase with a preposition or an adverb</p> <ul style="list-style-type: none">• The girl living upstairs has <u>extremely long hair</u>.• Is that your dog <u>with the bone</u>?	<p>1) Start with a relative pronoun (that, which, who, whom, whose)</p> <ul style="list-style-type: none">• I have not finished reading the book <u>which you lent me</u>.• Daniel, <u>who was late again today</u>, sits next to me in class. <p>2) Sometimes the relative pronoun is understood and not written in the sentence.</p> <ul style="list-style-type: none">• Have you seen the book [that] <u>I lost</u>?• The English teacher [whom] <u>I had in Junior Middle One</u> really inspired me. <p>3) If the relative pronoun is the object of a preposition and is left out, the preposition has no choice but to dangle. Note that the preposition is part of the dependent clause.</p> <ul style="list-style-type: none">• This movie was the sequel <u>for which we had been waiting</u>.• Do you know the actor <u>about whom Shelly is talking</u>?

- | | | |
|--|--|---|
| | | <p>4) Start with a relative adverb
(where, when, why)</p> <ul style="list-style-type: none">• That is the reason <u>why I could not meet you.</u>• That is the bench <u>where you and I were supposed to meet.</u> |
|--|--|---|

4) Start with a relative adverb
(where, when, why)

- That is the reason why I could not meet you.
- That is the bench where you and I were supposed to meet.

Practice 1

Underline the Adjectival Phrases.

1. She wore very expensive shoes.
2. I am a fairly intelligent person, but I do not think my grades reflected that.
3. The vizier was a man of great wealth.
4. The man, red with anger, shouted very loudly.
5. I like to see a face with a smile on it.

Practice 2

Underline the Adjectival Clauses.

1. We live in Malaysia which is fast developing.
2. Mary had a little lamb whose fleece was white as snow.
3. The carpets you bought last year have gone mouldy.
4. I remember the house where I was born.
5. The person with whom you spoke on the phone is my wife.

Practice 3

From the sentences below, four parts are underlined and lettered A, B, C and D. One of these parts contains an error. Circle the letter indicating the error.

1. Heavy vehicles such as lorries or buses, is not allowed on this road.
A B C D
2. As his pair of pants were old, a new pair of trousers was bought from the store.
A B C D
3. The full moon illuminate the field as if there was a spotlight shining on it.
A B C D
4. The beggar who claimed to have a limp, sprinted to the bus stop but still miss
the bus.
A B C D
5. The burglars who had left his fingerprints all over the window was arrested by the
police last night.
A B C D
6. Only a man with plenty of money would buy such an expensive and style car.
A B C D
7. Her outstanding and talented brother won a scholarship which enabled him to further
his studies to Canada.
A B C
D
8. In the course of our discussions, many has been said about the solutions for the
crisis.
A B C D
9. My blue jeans, which used to be my brother, was stained with mud because I walked
across the paddy field.
A B C
D
10. The overworked workers are taking a well-deserved break on one of the Greek island.
A B C D

B LISTENING

Practice

Read the statements below. Then listen to the recording about 'Food Security During the Covid-19 Pandemic' and answer True (T) or False (F) for each question.

1. The outbreak of coronavirus disease in 2019 has caused regional poverty and food insecurity. ()
2. More than 130 million people in the world may enter into the category of extreme hunger because of floods and droughts. ()
3. Food insecurity is a situation where people do not have reliable access to a sufficient quantity of affordable nutritious food. ()
4. When governments implement national lockdowns and international travel restrictions, production and commercial sectors are badly affected. ()
5. Many people in the world, even if not hungry, experience mild food insecurity. ()
6. In every continent, more men than women are affected by food insecurity. ()



C SPEAKING

Answer the question below individually and then work in groups. Discuss and debate your ideas with your group members. You may support or oppose your members' views. At the end of the discussion, decide on the best suggestion to present.

Topic: As millions of people worldwide are suffering from hunger, we should do our part to reduce food waste in order to reduce global starvation. Give three ways to reduce food waste at home.

D WRITING

Summary Writing

Practice

Read the following passage carefully. Write a summary on:

- the advantages of technology
- the disadvantages of technology

Your summary should be in continuous writing and should not be longer than 150 words. Credit will be given for the use of your own words. State in brackets the number of words you have written.

Technology exists in everyone's life in some way or the other. It enhances the usefulness of goods and services and helps in creating value. However, technology has both advantages and disadvantages. Here are some positive and negative effects of technology on society.

The advancement of technology has made communication incredibly fast and convenient. In the past, writing letters, sending faxes, or using wired telephones were some of the ways to communicate with someone. Whereas to connect with someone in our society today, people tend to send messages via social media, video chat, email or make phone calls. These new methods help them to keep in touch in real time with their loved ones and friends.

The smartwatch is a relatively new technology that functions as a minicomputer on the wrist. It comes with many extra features, for example, navigation, a health and fitness tracker, and built-in fall detection which will automatically alert emergency assistance. Besides, it also allows users to initiate distress calls from any location.

Making a payment has also become more convenient with technology. Many banks have online services which are available to customers with internet



access. With a cell phone and a banking app, people can manage all of their necessary bill payments online. Companies like PayPal, iPay88 and JomPAY have created platforms where people can make payments from any location using the Internet.

Be it a business trip or a vacation, modern technology allows people to enjoy their outings with navigation apps to locate their destinations, thus saving time for searching locations. They can search for a particular place and then even pinpoint their specific destination; the navigation apps can do the rest.

Students who are interested in learning about arts, videography and other creative pursuits can find plenty of resources online. Computer software has the capabilities to capture students' sketches, bring photos to life and edit them in creative ways. Technology enhances creativity and expedites the completion of student projects.

On the other hand, there are also some disadvantages of technological advancements. Addiction to computers and smartphones leads to social isolation. Youngsters spend too much time on social media, surfing the Internet, playing video games, and thereby neglecting their studies and social responsibilities. The detachment from reality causes them to be socially withdrawn.

Modern technology has replaced a large number of human jobs. Today, machines and robots are performing the same work that humans used to do. Large automated machines are able to do the work and process of ten people at the same time with efficiency. So companies may not need to hire so many labourers to get the job done. Job opportunities have become scarce and therefore, technological unemployment is the bane of blue-collar workers.



Digital entertainment is affordable for most people now. Consequently, they are prone to collapse their work and tasks by playing their favourite games, watching videos or sticking in chats with friends. To keep themselves from procrastination will take significant willpower that not everyone has.

The overdependence on digital gadgets reduces the ability to think critically. It affects how people use their brains and reduces their creativity and out-of-the-box



thinking ability. Therefore, the new generation has to learn about the prudent use of technology as a means of progress and to lead a healthy lifestyle.

Social media addiction causes people to be less productive. Most people devote a lot of time to engaging with the convenience of technology. For example, switching to their smartphones for entertainment, indulging in playing video games, reading posts on social networks and participating in unimportant online discussions. However, if they give up all gadgets at least a few times, they will be amazed at how much time they can save. The time saved can be spent on productive ways such as performing physical sports and exercise or spending time with loved ones.

There will always be a good side and a bad side to technology. It is up to each of us to discover the good in it every day.

A READING**Smartwatch**

The history of watches began in 16th-century Europe. The watch was a device used to measure and indicate time. It was called a timepiece because in the past the sole purpose of a watch was to tell the time. The advent of the smartphone in 1994 began displacing watches as it not only shows the time but also provides many other features of modern technology. Since then the sales of conventional watches started declining. To **buck this trend**, the world's first smartwatch was launched in 1998 and technology has since evolved the smartwatch into what it is today.

A smartwatch is a wearable computer because it is a combination of a wristwatch, smartphone and fitness tracker. It is like an extension of your smartphone that can do almost anything your smartphone can do. A smartwatch has cell phone features; it can be synchronised with smartphone applications to send notifications like news texts, emails or social media messages to your smartwatch, along with incoming call notifications and calendar event notifications. You can even go through photo galleries on your phone from your smartwatch. Additionally, you can access Google Now¹ and Siri² with your smartwatch using your voice just like you do with your smartphones.

With the smartwatch connected to a phone, users can use the smartwatch to make and receive calls. It is also possible to make calls without the smartwatch being connected to a phone. Since around 2015, smartwatches have been widely used by school children in China. They have been advertised on television throughout China as a safety device whereby the children can make calls in case of emergency. These smartwatches are commonly colourful





and made of plastic. They normally have no display unless a button is pressed. Some smartwatches have limited features compared to others; their main functions consist of being able to conduct calls, display time and measure the surrounding temperature.

The fitness aspects of smartwatches are perhaps one of the most significant advantages. Most of them offer fitness and wellness services such as tracking steps or monitoring heartbeat, sleep quality, blood pressure and other sensor-related features.

Smartphones display notifications to alert or remind the users of important events and other activities. Notifications can be in glance displays³ and in some cases fully read on the smartwatch screen. Usually, the users get notifications from all the applications (apps) on their smartphones **by default** but they can also be uninstalled.

Smartwatches now come with a feature that detects falls through a drop sensor. When the drop sensor detects a fall, it immediately alerts the user with an alarm. If the user fails to respond to the alarm within a short time, the smartwatch automatically makes an emergency call for help. This feature can be particularly helpful for the elderly who are often more susceptible to falls.

With the 'Find Your Phone' feature on smartwatches, the users can quickly locate their missing phones within seconds. The phones will start ringing at full volume once they activate the 'Find Your Phone' app on their smartwatches. The users are also able to find a missing key by installing the key finder's app on their smartwatches.

Some smartwatches provide a more discreet app for giving directions in different vibration modes to the wrist of the users to alert them of the right directions to take. For the tourists, this can be handy since it will save them the trouble of checking the map and allow them to explore places and enjoy the scenery.

Most smartwatches are complete with an in-built music player, enabling users to enjoy listening to music on the phone. For example, the user can choose the track he wants by hitting the 'next' button on the smartwatch. They can also pause, adjust volume or line up the next track. This may sound unimportant, but it does make listening more pleasurable.

Ultimately, smartwatches are the extensions of smartphones that are permanently strapped to the wrist making them an easy way to stay connected on the go and access different apps. However, humans are continuously improving and innovating the existing technology to upgrade their lifestyles. As such, what is modern today may become outdated tomorrow.

Note:

¹ *Google Now: a Google mobile app for Android OS that gets users 'just the right information at just the right time.' With Google Now, users customise their experience by selecting cards that categorise important information they want to stay up-to-date on, such as music, sports and local weather.*

² *Siri: Siri is Apple's personal assistant for iOS, macOS, tvOS and watchOS devices that uses voice recognition and is powered by artificial intelligence (AI). It responds to users' spoken questions by replying to them through the device's speaker and presenting relevant information on the home screen from certain apps, such as Web Search or Calendar. The service also lets users dictate emails and text messages, reads received emails and messages and performs various other tasks.*

³ *glance displays: the text on a smartwatch screen that shows important information without showing the whole message.*





Comprehension Check

Reading for Main Ideas

1. A smartwatch is a wearable computer because it is a combination of a wristwatch, smartphone and fitness tracker.
2. In China, smartwatches are widely used by school children to make calls in case of emergency.
3. Users can glance at the smartwatch screen for notifications of important events.
4. Smartwatches can detect falls and make an emergency call for help.
5. The users can find their phones or keys using the smartwatches apps.
6. Tourists can use smartwatches for navigating.
7. Smartwatches enable users to listen to music easier.



Reading for Details

Answer the questions according to the passage.

1. What is the reason for the decrease in conventional watch sales in the last few years?

2. Why are smartwatches popular among school children in China?

3. What are the advantages of smartwatches from the fitness aspect?

4. Which function of the smartwatch can help the elderly and how?

5. How do tourists benefit from the smartwatch on a tour?



Further Thinking

1. What are the apps on the electronic devices that help students in their studies?

2. What apps would you wish to design to benefit the physically challenged?



Vocabulary

1. **Device**: noun. /dɪ'veɪs/ a piece of equipment made for a particular purpose
e.g. The waiter takes orders on a hand-held device.
2. **Advent**: noun. /'ædvent/ the beginning of an event, the invention of something or the arrival of a person
e.g. People are much better informed since the advent of the computer.

3. **Evolve**: verb. /ɪ'vɒlv/ to develop gradually, or to cause something or someone to develop gradually
e.g. The company has evolved over the years into a multi-million dollar organisation.
4. **Synchronise**: verb. /'sɪŋkrənaɪz/ to link data files between one computer or mobile device and another so that the information in the files on both machines is the same
e.g. The phone lets you synchronise your calendar and contacts with your personal computer.
5. **Whereby**: adverb. /weə'bəɪ/ by which way or method
e.g. The CEO has introduced a new system whereby all employees must undergo regular in-house training.
6. **Susceptible**: adjective. /sə'septəbl/ easily influenced or harmed by something
e.g. Some plants are more susceptible to weather damage while others are not.
7. **Discreet**: adjective. /dɪ'skri:t/ prudent; careful and avoiding risks
e.g. She is wearing a piece of smart and discreet jewellery that can be used as a safety device to make emergency contacts.
8. **Handy**: adjective. /'hændi/ useful or convenient
e.g. The handy tool kit contains tools that you require for your home improvement needs.
9. **Extension**: noun. /ɪk'stenʃn/ the amount or degree to which something is or can be extended; range; extent
e.g. Huawei smartwatch is the product extension of the Huawei smartphone.
10. **Strap**: verb. /stræp/ to fasten something in position by fastening using a narrow piece of leather or other strong material
e.g. She likes to strap a white leather belt around her waist.



Vocabulary Practice

In each of the following items, choose the word that *best fits* into the blank in the sentence.

1. As the old building was unsafe, it was _____.
A. damaged B. destroyed C. demolished D. ruined

2. The thief finally _____ to stealing the bicycle.
A. informed B. pleaded C. confessed D. accepted

3. The storm is reported to be increasing in _____.
A. tension B. strength C. volume D. intensity

4. The famous heart surgeon _____ the operation on the young girl.
A. managed B. pursued
C. processed D. performed

5. The tired old lady gladly _____ the offer of a lift to town.
A. accepted B. received
C. encouraged D. awarded



Idioms and Phrases

1. **buck this trend:** to reverse the prevailing market direction 逆潮流，逆势
e.g. Although property values in our city have depreciated, one neighbourhood is bucking this trend and still getting fair market value.

2. **by default:** if something happens by default, it happens because you have not made any other choices that would make things happen in a different way 默认状态下
e.g. Premium rate numbers are often barred by mobile phone networks by default.
3. **on top of:** in addition to something, especially something unpleasant 另一方面、更糟的是
e.g. We missed our train, and on top of that, two pieces of our luggage were stolen.
4. **by the way:** to introduce a new subject to be considered; to remind 顺便说或问
e.g. Don't you know that he has moved to another city? By the way, do you have his contact number?
5. **worse still:** what is even worse or more unfortunate 更糟的是
e.g. We have run out of petrol. Worse still, there is no petrol station nearby.

Patterns in Action

Features of the Voices

Voice	Feature and Example
Active Voice	<ol style="list-style-type: none"> 1) Active sentences are more direct <ul style="list-style-type: none"> • John <u>made the decision</u> to publish the article. (This active sentence makes it clear that John was responsible.) 2) Active sentences are more authoritative <ul style="list-style-type: none"> • The parliament <u>passed the law</u> to protect the public. (Here, the doer is taking responsibility and credit for passing the law.)
Passive Voice	<ol style="list-style-type: none"> 1) When the doer is unknown or uncertain <ul style="list-style-type: none"> • <u>The decision was made</u> to publish the article. (With this passive sentence, we do not know who made the decision.) 2) When the doer is less authoritative <ul style="list-style-type: none"> • <u>The law was passed</u> to protect the public. (With this version, the doer is not taking responsibility or blame for passing the law.)

Voice	Feature and Example
Passive Voice	<p>3) When the doer is not important or understood</p> <ul style="list-style-type: none"> The newspapers <u>are delivered</u> to our housing area at around 7:30 every morning.

Tenses	Passive Construction	
Simple Present	am/is/are	+ past participle
Simple Past	was/were	+ past participle
Simple Future	shall/will/am going to/is going to/are going to	+ be + past participle
Present Continuous	am/is/are	+ being + past participle
Past Continuous	was/were	+ being + past participle
Present Perfect	has/have	+ been + past participle
Past Perfect	had	+ been + past participle
Future Perfect	will have	+ been + past participle
Modals	may/must/can/could/ought to/should	+ be + past participle
Infinitives	am/is/are/was/were/has/have/had	+ to + be + past participle

Active and Passive Voice with Tenses

Tense	Active Voice	Passive Voice
Simple Present	He <u>delivers</u> the letters.	The letters are <u>delivered</u> (by him) [will be omitted].
Simple Past	He <u>delivered</u> the letters.	The letters <u>were delivered</u> .





Tense	Active Voice	Passive Voice
Simple Future	He will <u>deliver</u> the letters. He <u>is going to deliver</u> the letters.	The letters will be <u>delivered</u> . The letters <u>are going to be delivered</u> .
Present Continuous	He <u>is delivering</u> the letters.	The letters <u>are being delivered</u> .
Past Continuous	He <u>was delivering</u> the letters.	The letters <u>were being delivered</u> .
Present Perfect	Charlie <u>has delivered</u> the letters.	The letters <u>have been delivered</u> by Charlie.
Past Perfect	Charlie <u>had delivered</u> the letters.	The letters <u>had been delivered</u> by Charlie.
Future Perfect	Charlie <u>will have delivered</u> the letters by next month.	The letters <u>will have been delivered</u> by Charlie by next month.
Modals	Charlie <u>must deliver</u> the letters. Charlie <u>may deliver</u> the letters.	The letters <u>must be delivered</u> by Charlie. The letters <u>may be delivered</u> by Charlie.
Infinitives	Charlie <u>has to deliver</u> the letters.	The letters <u>have to be delivered</u> by Charlie.

Note: Active and passive voices are useful for paraphrasing.

Practice 1

Fill in the blanks with the correct passive form of the verbs.

1. The police are going to question the suspects.

The suspects _____ by the police.

2. They disregarded me for that position.

I _____ for that position.

3. The tiger was chasing the deer.

The deer _____ by the tiger.

4. This city will surprise you.

You _____ by this city.

5. They need to find that document.

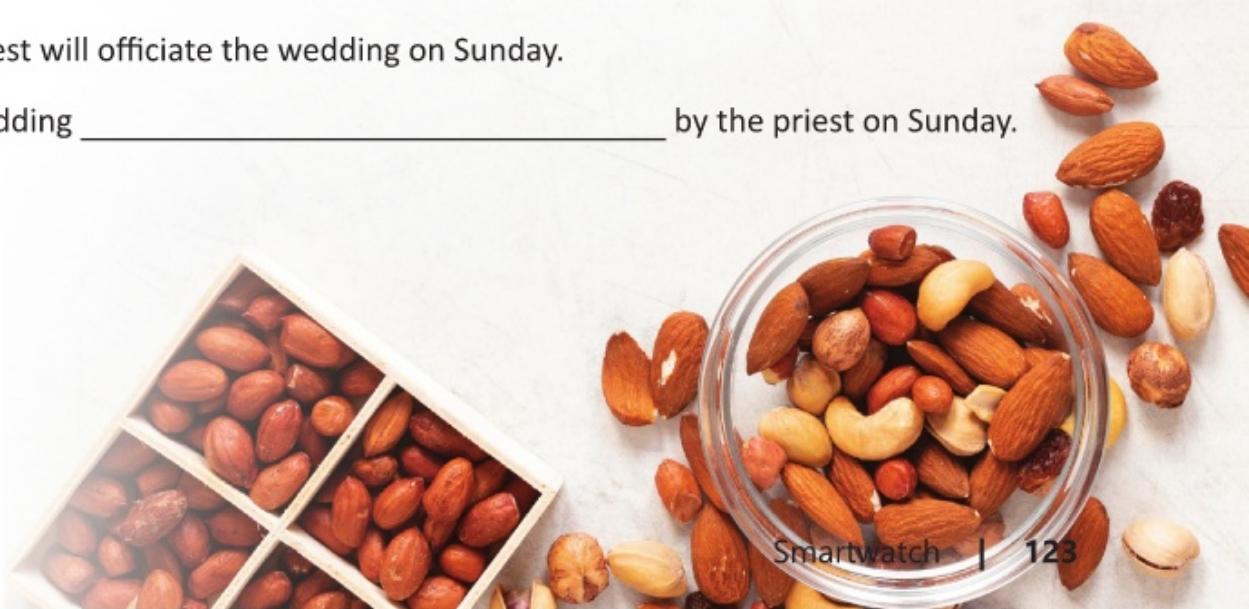
That document _____.

6. They say these nuts are good for health.

These nuts _____ to be good for health.

7. The priest will officiate the wedding on Sunday.

The wedding _____ by the priest on Sunday.



8. By tomorrow, I will have bought the car.

By tomorrow, the car _____.

9. The movers have delivered the furniture.

The furniture _____ by the movers.

10. You should study the lessons repeatedly.

The lessons _____ repeatedly.

Practice 2

Rewrite the active sentences in passive voice. Refer to the example below.

e.g. The cat caught a rat.

A rat was caught by the cat.

1. **Everybody supports Helen for the decision made.**

2. **Having prepared the table, my mother invited the children in.**

3. **The delegates will pay us a visit shortly.**

4. **The nurses take care of the patients.**

5. My grandma has bought me a bicycle.

6. I will have finished this book by 7 pm tonight.

7. After he had washed the vegetables, he proceeded to mince the meat.

8. The coach is training the newly joined players.

9. People say that this plant is a remedy for cancer.

10. She should fix her writing in order to score higher marks.

B LISTENING

Practice

Read the questions below and then select the correct answer for each question by listening to the recording about 'Technology to Help Save the Earth'.

1. What is the demand for the world's human population growth?

- A. The need for animal protein
- B. More agricultural land
- C. The plant protein needs



2. What type of industry is occupying 45% of the land worldwide?

- A. Plant Agriculture
- B. Poultry Agriculture
- C. Animal Agriculture

3. What can we do to cut down on meat consumption?

- A. Eat more protein
- B. Eat more plant-based food
- C. Eat more grain

4. Beyond Meat is a company founded in the _____.

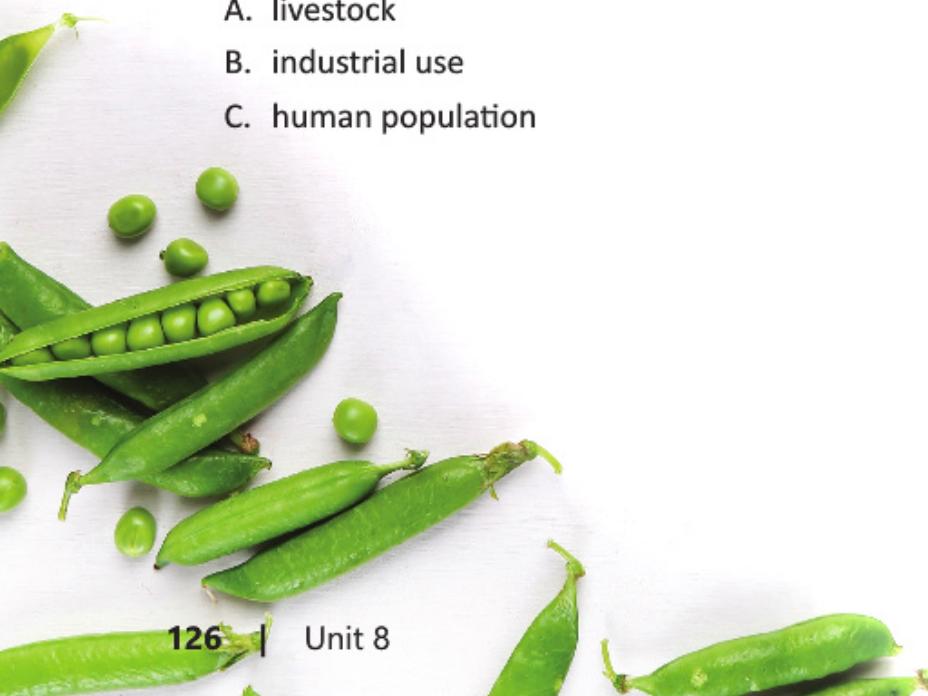
- A. United Kingdom
- B. United States
- C. United Arab Emirates

5. What is the main ingredient of Beyond Meat's plant-based products?

- A. maize
- B. soy
- C. pea

6. According to Bill Gates, most of the crops have gone to the _____.

- A. livestock
- B. industrial use
- C. human population



C SPEAKING

Prepare your answers for a group discussion. Then discuss your ideas with your group members and present your suggestions to the class.

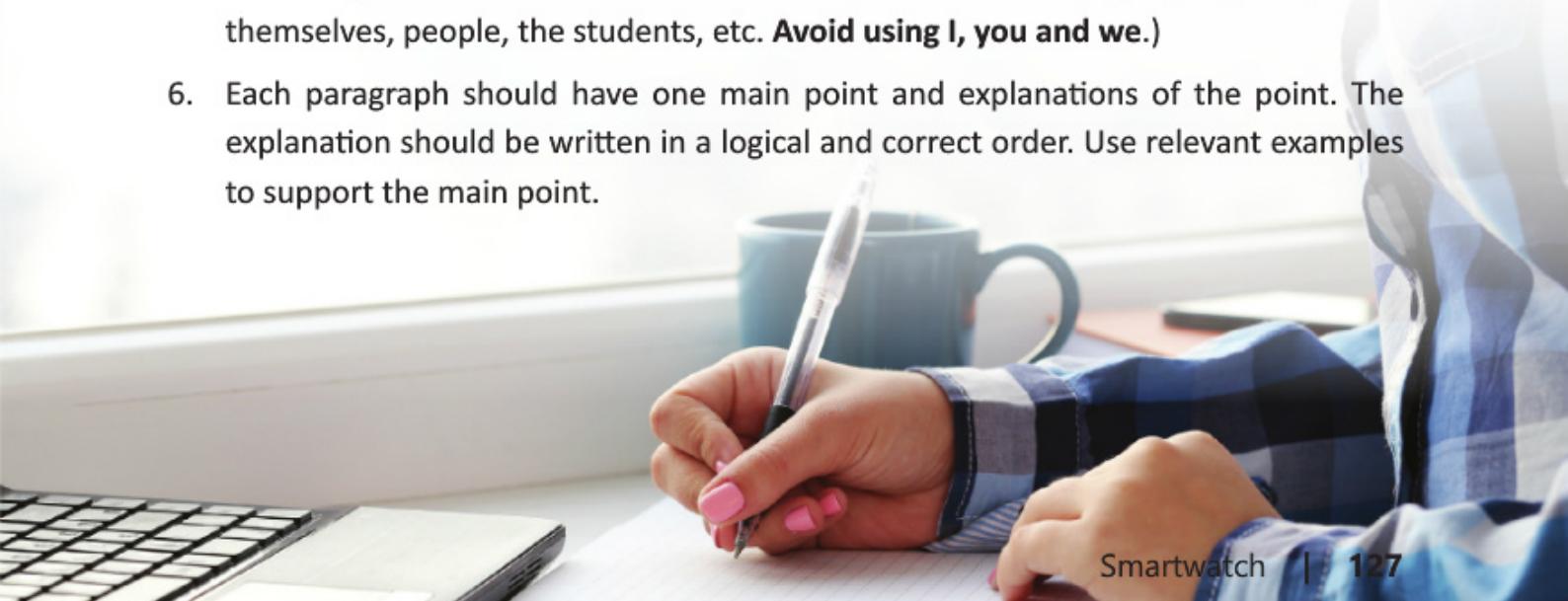
Topic: Sustainable eating is about choosing healthful foods for our environment and our body. Give five recommendations for a healthy and sustainable diet.



D WRITING

Factual Essay

1. A factual essay aims to explain the facts and provide evidence on the subject matter.
2. The writer should not include personal opinions or ideas.
3. The writer should not use slang or dialogue.
4. The writer should not create his own examples.
5. The essay should be written in the third person's voice. (e.g. It, he, him, their, themselves, people, the students, etc. **Avoid using I, you and we.**)
6. Each paragraph should have one main point and explanations of the point. The explanation should be written in a logical and correct order. Use relevant examples to support the main point.



Factual Essay Structure

Introductory Paragraph

- General statement
- Explanation of the background information
- Thesis statement (be specific, include three main points in the thesis statement)

Body Paragraphs

1st paragraph : topic sentence, supporting details, examples, concluding sentence

2nd paragraph : topic sentence, supporting details, examples, concluding sentence

3rd paragraph : topic sentence, supporting details, examples, concluding sentence

Concluding Paragraph

- Restate the thesis statement
- Summarise the main points
- End with a concluding sentence (result, advice or suggestion)

Example

Topic: What are the measures taken by some governments to help prevent the spread of contagious coronavirus, Covid-19?

Introductory Paragraph

The coronavirus pandemic has affected almost every country in the world (**general statement**). It has caused the tragic loss of millions of lives and presented an unprecedented challenge to public health. As Covid-19 is highly infectious, people are advised to keep themselves safe from infection by taking appropriate precautions (**background information**). The major precautions are following standard operating procedure (SOP), getting vaccinated and maintaining a healthy lifestyle (**thesis statement**).

Body Paragraphs

First, compliance with the standard operating procedures to prevent the spread of the Covid-19 (**topic sentence of the first paragraph**)...

Furthermore, getting vaccinated against Covid-19 can lower the risk of getting and spreading the virus (**topic sentence of the second paragraph**)...

Other than that, maintaining a healthy lifestyle makes people more resilient during a pandemic (**topic sentence of the third paragraph**)...

.....

Concluding Paragraph

To conclude, following standard operating procedures, getting vaccinated and keeping a healthy lifestyle are three main preventive measures for Covid-19 (**restate the thesis statement**). By following these precautions, people can protect themselves and others from contracting viruses (**summary**). In addition, people should keep themselves periodically updated with the latest information from trusted sources to avoid missing out on important guidelines on the pandemic (**advice**).

Practice

Write a factual essay on one of the following topics in not less than 300 words.

1. The reasons why people prefer solo travelling.
2. Recycling starts at home.
3. Ways of reducing food waste at home/a prestigious hotel.
4. What are the local tourist attractions in your state?



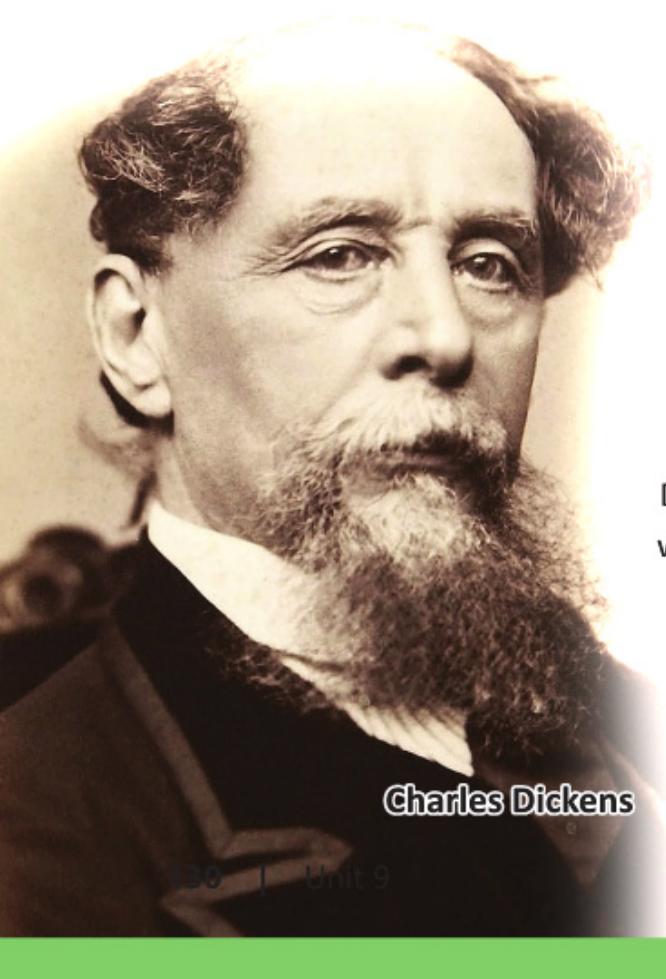
UNIT 9 SEMINAL WRITER

A READING

Charles Dickens

Charles Dickens was an English writer and social critic. During his lifetime, his works enjoyed unprecedented popularity. He is considered a literary genius because he created some of the world's best-known fictional characters and is regarded as the greatest novelist of the Victorian era (1837-1901). His novels and short stories enjoy lasting popularity.

Dickens was born on 7 February 1812 in Portsmouth, on the southern coast of England. He was the second of eight children of John Dickens and Elizabeth Barrow. His father was a naval clerk who dreamed of becoming rich. However, the family's financial situation grew worse because John Dickens used to spend money **beyond the family's means**. Consequently, John was sent to prison for debt in 1824, when Charles was just 12 years old.

A sepia-toned portrait of Charles Dickens, showing him from the chest up. He has a full, bushy beard and mustache, and is wearing a dark suit jacket over a white collared shirt.

To pay for his board and to help his family, Charles Dickens was forced to leave school and work 10 hours a day at Warren's Blacking Warehouse where he earned six shillings a week pasting labels on **pots of boot blacking**. Much to his relief, Dickens was permitted to return to school when his father received a family inheritance and used it to pay off his debts. When Dickens was 15, he dropped out of school and worked as a junior clerk at the law office of Ellis and Blackmore to contribute to his family's income. As it turned out, the job became a launching point for his writing career. Despite his lack of

Charles Dickens

formal education, he edited a weekly journal for 20 years and wrote 15 novels, five novellas, hundreds of short stories and non-fiction articles. He lectured and performed extensively. He was an indefatigable writer and campaigned vigorously for children's rights, education and other social reforms.

Throughout his career, Dickens published a total of 15 novels. His most well-known works include:

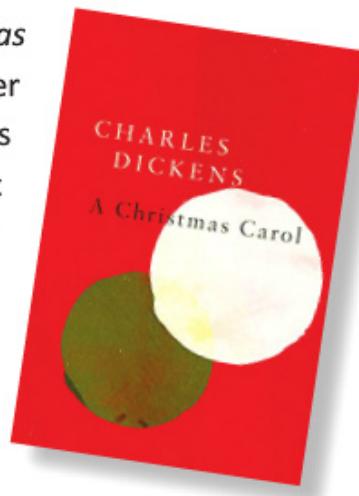
Oliver Twist (1837-1838)

Oliver Twist, Dickens's first novel, follows the life of an orphan living in the streets. The book was inspired by how Dickens felt as an impoverished child forced to get by on his wits and earn his keep. As publisher of a magazine called *Bentley's Miscellany*, Dickens began publishing *Oliver Twist* in instalments between February 1837 and April 1838, with the entire book edition published in November 1838.



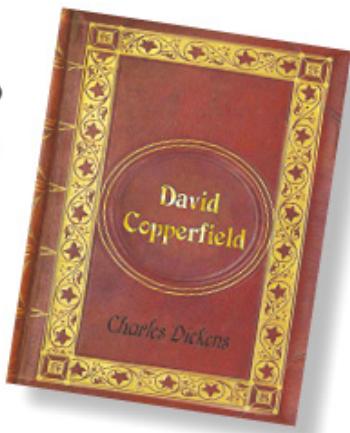
A Christmas Carol (1843)

On 19 December 1843, Dickens published *A Christmas Carol*. The book features the timeless protagonist Ebenezer Scrooge, a curmudgeonly old miser who finds the Christmas spirit with the help of ghosts. Dickens penned the book in just six weeks, beginning in October and finishing just in time for the holiday celebrations. The novel was intended as social criticism to bring attention to the hardships faced by England's poorer classes. The book was a roaring success, selling more than 6,000 copies upon publication. Readers in England and America were touched by the book's empathetic emotional depth; one American entrepreneur reportedly gave his employees an extra day's holiday after reading it. Despite literary criticism, the book remains one of Dickens' most well-known and beloved works.



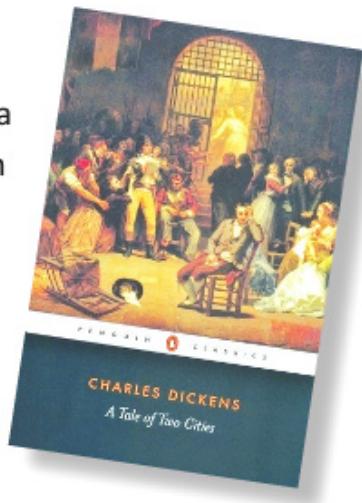
David Copperfield (1849 to 1850)

David Copperfield was the first work of its kind: No one had ever written a novel that simply followed a character through his everyday life. From May 1849 to November 1850, Dickens published the book in monthly instalments, with the entire novel form published in November 1850. In writing it, Dickens **tapped into** his personal experiences, from his difficult childhood to his work as a journalist. Although *David Copperfield* is not considered Dickens' best work, it was his personal favourite. It also helped define the public's expectations of a Dickensian novel.



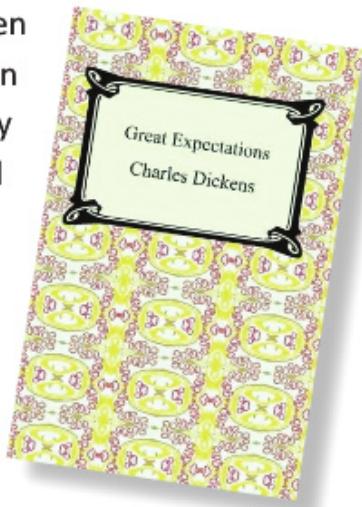
A Tale of Two Cities (1859)

In 1859, Dickens published *A Tale of Two Cities*, a historical novel that was written during the French Revolution in Paris and London. He published it in a periodical he founded, *All the Year Round*. The story focuses on themes of the need for sacrifice, the struggle between the evils inherent in oppression and revolution, and the possibility of resurrection and rebirth.



Great Expectations (1861)

Great Expectations, published in serial form between December 1860 to August 1861 and in novel form in October 1861, is widely considered Dickens' greatest literary accomplishment. The story, Dickens' second to be narrated in the first person, focuses on the lifelong journey of moral development for the novel's protagonist, an orphan named Pip. With extreme imagery and colourful characters, the well-received novel's themes include wealth and poverty, love and rejection and good versus evil.



Charles Dickens died of a stroke on 9 June 1870. He was buried in Poet's Corner at Westminster Abbey. Thousands of mourners came to pay their respects and place flowers at his grave. Many of Dickens' major works have been adapted for movies and stage plays, like *A Christmas Carol*, repackaged in various forms **over the years**.



Comprehension Check

Reading for Main Ideas

1. Charles Dickens was an English writer and social critic.
2. Dickens created some of the world's best-known fictional characters in his works.
3. Dickens is regarded as the greatest novelist of the Victorian era.
4. After Dickens's father was sent to prison, he left school to work at Warren's Blacking Warehouse to support his family.
5. When Dickens was 15, he dropped out of school and worked as a junior clerk at the law office, the job became a launching point for his writing career.
6. Dickens published a total of 15 novels, including *Oliver Twist*, *A Christmas Carol*, *David Copperfield*, *A Tale of Two Cities*, *Great Expectations*, etc.
7. Charles Dickens died of a stroke on 9 June 1870. Many of his major works have been adapted for movies and stage plays over the years.



Reading for Details

Answer the questions according to the passage.

1. Why is Dickens considered a literary genius?

2. What was the cause for the Dickens family to face a financial predicament?

3. How did Charles Dickens help his family when he was 12 years old?

4. Which novel did Charles Dickens himself like most? What could be the reason?

5. Which novel is considered Dickens's greatest literary achievement and what is the content of the novel?



Further Thinking

1. What have you learned from Charles Dickens's biography?

2. Name a story that has a positive effect on your life. Elaborate on the effect.



Vocabulary

1. **Board:** noun. /'bɔ:d/ the meals that are provided for you when you pay to stay in an inn
e.g. She has to pay for her bed and board in that nursing home.
2. **Blacking:** noun. /blækɪŋ/ a substance such as a paste or polish that is applied to an object to make it black
e.g. The cobbler uses some blacking to clean and polish the leather shoes.
3. **Indefatigable:** adjective. /,ɪndɪ'fætɪgəbl/ never giving up or getting tired of doing something
e.g. Manifesting her indefatigable energy and willpower, she won the gold medal in the competition.
4. **Impoverished:** adjective. /ɪm'povərɪʃt/ very poor; without money
e.g. The impoverished family survived on a charity support fund.
5. **Protagonist:** noun. /prə'tægənɪst/ the main character in a play, film or book
e.g. She has created a dashing young man as the protagonist of her new novel.
6. **Curmudgeonly:** adjective. /kɜ:'mʌdʒənlɪ/ often in a bad mood, easily annoyed
e.g. My curmudgeonly neighbour accused me of breaking his window and said he was going to sue me.
7. **Miser:** noun. /'maɪzə(r)/ someone who has a strong wish to possess money and hates to spend it
e.g. My uncle was a typical miser, he would rather walk in a lashing rain than pay for a bus fare.
8. **Periodical:** noun. /pɪəri'ɒdɪkl/ a magazine that is published every week, month, etc., especially one that is about an academic subject
e.g. I would be glad if you could include this article in your periodical.



9. **Oppression:** noun. /ə'preʃn/ a situation in which people are governed unfairly, cruelly and prevented from having opportunities and freedom
e.g. The people reacted against the oppression of the government by holding a demonstration.
10. **Resurrection:** noun. /rezə'rekʃn/ (in the Christian religion) the time when Jesus Christ returned to life again after his death; the time when all dead people will become alive again when the world ends
e.g. People believe that Christianity evolved from the resurrection of Christ's body from the Earth.

Vocabulary Practice

In each of the following items, choose the most appropriate meaning of each underlined word in the sentences.

1. Police finally managed to overpower and arrest the gunman.
A. apprehend B. overtake C. overcome D. imprison

2. The high unemployment rate is a sign that the economic outlook is still dismal.
A. unstable B. distressed C. gloomy D. sad

3. The children are being cared for by a relative.
A. slave B. matriarch C. kin D. sibling

4. The only way to find out about the opponents' strategy is through secret investigations.
A. covert B. silent C. unseen D. private

5. The government refused to give in to the hijackers' threats.
A. respect B. collapse C. succumb D. surrender



Idioms and Phrases

1. **beyond (one's) means:** exceeding one's available finances 超出某人的收入、支付不起

e.g. If you keep living beyond your means, you will deplete your bank account before you become aware of it.
2. **pots of:** a large amount of something 大量的

e.g. He is hoping to make pots of money from the business deal.
3. **tap into (something):** to manage to use something in a way that brings good results 使用...以获得好结果

e.g. Perhaps you should tap into your childlike enthusiasm for everything around you to live a more meaningful and enjoyable life.
4. **over the years:** through the years, over recent years 多年以来, 这些年来

e.g. Over the years, environmental awareness has driven demand for and conversion to organic farming.
5. **a man of letters:** a man who is well-versed in literature and related scholarly pursuits 文学家、学者

e.g. As a man of letters, the professor could easily speak for hours on the works of Shakespeare.



Patterns in Action

Conditional Sentences, If Clauses

Conditional sentences are statements that speculate various outcomes or hypothetical situations and their consequences. There are four types of conditional sentences. In all cases, these sentences are made up of an 'if clause' and a 'result clause'.

1. The Zero Conditional (without using 'will' in the result clause)

Usage	If Clause	Result Clause
Talk about scientific facts and general truths	If + simple present <ul style="list-style-type: none">• If you eat a lot, you put on weight.• If I am tired, I go to bed early.• If sugar is added to water, it dissolves.	simple present

2. The First Conditional

Usage	If Clause	Result Clause
Talk about possible situations in the present or in the near future	If + simple present <ul style="list-style-type: none">• If you are free later, we can go for a walk.• If we arrive late, we must get a taxi.• If the book is written by me, I will be given a hefty royalty. (passive voice)	will + base verb can + base verb must + base verb
	Unless + simple present <ul style="list-style-type: none">• Unless you hurry up, you will miss the bus.• We will stay at home unless the weather improves.	will + verb

3. The Second Conditional

Usage	If Clause	Result Clause
Talk about unreal, impossible or imaginary situations in the present or future	If + simple past • If I were rich, I would spend all my time travelling. (But I am not rich so I can't.) • If I had a million dollars, I would feed the hungry in the street every day. • If I were a horse, I could run happily on a grassland.	would + base verb could + base verb

4. The Third Conditional

Usage	If Clause	Result Clause
Talk about regrets over something either done or undone in the past	If + past perfect • If I had left earlier, I would have arrived on time. • You could have helped me if you had stayed on. • You wouldn't have walked so much if you had ridden your bike. • If I hadn't played in the last match, I wouldn't have broken my arm.	would have + past participle could have + past participle

Practice 1

Complete the following sentences using the appropriate form of the verbs in brackets. It can be the zero conditional, first conditional, second conditional or third conditional.

1. If Dickens _____ (meet) Shakespeare, we would have enjoyed reading a new style of literature.
2. If he comes, we _____ (stay) longer to keep him company.
3. If I _____ (speak) Italian, I would be working in Italy.

4. If I had cleaned the house, my mother _____ (allow) me to watch the movies.
5. If I am not busy in the evening, I _____ (join) you for dinner.
6. _____ (raise) your hands if you cannot hear me.
7. If I _____ (be) you, I _____ (not stay up) until 2 am.
8. If public transport is more efficient, people _____ (stop) using their cars.
9. I would tell you the answer if I _____ (know) it.
10. He _____ (learn) German if he had had more time when he worked in Germany.

Practice 2

Four drama club members are talking about a Chinese Opera tale, *Lady White Snake*. Fill in the blanks with the correct answers from the box.

met	transformed	will do	would suffer	would love
do know	isn't there	were given	have been reading	need someone

Angeline : Hi everyone! I have a play for our Drama Club activity. Have you heard of the story *Lady White Snake*?

Maylene : If it is about a young scholar who falls in love with a beautiful woman, unaware that she is a thousand-year-old white snake, then I (1) _____ the story.

Angeline : Yes, that's the one. This shows you (2) _____ old Chinese legends. Otherwise, you would have missed this fascinating tale.

Elaine : If I remember correctly, (3) _____ another lady snake as well?

Angeline : Oh, yes. It is a hundred-year-old green snake.

Celine : I wouldn't be surprised if it also (4) _____ into a woman.

Maylene : Yes, it did and served as the white snake woman's soul sister and confidante.

Celine : Gosh! If animals could do that now, I (5) _____ to keep a talking dog!

Elaine : If I had the chance, I would like to play the role of *Lady White Snake*.

Angeline : Yes, it is quite challenging. Maylene, if you (6) _____ a role, would you accept it?

Maylene : Of course! If the directors (7) _____ who knows martial arts and high-flying stunts, here I am.

Angeline : There is a monk who intervenes and casts the white snake into a deep well at Leifeng Pagoda. If it is possible, can you take that role, Maylene?

Maylene : Certainly! If I can, I (8) _____ everything possible to maintain the laws of nature.

Elaine : But what if the scholar and the white snake-woman are genuinely in love with one another?

Maylene : Such a relationship is forbidden according to the laws of nature. If they were to have offspring, the couple (9) _____ very much.

Celine : If you believe in reincarnation, you will disagree with that.

Elaine : I like the romantic scene where they share the umbrella on the lake boat. If I (10) _____ a kind and handsome boatman on a beautiful lake, I would fall in love too.

Angeline : Yes, this is a great story. I can't wait for the rehearsals to start.

Additional reference:

<https://www.storynory.com/madame-white-snake/>

B LISTENING

Practice

Amanda is exchanging and sharing information about the works of famous writers with her friend, Jack. Listen to the recording and answer the questions below with a true (T) or false (F).

1. Jane Austen's works of romantic fiction are set among the landed gentry and they earned her a place as one of the most widely read writers in English literature. ()
2. Jane Austen released *Pride and Prejudice* and *Sense and Sensibility* in 1816. ()
3. *Pride and Prejudice*'s story follows the main character, Elizabeth Bennet as she deals with issues such as manners, upbringing and morality. ()
4. John Steinbeck wrote nine collections of short stories. ()
5. John Steinbeck was an American writer and his achievements included winning the Pulitzer Prize and the Nobel Prize for Literature. ()
6. The story of *The Pearl* presents the view that people should not be contented with what they have. ()



C SPEAKING

In pairs, choose a novel or a short story written by a well-known author. Complete the task using the template given below and present it to your class.

Template	
Title	
Author/Year of Publication	
Author's background	
Synopsis	

Example

Title	The Ghost Bride
Author/Year of Publication	Choo Yangsze (2013)
Author's background	Choo Yangsze is a fourth-generation Malaysian of Chinese descent. After graduating from Harvard University, she worked in various corporate jobs while writing fiction at home in her spare time.
Synopsis	In 1890s Colonial Malacca, a Malaysian Chinese woman accepts a marriage proposal from a wealthy family to be the 'ghost bride' to their deceased son - an opportunity that would save her family from a lifetime of debt, but require her to spend the rest of her days haunted by a ghostly spouse. Desperate to escape the situation, she soon finds herself wrapped up in a murder mystery and embroiled in otherworldly affairs far bigger than she could have imagined.

Additional references:

<https://www.bbc.com/culture/article/20180521-the-top-10-stories-that-shaped-the-world>

<https://childrens-books.lovetoknow.com/about-childrens-books/short-stories-high-school-students>

D WRITING

Summary Writing

Practice

Read the following passage carefully. Write a summary on:

- the definition of writing
- the benefits of writing

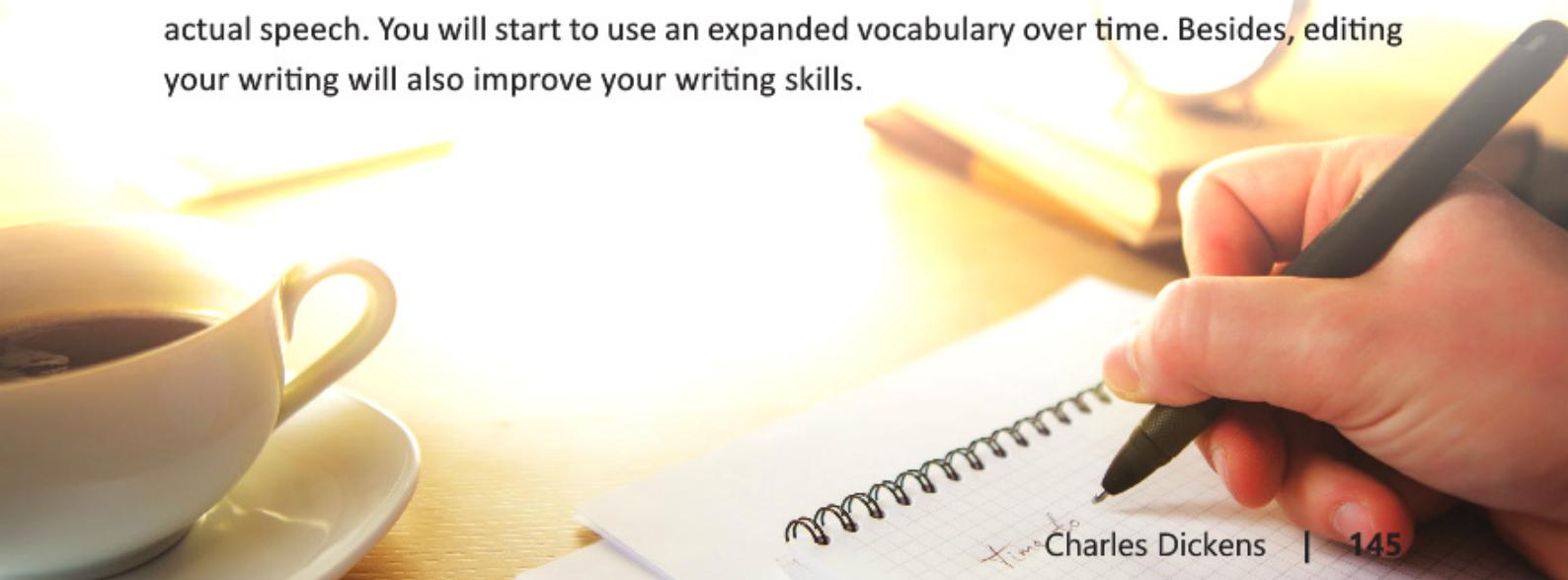
Your summary should be in continuous writing and should not be longer than 150 words. Credit will be given for the use of your own words. State in brackets the number of words you have written.

Writing is a process of organising ideas, opinions and feelings into written form. It is a complex activity with the control language both at the sentence level and beyond the sentence rank. What we want to write should have something meaningful to convey with the proper use of the language and promote fluency in writing skills. Some students may regard writing as a daunting task but in fact, it does have some amazing benefits.

Writing allows you to vent any frustrations or worries in your head. It is a stream of consciousness outflowing from you. Try to write down all of your thoughts, negative emotions, doubts and just anything else that crosses your mind. Without worrying about what lands on paper or your computer screen, the result may seem unorganised or even chaotic, but it can help you release your tension.

Your written works can help you to recollect past and almost forgotten memories. Writing a diary or a journal is a good way of doing this. When you get older, your memory slips through your fingers like sand. Therefore, you should put your memories down and engrave them on a physical medium as your memoir to be recalled in the future. Although photos speak a thousand words, writing describes with details that will help remember past events.

If you make writing your regular habit, it can improve your writing skills. When you are writing something down, you tend to be more careful in choosing the right words. Therefore, your writing will be more eloquent, concise and elegant than your actual speech. You will start to use an expanded vocabulary over time. Besides, editing your writing will also improve your writing skills.





Experts suggest that dedicating at least 20 minutes of daily writing helps to improve mental health. They also say that writing for six weeks using different techniques and analysing the written material plays an important role in mental well-being. It will keep your brain sharp and active, and can even act as a preventative measure against some mental illnesses, such as Alzheimer's or dementia.

According to a study, writing about positive emotions may help to reduce stress and anxiety. Unlike many other strategies for improving psychological well-being, this task needs no training or time spent with a therapist. People can do it at a time and place that is convenient for them and it is free.

Writing things down helps clarify your goals, priorities and intentions. Having your clear goals written down is more powerful than having goals in your thought. By having your goals, priorities and intentions in front of you in writing, you are more inclined to literally see and evaluate each of them. You can then revise your goals to be more specific and achievable, so you can plan your writing and put it into action. Consequently, you can have a more realistic expectation of what you are going to achieve.

Writing can develop your sense of appreciation, especially for your loved ones, your accomplishments, your learnings, your situations or your prized possessions. Writing down regularly what you are grateful for helps you connect with people and everything you deem important. By doing so, you will be motivated to keep going and be appreciative of what you already have.

Creative writing profoundly develops your thinking ability, and this leads to more quality ideas. You can create many new ideas or thoughts with creative writing such as poetry, plays, television scripts and fiction. Creative writing requires you to

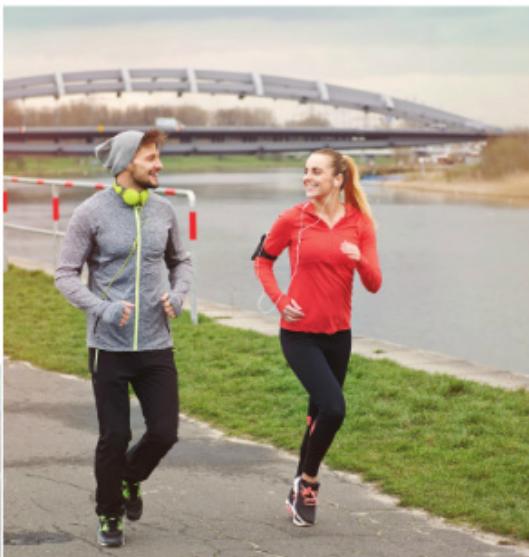
think more in-depth about topics and events. In writing, you can express your ideas in a proper format rather than storing them in your mind.

Writing enables you to improve communication and persuasive skills which can boost your confidence and competence. In writing, you make connections between ideas and self-expression. You are able to communicate complex viewpoints more effectively and be persuasive. Consequently, the output of writing allows you to create more established thought processes for your future writing.

Writing is a good talking point and a method to find common ground in social media. You may make connections that you would otherwise not have. For example, this could be through writing blogs on Instagram, Facebook, Twitter, etc. Writing on social media connects you with people who share common information, interests or ideas. You can and may develop new relationships via such interactions.

UNIT 10

PRACTICAL LIVING SKILLS



A READING

Ways to Improve Physical and Mental Health

You may think of your mind and body as separate, but your mental and physical health are interconnected. Physical health problems can significantly increase the risk of developing mental health problems and vice versa. People with long-term physical health conditions also have mental health problems, most often depression or anxiety. However, there are several ways to stay physically sound and improve mental well-being, including regular exercise, proper diet and adequate sleep.

Exercise strengthens your heart and improves your blood circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as coronary artery disease and heart attack. Regular exercise can also lower your blood pressure, regulate the digestive system, build and maintain healthy bone density, muscle strength and joint mobility as well as strengthen the immune system. Besides, exercise plays an important role in controlling your weight and preventing obesity. To maintain your weight, the calories you consume must equal the



energy you burn.

Exercise is also a scientifically proven mood booster that decreases symptoms of both depression and anxiety. Even just moderate exercise throughout the week can alleviate depression and anxiety. This is so because when people exercise, they tend to engage themselves and forget their worries. Physical activity **kicks up** endorphin levels, the ‘feel good’ chemical produced by the brain and spinal cord. This creates feelings of happiness and euphoria.

Another mental benefit of exercise is reduced stress levels. Increasing your heart rate can actually reverse stress-induced brain damage by stimulating the production of neurohormones. Exercise also stimulates the body’s central and sympathetic nervous systems to connect and communicate with one another, improving the body’s overall ability to respond to stress.

Exercise boosts brainpower in a number of ways, apart from building intelligence and strengthening memory. Studies indicate that cardiovascular exercise creates new brain cells that improve overall brain performance. It also prevents cognitive decline and memory loss by strengthening the hippocampus, the part of the brain responsible for memory and learning.

Eating right and getting good nutrition are essential for maintaining your health. Opting for a balanced, adequate and varied diet is an important step toward a happy and healthy lifestyle. Vitamins and minerals in the diet are vital to boost immunity and healthy development. A healthy diet can protect the human body against certain types of diseases, particularly non-communicable or chronic diseases such as obesity, diabetes, cardiovascular diseases, some types of cancer and skeletal conditions.

Good nutrition affects our mental health significantly too. A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span. Conversely, an inadequate diet can lead to fatigue, mental weakness and can slow down reaction time. In fact, a poor diet containing sugar and processed foods can lead to inflammation throughout the body and brain. This contributes to mood disorders, anxiety, stress and depression.

To boost your mental health, focus on eating plenty of fruits and vegetables along

with foods rich in omega-3 fatty acids such as salmon, seaweed and walnut . Dark green leafy vegetables in particular are protective of the brain. Nuts, seeds and legumes such as beans and lentils are also excellent brain foods.

Adequate sleep helps your body repair itself by releasing proteins and hormones that help restore damaged tissues. Most adults need at least seven to nine hours of sleep. If you are sleep-deprived, your body heals more slowly. This tissue repair process is also crucial for helping athletes build muscle and recover from a workout. Sleep helps boost your body's ability to fight illness. During slumber, the body produces cytokines — proteins that direct immune cells to fight inflammation throughout the body. Researchers have also found that sleep deprivation increases your body's production of white blood cells, the same response the body shows when exposed to significant stress. That imbalance in your immune system is **associated with** illnesses such as heart-related diseases.

Sleep is closely connected to mental and emotional health and has demonstrated links to depression, anxiety, stress, bipolar disorder and other conditions. While research is ongoing to better understand the connections between mental health and sleep, the evidence to date points to a bidirectional relationship. Mental health disorders tend to make it harder to sleep well. At the same time, poor sleep including insomnia can be a contributing factor to the initiation and worsening of mental health problems. A lack of sleep is especially harmful to the consolidation of positive emotional content. This can influence mood and emotional reactivity and is **tied to** mental health disorders and their severity, including the risk of depression that may lead to suicidal thoughts or behaviours. Improving sleep can have a beneficial impact on mental health and can be a component of treating many psychiatric disorders. Sufficient sleep facilitates the brain's processing of emotional information. During sleep, the brain works to evaluate and remember thoughts and memories.



Exercise, diet and sleep are three pillars of mental and physical health. They are equally important to maintain the body's overall well-being. While trying to manage a hectic life, you should make exercise a habit, select a healthy diet and get enough sleep to prevent physical and mental illness.



Comprehension Check

Reading for Main Ideas

1. Regular exercise, proper diet and adequate sleep help to improve physical and mental health.
2. Regular exercise improves your health, prevents diseases and controls weight.
3. Exercise decreases symptoms of depression, anxiety and stress levels.
4. Exercise prevents cognitive decline and memory loss.
5. Eating right and having good nutrition boost immunity and develop health.
6. A well-balanced diet helps you think clearly, feel more alert and improve concentration and attention span.
7. Adequate sleep helps your body to repair itself by restoring damaged tissues.
8. Improving sleep can have a beneficial impact on mental health and can be a way of treating many psychiatric disorders.



Reading for Details

Answer the questions according to the passage.

1. The following are benefits of regular exercise *except* _____.
 - A. regulation of the digestive system
 - B. suppression of the immune system
 - C. lowering of the blood pressure
 - D. maintenance of the joint mobility
2. How does physical activity improve mental health?
 - A. It releases proteins.
 - B. It maintains muscle mass.
 - C. It increases energy levels.
 - D. It increases endorphin levels.

3. How does physical exercise impact learning?

- A. It boosts endurance.
- B. It maximises fat loss.
- C. It improves memory.
- D. It reduces the risk of diseases.

4. How does a poor diet affect your mental health?

5. Why is adequate sleep important for physical health?

6. According to the passage, what is the most severe mental disorder resulting from insufficient sleep?



Further Thinking

1. What are the ways to prevent anxiety or depression during a pandemic?

2. Why is mental health so important in life? Elaborate.



Vocabulary

1. **Coronary:** adjective. /'kɔrənri / relates to the arteries that supply blood to the muscles of the heart
e.g. Coronary heart disease tends to develop when 'bad' cholesterol builds up on the artery walls.
2. **Endorphin:** noun. /en'dɔ:fɪn / a hormone produced in the brain that reduces the feeling of pain
e.g. Exercise can be a great way to induce the release of endorphin, the happy hormone, which will improve your mood.
3. **Euphoria:** noun. /ju:'fɔ:riə / an extremely strong feeling of happiness and excitement that usually lasts only a short time
e.g. During new year countdown celebrations, people are in a state of euphoria when they sing new year songs.
4. **Cardiovascular:** adjective. /,ka:dɪəʊ'veeskjələ(r)/ relating to the heart and the blood vessels
e.g. Smoking exposes you to a higher risk of contracting cardiovascular and respiratory diseases.
5. **Hippocampus:** noun. /,hɪpə'kæmpəs/ a part of the brain that is part of the limbic system and is important for memory
e.g. The hippocampus is a brain structure thought to play a critical role in activating memory.





6. **Non-communicable**: adjective. /ˌnɒn.kəˈmju:nɪkəbl/ that cannot be passed from one person to another
e.g. Non-communicable diseases, including heart disease, stroke and diabetes, are responsible for almost 70% of all deaths worldwide.
7. **Skeletal**: adjective. /'skelətl/ relating to the bones in your body
e.g. Thomas suffered severe skeletal injuries in the accident.
8. **Inflammation**: noun. /ˌɪnflæ'meɪʃn/ a condition in which a part of the body becomes red, painful and swollen because of infection or injury
e.g. Inflammation is the end-stage in the wound-healing process.
9. **Slumber**: noun. /'slʌmbə(r)/ sleep; a time when somebody is sleeping
e.g. The loud noise woke me from my deep slumber.
10. **Bidirectional**: adjective. /baɪdə'rekʃənl/ functioning in two directions
e.g. Physical and mental health have a bidirectional relationship that can be influenced by many factors, such as exercise and hormones.

Vocabulary Practice

For each question below, choose the word(s) *closest in meaning* to the underlined words.

Figure skaters in the Olympics generally have a tough time (1) securing their gold medals. Unlike most of the other events where time (2) dictates the winner, skaters, like their gymnastic counterparts, have to rely on putting on a (3) flawless performance. Not only that but they are also given marks based on the technicality and style of their skating.



David Pelletier, Jamie Salé, Anton Síkharulidze and Elena Berezhnaya

A very (4) subjective decision indeed as the judges must decide the winner by the difficulty of the skater's performance and how well he or she executes it. One judge's preference may not be shared by other judges.

During the 2002 Winter Olympics, the French judges awarded the Canadian skaters silver despite putting up a (5) brilliant performance. The gold was awarded to Russia. However, a few days later, the decision was revoked and the Canadian team shared the gold with Russia.

- | | | | |
|--------------------------------|--------------|--------------|--------------|
| 1. A. locking | B. getting | C. measuring | D. weighing |
| 2. A. decides | B. says | C. foretells | D. shows |
| 3. A. empty | B. perfect | C. flawed | D. fabulous |
| 4. A. according to
subjects | B. factual | C. personal | D. difficult |
| 5. A. shiny | B. wonderful | C. great | D. excellent |



Idioms and Phrases

1. **kick up:** to become more active or noticeable 变得更活跃、变得更明显
e.g. We were warned that the winds might kick up by mid afternoon.
2. **associate with:** to link something in the mind with something else ...和...有关联
e.g. People often associate darkness with hopelessness.
3. **tied to:** to be related to something and dependent on it 捆绑于、和...联系在一起
e.g. Interest rates are tied to the rate of inflation.
4. **narrow down:** to reduce the number of possibilities or choices 缩小范围
e.g. I have narrowed down the list of guests to just ten persons.
5. **ward off:** to protect or defend yourself against danger, illness, attack, etc. 避开、阻止、挡住
e.g. I try to ward off the virus by washing my hands constantly.

Patterns in Action

Subject-verb Agreement

In a sentence, the subject and verb must agree with each other. If a subject is singular, the verb must also be singular and vice versa. Take note of the singular and plural forms of subjects and verbs.

Rule	Example
1. The verb agrees with the subject in number and person.	<ul style="list-style-type: none">• You <u>are/were</u> happy.• They/The men <u>do/did</u> the work.• The girl <u>runs</u> fast.• Students <u>are</u> the teacher's main interest.
2. Two or more singular subjects connected by 'and' usually take a verb in the plural.	<ul style="list-style-type: none">• Pierre and Dorothy <u>were</u> jealous of their rich neighbour.• Rama and his friends <u>have</u> arrived at the airport.
a) If two singular nouns refer to the same person or thing, the verb must be singular.	<ul style="list-style-type: none">• My friend and benefactor <u>has</u> come.• All work and no play <u>makes</u> Jack a dull boy.
b) If two subjects together express one idea, the verb may be in the singular.	<ul style="list-style-type: none">• Slow and steady <u>wins</u> the race.• The rise and fall of the tide <u>is</u> due to lunar influence.
c) If the singular subjects are preceded by 'each', 'every' or 'no', the verb is usually singular.	<ul style="list-style-type: none">• Every boy and girl <u>was</u> ready for the performance this morning.• No one <u>was</u> in the street last night.
3. Two or more singular subjects connected by 'or', 'nor', 'either...or', 'neither...nor', the form of the verb is dependent on whether the closer subject is singular or plural.	<ul style="list-style-type: none">• Either you <u>or I am</u> wrong.• Neither John <u>nor</u> the girls <u>are</u> happy with it.• Neither the boys <u>nor Peter is</u> happy with it.

Rule	Example
4. The statements with the following words: <i>besides, with, along with, together with, as well as, in company with, accompanied by, like, including, in addition to, no less than or especially</i> . The preceding subject decides the form of the verb.	<ul style="list-style-type: none"> • Amanda, as well as the girls, <u>is</u> sad. • I, including the kids, <u>am</u> on the way to the museum. • The weather, especially during spring, <u>is</u> comfortably warm.
5. Collective nouns like <i>people, public, police, cattle</i> and <i>clergy</i> are used with a plural verb.	<ul style="list-style-type: none"> • The people in Malaysia <u>are</u> hospitable and friendly. • The police <u>have</u> recaptured the escaped prisoners.
6. The form of the verb depends on what the speaker wants to express for collective nouns.	<ul style="list-style-type: none"> • My family <u>are</u> early risers. (Refers to the members) • Her committee <u>insists</u> on the decision. (Refers to the entire unit) • My class <u>are</u> smart. (Refers to the members)
7. Nouns that are plural in form but singular in meaning take a singular verb.	<ul style="list-style-type: none"> • Economics <u>is</u> not a very easy subject to understand. • A new series of textbooks called 'Learning English' <u>is</u> available. • Bad news <u>travels</u> fast.
8. Nouns that are singular in form but plural in meaning are used with a plural verb.	<ul style="list-style-type: none"> • Sixty percent of the students <u>are</u> from various states. • Three dozen <u>are</u> available right now but the rest will be delivered tomorrow.
9. Expressions like ' <i>the rich</i> ', ' <i>the poor</i> ', ' <i>the old</i> ', ' <i>the young</i> ' and ' <i>the marginalised</i> ' take on a plural verb.	<ul style="list-style-type: none"> • The poor <u>are</u> often despised by the rich. • The marginalised <u>need</u> our help.

Rule	Example
10. Indefinite pronouns like <i>everybody</i> , <i>another</i> , <i>anyone</i> , <i>nobody</i> and <i>each</i> require a singular verb.	<ul style="list-style-type: none"> • Everybody <u>arrives</u> on time on examination day. • Another student <u>works</u> on a different project.
11. Quantity or sum as a unit requires a singular verb.	<ul style="list-style-type: none"> • Twenty-five dollars <u>is</u> the price of that toaster. • Ten miles <u>is</u> not a far distance.
12. In the 'who' or 'that' clause, the form of the verb is dependent on the preceding noun.	<ul style="list-style-type: none"> • <i>He told me that it was he who <u>was</u> to be blamed.</i> • She is one of the students that <u>works</u> for the school cafeteria.
13. When nouns with 'ics' ending refer to a subject or discipline, use a singular verb. When it refers to the quality or personal matter, use a plural verb.	<ul style="list-style-type: none"> • The statistics <u>were</u> not so easily assembled. (Refers to the figures) • Statistics <u>is</u> a required course in the research programme. (Refers to a discipline) • Athletics <u>are</u> very much emphasised in my school. (Refers to various sports)

Practice 1

Fill in the blanks with the correct form of the verbs given in brackets.

1. Nobody _____ (want) to see you prior to the disciplinary meeting.
2. Neither of the two professors _____ (be) qualified for the assessment last week.
3. Ahmad, in company with the surveyors, _____ (report) directly to me at work.
4. Mr Tan is one of the teachers who _____ (teach) in the school two days a week.

5. Fish and chips _____ (be) my favourite dish.
6. Mary is one of the girls who _____ (have) attended the class.
7. The coach, together with the team players, _____ (be) injured in a car accident.
8. The football club committee _____ (have) not agreed to that proposal.
(Refers to the entire group)
9. Either Rama or Amir _____ (have) stolen the watch.
10. Patience and perseverance _____ (be) prerequisites for success.

Practice 2

Fill in the blanks with the correct form of the verbs given in brackets.

1. The police _____ (investigate) every murder case thoroughly.
2. Physics _____ (be) the subject I like most.
3. The public _____ (be) advised to store water during the water rationing period.
4. Time and tide _____ (wait) for no one.
5. The woman whom I met in the market _____ (be) my friend's sister.
6. There _____ (be) no chairs in the room.
7. A regiment of soldiers _____ (be) marching towards the town just now.
8. Plenty of water _____ (be) supplied to the villagers yesterday.
9. Neither she nor her sisters _____ (pray) at the local temple.
10. A number of people _____ (be) reported missing in the train accident in Kanpur, India.



B LISTENING

Practice

Listen to the recording about 'Physical Exercise Impacts Learning'. Fill in each blank using no more than two words based on the recording.

1. The _____ retains information that you have learned.
2. Twenty minutes of exercise before studying helps to improve your _____.
3. Low-intensity exercise sustains your _____ levels to study for long hours.
4. Exercise can regulate the feelings of _____ that students face in their juvenile years.
5. _____ reduces symptoms of anxiety disorders.
6. If you do not want to go out, you can exercise _____ and stay healthy at home.



C SPEAKING

Practice

In groups, discuss and suggest five ways to manage your negative emotions (e.g. anger, disappointment, dismay, jealousy, hatred, etc.). Then, assign one representative to present the ideas of your group.



Useful Expressions

Asking for an opinion	What is your opinion about...? What do you think about/of...? Do you think/feel...?
Asking for an explanation	What do you mean by that? I do not really understand...? Could you explain to me...?
Giving your opinion	In my opinion... My point of view is that... It seems to me that... Everyone knows...
Agreeing with an opinion	I agree. That's right. That is exactly what I mean. You are right. You have a good point there.
Polite disagreement	I don't think so. I don't think that is right. I am sorry I can't agree with you. Well, that is one way of looking at it, but...

D WRITING

Argumentative Essay

An argumentative essay is a form of essay writing that requires the writers to take a stand on the matter. In an argumentative essay, the writer's purpose is to persuade the readers to agree with his or her ideas about a controversial topic by outlining his or her reasons and presenting facts to support them.

Essay Structure

Introductory Paragraph

- General statement introduction
- Background information (opinions, definitions, historical or general facts, trends or changes)
- State your stand (e.g. I agree, I disagree...)
- Thesis statement (be specific, include three main points in the thesis statement)

Body Paragraphs

- **1st paragraph** : topic sentence, supporting details with examples, analysis, statistics, tests, text quotes, concluding sentence
- **2nd paragraph** : topic sentence, supporting details with examples, analysis, statistics, tests, text quotes, concluding sentence
- **3rd paragraph** : topic sentence, supporting details with examples, analysis, statistics, tests, text quotes, concluding sentence
- **4th paragraph** : counterargument, address opposing points of view and disprove them or explain why you disagree with them. Present facts and consider a topic from every angle adds credibility and will help you gain a reader's trust.

Concluding Paragraph

- Restate the thesis statement (paraphrase the thesis statement)
- Restate your stand
- End with a concluding sentence (recommendation, opinion, advice, persuasion or prediction)



Useful Argumentative Essay Phrases

When pointing out opposing arguments	<ul style="list-style-type: none">• Opponents of this idea claim/maintain that...• Those who disagree/ are against these ideas may say/ assert that...• Some people may disagree with this idea, ...• Some people may say that...however...
Reaching the turning point	<ul style="list-style-type: none">• However• But• On the other hand• Although
When refuting the opposing idea, we may use the following strategies	<ul style="list-style-type: none">• They have a point in thinking like that.• To a certain extent, they are right.

Example

Topic: Physical education should be included in public examination classes. Do you agree?

Introductory Paragraph

Physical education is often viewed as a marginal subject within the curriculum. Some schools tend to reduce physical education time to make way for what has been deemed more ‘important’ subjects for examination classes (**general statement introduction**). It seems that the intellectual value of physical education itself is largely overlooked (**background information**). Therefore, I agree that physical education should be included in public examination classes (**state your stand**) as it promotes physical fitness, improves mental health and develops students’ interest in sports (**thesis statement**).

Body Paragraphs

First of all, physical education in school promotes physical fitness (**topic sentence of the first paragraph**)...

Furthermore, physical education improves mental health (**topic sentence of the second paragraph**)...

Other than that, physical education develops students' interest in sports (**topic sentence of the third paragraph**)...

Opponents of physical education often claim that it reduces the time allocated for other academic subjects (**topic sentence of the counterargument**). To a certain extent, they are right. However, students feel tired after studying for long hours in the classroom, it is therefore a great way to do some physical activities that can refresh their minds. Physical exercises have positive effects on mental state. By doing exercises, students can improve their concentration and retain information better. Although including physical education in the curriculum reduces the time allocated for academic subjects, in actual fact, it enhances students' cognitive and academic performance (**refute opposing claim**).

Concluding Paragraph

To conclude, physical education is important since it promotes physical health, improves mental well-being and nurtures students' interest in sports (**restate the thesis statement**). Therefore, I firmly believe that physical education should be mandatory even for examination classes in schools (**restate your stand**). The goal of compulsory physical education lessons is not to force students to do something they are reluctant to but rather to show them the benefits physical activity has on the body and mind (**concluding sentence**).

Practice

Write an argumentative essay on one of the following topics in not less than 300 words.

1. School students should be encouraged to participate in community service. Do you agree?
2. Co-curricular activities are not a waste of time. Do you agree?
3. Grade retention should be abolished. Do you agree?
4. Parenthood should be taught to new couples. Do you agree?

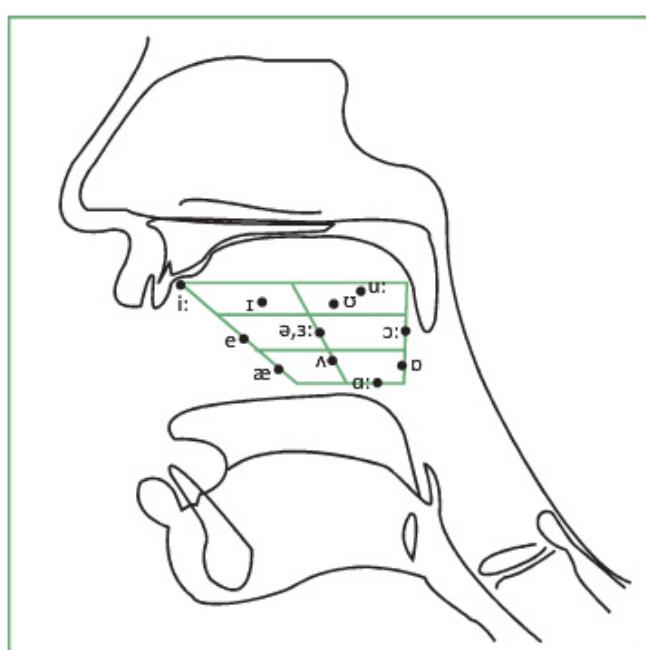
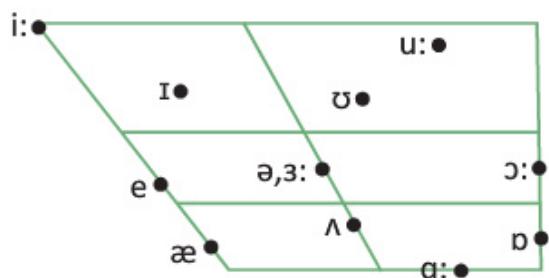


APPENDIX 1

International Phonetic Alphabets 国际音标

	monophthongs				diphthongs		
	i: sheep	I ship	ʊ good	u: shoot	ɪə here	eɪ wait	
Vowels	e bed	ə teacher	ɜ: bird	ɔ: door	ʊə tourist	ɔɪ boy	diphthongs
	æ cat	ʌ up	ɑ: far	ɒ on	eə hair	aɪ my	
Consonants	p pea	b boat	t tea	d dog	tʃ cheese	dʒ June	k car
	f fly	v video	θ think	ð this	s see	z zoo	ʃ shall
	m man	n now	ŋ sing	h hat	l love	r red	w wet
							j yes

Vowels 母音



/i:/	<u>see</u>	/si:/
/ɪ/	<u>fɪt</u>	/fɪt/
/e/	<u>let</u>	/let/
/æ/	<u>apple</u>	/æpl/
/ʌ/	<u>onion</u>	/ʌnjən/
/ə/	<u>above</u>	/ə'bʌv/
/ɜ:/	<u>nurse</u>	/nɜ:s/
/u:/	<u>pool</u>	/pu:l/
/ʊ/	<u>pull</u>	/pʊl/
/ɔ:/	<u>ball</u>	/bɔ:l/
/ɒ/	<u>onyx</u>	/'ɒnɪks/
/ɑ:/	<u>bath</u>	/ba:θ/

Consonants 子音

/p/	<u>p</u> in	/ð/	<u>t</u> his
/b/	<u>b</u> it	/θ/	<u>th</u> in
/t/	<u>t</u> ip	/tʃ/	<u>ch</u> at
/d/	<u>d</u> ip	/ʃ/	<u>sh</u> ip
/k/	<u>k</u> it	/dʒ/	<u>j</u> ump
/g/	<u>g</u> et	/j/	<u>y</u> oung
/m/	<u>m</u> ay	/s/	<u>s</u> ee
/n/	<u>n</u> et	/z/	<u>z</u> ero
/l/	<u>l</u> it	/ʒ/	<u>plea</u> sure
/r/	<u>r</u> id	/w/	<u>w</u> ay
/f/	<u>f</u> it	/h/	<u>h</u> it
/v/	<u>v</u> est	/ŋ/	<u>sing</u>

Diphthongs 双母音

/eɪ/ as in day, pay, say	/eə/ as in bear, pair, hair
/aɪ/ as in sky, buy, cry	/ʊə/ as in tour, poor, lure
/ɔɪ/ as in boy, toy, coy	/əʊ/ as in oh, no, so
/ɪə/ as in beer, pier, hear	/aʊ/ as in how, loud, now

Other Tips

Stress before ‘tion’ or ‘sion’

e.g. solution, radiation, emission

If the word has two syllables, we usually stress at the first syllable when it is a noun or adjective. In the case of verbs, the second syllable is stressed instead. Thus,

Nouns: absent, abstract, compress, conduct, project, record, refuse, etc.

Adjectives: absent, perfect

Verbs: absent, abstract, compress, conduct, perfect, project, record, refuse, etc.

APPENDIX 2

Tongue Twisters: Diphthongs

/eə/

Clare and Blair, come downstairs! Would you care and dare to pair and bear to share the rare chair over there?

/ɪə/

Here! Here! My dear! It's near and clear – a weird deer here fears our cheers and tears like beer.

/ʊə/

Sure I'm cool but poor – I've no fuel, no jewels and I never tour.

/eɪ/

Kaye and Faye of Ray Bay baked a cake and gave it to May and Dave to taste.

/ɔɪ/

Oh boy! Oh boy! Roy and Doyle boil and hoist their toys! Now they even moisten their toys with soil!

/aɪ/

Five nice guys, sliced a pie, wined and dined, jived and got high.

/əʊ/

Go slow, Joe! It's cold and the fuel is low! Watch out for the snow, the holes and the poles!

/aʊ/

Wow! Howard our foul and loud mouth has gone downtown in the south; so, how can we kowtow to him now?

APPENDIX 3

IRREGULAR VERBS: RHYME FOR EASY MEMORY												
Present	Past	P. Part.	Present	Past	P. Part.	Present	Past	P. Part.	Present	Past	P. Part.	
A. Identical Forms			B. Different Forms			C. Different Forms						
bid	*bid	*bid	mow	*mowed	*mown	bend	bent	bent	swing	swung	swung	
hit	hit	hit	sow	*sowed	*sown	lend	lent	lent	wring	wrung	wrung	
knit	*knit	*knit	bear	bore	borne	send	sent	sent	hang	*hung	*hung	
rid	rid	rid	tear	tore	torn	spend	spent	spent				
slit	slit	slit	wear	wore	worn				buy	bought	bought	
split	split	split	swear	swore	sworn	bleed	bled	bled	catch	caught	caught	
quit	quit	quit	bid	bade	bidden	breed	bred	bred	fight	fought	fought	
beat	beat	beat	eat	ate	eaten	feed	fed	fed	seek	sought	sought	
			give	gave	given	flee	fled	fled	teach	taught	taught	

A. Identical Forms			B. Different Forms			C. Different Forms					
spread	spread	spread	forgive	forgave	forgiven	lead	led	led	think	thought	thought
let	let	let	forbid	forbade	forbidden	mislead	misled	misled	shoe	shod	shod
set	set	set				read	read	read	lose	lost	lost
offset	offset	offset	bite	bit	bitten	misread	misread	misread	shoot	shot	shot
wed	*wed	*wed	hide	hid	hidden	speed	*sped	*sped	get	got	got
bust	bust	bust	arise	arose	arisen	creep	crept	crept	bring	brought	brought
cast	cast	cast	drive	drove	driven	keep	kept	kept	build	built	built
thrust	thrust	thrust	ride	rode	ridden	leap	*leapt	*leapt	rebuild	rebuilt	rebuilt
broadcast	broadcast	broadcast	rise	rose	risen	meet	met	met	sell	sold	sold
cut	cut	cut	strive	stroved	striven	sleep	slept	slept	tell	told	told
shut	shut	shut	write	wrote	written	sweep	swept	swept			
			smite	smote	smitten	weep	wept	wept	dig	dug	dug
burst	burst	burst	break	broke	broken	leave	left	left	stick	stuck	stuck
hurt	hurt	hurt	freeze	froze	frozen	deal	dealt	dealt			
put	put	put	speak	spoke	spoken	dwell	dwelt	dwelt	burn	*burnt	*burnt
cost	cost	cost	tread	trod	trodden	feel	felt	felt	learn	*learnt	*learnt
			weave	wove	woven	kneel	*knelt	*knelt	dream	*dreamt	*dreamt
B. Different Forms			steal	stole	stolen	smell	*smelt	*smelt	mean	meant	meant
drink	drank	drunk	wake	woke	woken	spell	*spelt	*spelt			
ring	rang	rung	choose	chose	chosen	spoil	*spoilt	*spoilt	light	lit	lit
shrink	*shrank	*shrunk	shake	shook	shaken				slide	slid	slid
sing	sang	sung	take	took	taken	bind	bound	bound			
sink	*sank	*sunk	partake	partook	partaken	find	found	found			
spin	*spun	*spun	mistake	mistook	mistaken	grind	ground	ground	lay	laid	laid
spring	*sprang	*sprung	forsake	forsook	forsaken	wind	wound	wound	mislay	mislaid	mislaid
stink	*stank	*stunk	forget	forgot	forgotten	rebind	rebound	rebound	pay	paid	paid
swim	swam	swum	beget	begot	begotten	rewind	rewound	rewound	say	said	said
begin	began	begun	fall	fell	fallen						
			befall	befell	befallen	cling	clung	clung	sit	sat	sat
blow	blew	blown	shave	shaved	shaven	fling	flung	flung	resit	resat	resat
draw	drew	drawn	rot	rotted	rotted	sling	slung	slung	spit	spat	spat
fly	flew	flown	lie	lay	lain	slink	slunk	slunk			
grow	grew	grown	slay	slew	slain	sting	stung	stung	run	ran	run
know	knew	known	see	saw	seen	string	strung	strung	come	came	come
throw	threw	thrown	do	did	done				become	became	become
			go	went	gone	win	won	won	stand	stood	stood

Note: *might have a different verb form

APPENDIX 4

Punctuation Marks

Even though you may have acquired spelling and vocabulary skills, the incorrect use of punctuation marks may cause misunderstanding. When punctuation is used correctly, your writing will be easier to read and more appealing.

No.	Usage	Example
	Full stop/Period (.)	
1	Placed at the end of declarative sentences or statements considered to be complete	I prefer IBM-compatible computers.
2	Placed after abbreviations	Her son, John Jones Jr., was born on 6 December 2008.
	Question mark (?)	
1	Indicates a direct question	Who will win the competition?
	Exclamation mark (!)	
1	Indicates that the sentence or a word in the sentence expresses some emotion, such as anger, surprise or excitement	You are adorable! I am really going to miss this place!
	Capital Letters	
1	Use capital letters for proper nouns	Bill, Karen, Police Academy, Greece
2	To indicate proper adjectives	An African film is showing tonight. She likes to eat at Italian restaurants.
3	Capitalise names of languages and courses	English, Certificate in Office Practice, Writing Skills for Work Module, Turkish
4	Capitalise the first letter of a word beginning a sentence or direct speech	She works for a Japanese motor company. Johnson said, "We had a great day!"

5	Capitalise the days of the week, the months of the year and holidays (religious and public)	Most workers take their flexi-time on Fridays. I enjoy the Easter holidays most of all.
6	Capitalise the main words of academic degrees and awards	Master of Arts, Nobel Prize
7	Capitalise brand names	Country Flavour soup, Kleenex tissues, Huawei phones
8	Capitalise the main words in the titles of books, plays, films and organisations. (hint: any word over three letters usually has a capital)	<i>The Merchant of Venice</i> , The Cruising Yacht Club of Australia, <i>Juliette of the Spirits</i> .
9	Capitalise the abbreviations of organisations	UN, WHO, BHP, WWF
10	Capitalise points of a compass when they refer to the parts of a country	In the American Civil War, the <u>North</u> was victorious.
11	Capitalise the designations of personnel in an organisation	Managing Director, President, Personnel Manager, Marketing Manager
Commas (,)		
1	Separation of two complete sentences	We went to a movie, and then we went for lunch.
2	If the last two items in a list or series are joined by 'and' or 'but', a comma is not necessary before the conjunction	I have worked as a cleaner, a labourer <u>and a service station attendant</u> .
3	Use commas to separate additional information from the rest of the sentence	The house I like, <u>which is situated in Shanghai</u> , is very large.

4	Introductory words or phrases should be followed by a comma. Examples of introductory words are <i>accordingly, finally, naturally, perhaps, also, however, obviously, therefore, besides, namely, otherwise, personally</i>	Nevertheless, we managed to get away on time. For many reasons, this project will not proceed.
5	Placed before quotation marks to introduce direct speech	Dylan said, “Can you help me with the outboard motor, please?”
6	Commas are placed around words in a sentence that add emphasis	James was, undoubtedly, the best instructor I have ever worked with.
7	If a person is being addressed, the name is separated from the rest of the sentence by commas	I have told you before, Nancy, trust me.
Semicolons (;)		
1	To separate long items in a list or series when those items already have commas in them	Petra bought a yellow dress, size 12; a pair of red, patent leather shoes, size 7B; and a jumper, size 12. Note: It is usual to use a semicolon before ‘and’ in a list or series like this.
2	To highlight the cause of an effect	Johnny did not go to school today; he caught a cold playing in the rain yesterday. Samantha is giving up studying overseas; her family cannot support her financially.
3	Used before a conjunctive adverb: <i>accordingly, also, besides, consequently, furthermore, hence, however, indeed, in fact, likewise, similarly, therefore, thus</i>	The style of this button is up to you; however, you must still follow branding guidelines.
4	Used before an independent clause that is introduced by a phrase such as <i>that is, for example, namely</i>	The hotel offers turn-down service; that is, the maid will prepare the bed for sleeping.

	Colons (:)	
1	Introduce a list or series. You should have at least three items on that list	Gavin went to the shop and bought the following: bread, milk, cheese and butter.
2	Introduce quotations or direct speech	He stood up and announced loudly: "Ladies and Gentlemen, please be seated."
3	Introduce extensions to the main idea: they extend, summarise or expand.	I want two results from this meeting: a volunteer to attend the conference next week and an agenda for that conference.
4	Separate hours from minutes	11:35 am
5	Express a ratio of two numbers	1:2
6	Used in business and personal correspondence	Dear Ms Smith: cc: Tom Smith Attention: Accounts Payable PS: Don't forget your swimsuit.
	Dashes (–)(—)	
1	En dash: Twice as long as a hyphen (–), it is used in writing or printing to indicate a range, connections or differentiations	1880–1945, Princeton–New York trains
2	Em dash: Twice as long as the en dash (—), it can be used in place of a comma, parenthesis or colon to enhance readability or emphasise the conclusion of a sentence	She gave him her answer — No!
	Brackets/Parenthesis () []	
1	Round brackets are used to insert additional information into a text	The interior decorator (he is a Russian) is coming to look at the house this afternoon.

2	Square brackets [] can be used within quotation marks when quoting to clarify meaning or to indicate a part of the quotation that has been changed from the original	The milk bar attendant said: “The cheese is mouldy. The expiry date [10 October] was three weeks ago!”
	Hyphens (-)	
1	Join two or more words together into a compound term and is not separated by spaces	part-time, back-to-back, well-known
2	Hyphens are often used to tell the ages of people and things	We have a 18-year-old daughter.
3	Used as an adjective	7-foot NBA player, 5-figure income, 7-star hotel, 4-wheel drive
	Apostrophes (')	
1	Indicate belonging	a boy's jumper, Dianne's comb.
2	If the word is plural, place an apostrophe after the last letter of the word	the boys' jumpers, the solicitors' offices
3	When the plural word does not end in 's', you need to use the 's'	men's, women's, children's
4	If a name ends in 's', like Jones, you can add just the apostrophe or an apostrophe with an s.	Mick Jones' dog bit my hand. or Mick Jones's dog bit my hand. Those are Jesus' disciples. or Those are Jesus's disciples.
5	Used in contractions to take the place of a letter or letters that have been omitted	can't, wouldn't, they're, isn't, mightn't, let's Note: Do not use contractions in business or academic writing.
6	Use the apostrophe with indefinite pronouns to show belonging	One's reputation is most important.

7	Where there is more than one owner, add the 's to the last person mentioned	Tom and Sheila's yacht was dismasted in the gale.
8	Where names are mentioned indicating separate ownership, use an 's with each name	Ray's and Doug's yachts were dismasted in the gale.
9	To show ownership of a compound noun such as mother-in-law, place the 's after the last word in the compound	My brother-in-law's car was stolen. Note: Use brothers-in-law to show plural.
10	When using expressions of time, follow the same rules as for other singular and plural nouns	a month's time six months' time
11	No apostrophes are required for possessive pronouns	yours, hers, ours, its, theirs
12	To show plural after year or grade, place the 's after the word	1930's, three A's
Double Quotation Marks ("...")		
1	Also called inverted commas; they indicate direct speech	The supervisor said, "Let's get started."
2	Where direct speech is interrupted, place quotation marks around each part of the speech	"Lookout," said Barry, "or you'll slip."
3	Also placed around material quoted from a book, report or article written by someone else	The council's report on recycling said: "The scheme has been very successful in its first year, and no changes in the procedure are proposed at this stage."
4	If further quotation marks are needed within the quotation, use single quotation marks to show a difference	The report continued: "Most households that were surveyed thought recycling was necessary 'to protect the earth's resources', but a few complained of the noise the contractors made 'smashing glass bottles' in the early hours."

Single Quotation Marks ('...')		
1	When particular words or phrases are being referred to directly, enclose them in single quotation marks. These words could be slang or colloquial expressions, words from signs or jargon	The computer network requires 'booting up'.
2	Enclose the titles of shorter works and pieces of longer works in single quotation marks: short stories, songs, poems, articles, book chapters, speeches, television show episodes, and album tracks	His article, 'Death by Dessert,' appeared in <i>The New York Times Magazine</i> .
Italics		
1	Italicise longer works and collections of works: books, novels, newspapers, magazines, albums, movies, plays, video games, etc.	<i>The 7 Habits of Highly Effective People, Pride and Prejudice, New Straits Times, Reader's Digest</i>

APPENDIX 5

Language Learning Strategies 语言学习策略

What are Learning Strategies? 学习策略是什么?

Learning strategies are steps taken by students to enhance their own learning. In other words, they are specific actions taken by the learner to make learning easier, faster, more enjoyable, more self-directed, more effective and more transferrable to new situations.

学习策略是学习者为加强自身学习所采取的各种步骤。换句话说，学习策略就是学习者为使学习更容易、更快、更有趣、更能自我导引及更能转移到各种情景所采取的步骤与特定行为。

Strategies are crucial for language learning because they are tools for active, self-directed involvement, which is essential for developing communicative competence. Appropriate language learning strategies result in improved proficiency and greater self-confidence.

学习策略对语言学习尤为重要，这是因为它们是对学习主动和自我导引的参与，也是发展沟通能力所必需的。学习策略应用得当，将能加强学习者的语言能力及自信心。

The Two Types of Learning Strategies 学习策略的分类

Direct learning strategies (memory, cognitive and compensation) and indirect learning strategies (metacognitive, affective and social) contribute powerfully to language learning.

直接学习策略（记忆、认知和补偿策略）及间接学习策略（元认知、情感反应和社会策略）对语言学习有巨大的贡献。

Direct learning strategies include memory strategies (creating mental linkages; applying images and sounds; reviewing well; employing action), cognitive strategies (practising; receiving and sending messages; analysing and reasoning; creating a structure for input and output) and compensation strategies (guessing intelligently; overcoming limitations in speaking and writing).

语言学习策略包括‘直接学习策略’如记忆策略（促成精神连接；应用图片及声音；确保复习好；采取行动）、认知策略（练习、收取及发出资讯；分析及质疑；为句型结构创造输入及输出机会）及补偿策略（明智地猜测；克服自己说与写的局限）。

Indirect learning strategies include metacognitive strategies (centring your learning; arranging and planning your learning), affective strategies (lowering your anxiety; encouraging yourself; taking your emotional temperature) and social strategies (asking questions; cooperating with others; empathising with others).

‘间接学习策略’则是元认知策略（集中精神学习；安排及计划学习；评估自己的学习）、情绪反应策略（降低焦虑；鼓励自己；了解自己的情绪状态）及社会策略（问问题；与人合作、移情）。

Memory strategies, such as grouping or using imagery, have a highly specific function: students can store and retrieve new information. Cognitive strategies, such as summarising or reasoning deductively, enable learners to understand and produce a new language by many different means. Compensation strategies, like guessing or using synonyms, allow learners to use the language despite their inadequate language proficiency.

记忆策略如组合及应用图形在语言学习上有特殊的功能：协助学生储存及检索新资讯。认知策略如推论式的总结或质疑，可以让学习者明白及以各种形式使用该语言。补偿策略如猜测或借用同意字可以让学习者使用该语言，纵然他们对该语言的能力不足。

Why linking the verbal with the visual is effective in learning a language? 为何把图与文连接起来对语言学习有裨益

Linking the verbal with the visual is very useful to language learning for four reasons. First, the mind's storage capacity for visual information exceeds its capacity for verbal material. Second, visual images transfer the most efficiently packaged chunks of information to long-term memory. Third, visual images may be the most potent device to aid in recalling verbal material. Fourth, a large proportion of learners have the same preference for visual learning.

在语言学习上把文字字面意义与图形连接起来非常有用。其中四个原因是：一、人脑储存图形的空间远远超过文字的储存极限；二、学习得来的资讯，可经由图形转换成长期记忆；三、图形是从脑袋追忆回文字资讯的最佳索引；四、大部分的学习者偏向于应用图片来学习。

Research has shown that learners who receive strategy training generally learn better than those who do not; certain techniques for such training are more beneficial than others.

研究指出，有接受学习策略训练的学生，通常比没接受学习的学生学得更好。另外，某些学习策略的训练技巧比其他技巧更有效果。

Some Useful English Learning Strategies 有效的英语学习策略

Here are some of the strategies employed by English language learners:

1. Use the language as often as possible;
2. Avoid mentally answering in your mother tongue and then translating the answer in English;
3. English is learned better in a country where it is used dominantly;
4. Speak as much as you can, do not worry about making mistakes. Just say it. Never be concerned about English structure;
5. If you do not speak out, you will never learn and you will never find out the right way;
6. My mind is always open to accepting information about the language. When I do not understand, I always ask.

以下是英语学习者采用的学习策略：

1. 尽量在各种场景使用英语；
2. 不要在说英语时先在脑海里以母语想好句子再翻译成英语；
3. 在英语为主要语言的国家学习英语会事半功倍；
4. 尽量说，别怕说出不符合文法的英语。说出来就好。别太担心英文文法。
5. 不说出来就永远学不会，你就永远说不出正确的英语。
6. 我的脑袋随时为接收英语资讯而开启。当我不明白我就问，就是要问个明白。

Useful Strategies for Listening, Speaking, Reading and Writing Strategies

Useful Strategies for Listening, Speaking, Reading and Writing
实用‘听说读写’学习策略一览表

Grouping	分类
Associating	联想
Elaborating	详述
Placing new words into a context	针对语境植入新词
Using imagery	应用意象
Semantic mapping	语意拼图
Using keywords	使用关键字
Representing sounds in memory	在脑海中以语音取代
Repeating	重复
Formally practising with sounds and writing systems	以语音和书写方式练习
Recognising by using formulas and patterns	应用公式与式样来认识
Practising naturally	自然地练习
Getting the main idea quickly	迅速取得大意
Using resources for receiving and sending information	应用资源接收及放送资讯
Reasoning deductively	演绎推论
Analysing contrastively (across languages)	语言间的对比分析
Translating	翻译
Taking notes	做笔记
Summarising	概括
Paying attention	专注
Seeking practice opportunities	寻找练习机会
Self-evaluating	自我分析
Self-monitoring	自我掌控
Using progressive relaxation, deep breathing or meditation	应用渐进放松法、深呼吸或冥想法
Using music	应用音乐
Using jokes	应用玩笑

Making positive statements	做正面回应
Taking risks wisely	明智地冒险
Follow your personal reaction	顺从自身的反应
Using a checklist	使用清单
Writing a language learning diary	写学习语言日记
Discussing your feelings with someone else	与别人分享感受
Asking for clarification and verification	与别人确认
Cooperating with peers	与同侪合作
Developing cultural understanding	发展文化理解
Being aware of others' thoughts and feelings	能察知别人的看法与感觉
Summarising and linking everything with the matters you know of	与所知事物一并概述及连接
Identifying the purpose of language tasks	分辨语言任务的目的
Rewarding yourself	自我奖励
Cooperating with proficient users of the new language	与掌握新语言者合作
Switching to mother tongue	转换成母语
Using actions and gestures	使用动作及手势
Selecting themes	选择主题
Coining words	创造新字汇
Using synonym or indirect expression	应用同义词或迂回策略
Focus on listening and prolong speech delivery	拖延语言输出并专注于听力
Request for corrections	要求修正

Appendix 6

Acknowledgements

We have made every effort to trace the ownership of all copyrighted materials. In the event of any queries arising with regard to the use of any material, we will be pleased to make the necessary corrections in future editions.

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