

Text Book

Module1

Unit1

Listen to Adam talking about his experience with a Scout Group

Hello, my name is Adam. I joined Watad when I was 10. Now I am 14. I've spent four years as a scout and enjoyed it a lot. Our group usually meet once a week, on Friday from 2 to 4.

Our uniform consists of navy blue shorts, a blue shirt, a yellow neckerchief, long socks and black shoes. But in our regular meetings, we only wear the neckerchief with casual outfit. We have different activities about child protection, women and community development. Nowadays we are learning sign language. I advise you all to join a scout group because I learned a lot from the scout camps and from all the activities I shared with my friends. That helped me improve my character and the way I serve my community and country, and I also gained the respect of others. Last week, we helped homeless people by giving them clothes and food, and we once supported the down-syndrome people who were working in a cafeteria.

Unit2

Listen to Shaza, Daniel, and Ahmad talking about their individual initiatives, then do the tasks below.

Shaza: I once visited my daughters' school and was surprised to see some girls who don't wear suitable clothes or shoes for winter. So, I contacted everyone I know that can help by either buying new clothes for them or sharing some clothes with them.

Daniel: On my way to work, I used to come across a house with no windows and a tin ceiling. I felt responsible for repairing this house because it is in my street. And so, I did. I asked my friends to offer the family who live in this house some help, and all were cooperative.

Ahmad: I am 15 years old. I noticed that many old people in my street face difficulties in carrying their groceries. So, I thought of offering them some help. Every day, after I come back from school, I visit them and ask them about what they need, then I do the shopping for them. Later, my friends joined me and made things easier for everybody.

Module2

Unit 3

- Listen to Steve and Lisa talking about the future, and then do the tasks.

Steve: I think a lot of things will change in the future. India will be the first largest economy in the world replacing China. India will have many problems with its demographics. The world will also have a lot of problems with the pollution and the climate changing. We will need to find other resources, because there will be more than nine billion people on Earth.

Lisa: Our world will not be the same in the future. We will improve our technology and everybody will be able to speak at least five languages. People will live peacefully and different countries will not have nuclear weapons. We will be able to explore the space and to find other planets where people can live.

Unit4

- Listen to Michael and Fatima talking about their ideas for the future, then do the tasks.

Michael

People will live in underground cities. It will be cool and comfortable. The land above the ground will be for growing food, and there will be many green spaces and national parks. People will travel around on small flying cars so they will be able to get everywhere quickly. My city will have fresh air because we will not pollute the environment.

Fatima

Schools will be really different in the future. They will have computers for all students. We will not use books to study because we will use CD-ROMs. Students will not have to go to school every day. They can study at home. Tall buildings will surround my city. Restaurants will have robot waiters and trains will have robot drivers. With the help of computers we will be able to travel easily from one country to another. Some people will not live on the Earth; they will live in space.

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Module3

Unit 5

Listen to the story of John about (The Decision That Changed His Life)and do the tasks .

I want to talk about a decision I made that has changed my life forever. One of the most important decisions I made was to give up soda. I know that it seems like such a tiny decision, but it truly has changed my life.

I gave up soda about a month and a half as a healthy step. At first, I thought it was going to be really hard giving it up, but after the first two weeks, I wasn't thinking about soda at all. I started eating better, exercising more and just living a better life. Later, I noticed how healthier my life became. I lost 10 kg by cutting out soda.

I wanted to give advice for those who were in the same situation as I was. Whenever you want to give up something that you think you can't live without, it really depends on how dependent you are on what you are giving up. My friends also really helped me by reminding me of the reason why I was doing it. I don't regret my decision whatsoever. I hope you are inspired by my story to give up something that is bad for you.

Unit6

Listen to the decision of a group of students on how they help their village and do the tasks.

Last year, there was a huge wildfire in my village which destroyed it. After several days, I was feeling sorry for what had happened. Then, I asked my friends in our school if we can do something that would help our village. We held a meeting with our teachers and decided to work hand in hand to help our village. We are its loyal children, so we brought 1000 trees to plant in the forest. The next day, we went to the forest with our teacher and we were so excited because it's the right time to give our village a hand. Our teacher, Ahmad, was a villager and gave us some advice about how to plant trees. We worked hard all the day, but we were over the moon because helping our village in its worst days is something priceless. We made a schedule about how to take care of these trees and water them regularly. Also, our the forest in our village has suffered from loggers who want to destroy our natural resources. So, we decided that if we see someone cutting down trees, we should advise him to stop doing that to protect our village "United we stand, divided we fall". You have to be a hero and make a great decision for the sake of your homeland.

Module4

Unit 7

Listen to the following story which happened to Mrs. Tyler on the plane, then do the tasks below.

Narrator: The cabin crew put out a desperate call to the passengers: “If there’s a doctor on the plane, could you please press your call bell?”

The cabin crew waited curiously and wished they could hear the sound of one of the call bells because they knew that there was little hope to find a doctor on the plane. But and fortunately there were 15 doctors on it, and all of them were cardiologists. They were from different countries. They were travelling to the U.S.A for a medical conference. Doctors rushed to give emergency treatment to Mrs. Tyler. At one moment they thought she had died, but finally they managed to save her life. The plane made an emergency landing and Mrs. Tyler was taken to hospital. After she had been at hospital for few days, she was able to go to her daughter’s wedding.

Mrs. Tyler: I was very lucky. If those doctors hadn’t been on the plane, I would have died.

Unit8

Between Reality & Imagination

Last holiday Kate and her family went to France to enjoy their time. It was really a very interesting holiday with a bit of mystery. They were having a great time during skiing in France. Every morning they skied for three or four hours before lunch. After lunch, they went for a sightseeing tour around some places in France. One day while they were leaving the hotel to go skiing, as every day, Kate saw a boy with a black hat on in the nearby street. Her eyes were wide opened as she was looking at him in surprise because he wasn't wearing shoes and it was snowing. Ten minutes later, Kate was skiing when she saw the boy once again. Suddenly he was standing in front of her and she hit him by accident, she was really sorry and asked him if he was Ok. Then Kate stood up but the boy didn't say a word and unexpectedly disappeared. While Kate was looking for him, her Dad arrived. She told him about the boy. Kate's Dad was worried about the matter and they looked for him together everywhere in the snow, but all they found was a small black hat. Kate was terrified, but when she opened her eyes she found herself lying on bed. She laughed, it is was just a dream.

Module5

Unit 9

Listen to the story entitled “No good deed goes unrewarded” then do the tasks below:

A young girl used to sit on her wheeled-chair besides the window of her bedroom watching whatever going round in the neighbourhood outside her house. She always watched that boy who used to deliver newspapers in the area. He looked very smart in spite of his poor look.

One day she noticed that the boy was sweating, he seemed very weak and it was clear he was hungry. When he reached the girl's house, he asked for a glass of water, but seeing his poor state, the girl came back with a glass of milk. The boy asked how much he owed her for the milk, but with a smile that showed the beauty of an unforgettable dimple on her cheek, she refused payment.

Days passed and few years later, the girl, who was now a grown woman, fell sick. She visited many doctors but they all told her that her medical situation is difficult and costs a lot of money to be cured. Finally, she heard of a newly graduated doctor who is specialized in cases like hers and she decided to visit him.

The doctor spent months treating her until she was finally cured. Despite her happiness, she was afraid she couldn't afford to pay the bill. But, when the hospital handed her the bill, it read, 'Paid in full, with a glass of milk.'

Unit10

Listen to the dialogue between two friends, then do the tasks.

Tom: Hello! Rita. How are you?

Rita: Hi! I'm fine. What about you?

Tom: I'm fine, too. What are you doing now?

Rita: I'm reading a storybook. It's my favourite hobby.

Tom: Why do you like reading and how do you spend your leisure time?

Rita: Oh! Book gives me much pleasure and different information about different things. Mostly, I spend my leisure time by reading different books.

Tom: What types of books do you like most?

Rita: I like science fiction, novel, storybooks etc.

Tom: Nice!

Rita: Oh! I also like to roam in my leisure. What about you?

Tom: I spend my leisure time in gardening. In my garden, I have planted different types of trees. It gives much pleasure. Rita: Thanks Tom.

Tom: See you soon. Bye.

Rita: Bye.

Module6

Unit 11

- **Listen to Fred and Jamal talking about the changes technology added to their lives and do the tasks.**

Hi, I'm Fred

I think about all the challenges we used to have to deal with just to keep in touch I am very thankful that it is so different these days. I left my country to live in London. My children still speak to their grandparents every week on Skype. They could still read them a bedtime story from Egypt. We are always in touch and available. The cost of mobile phone calls may be high but is much cheaper than in the past.

Hi, I'm Jamal

When I went to school in France, at that time, our post to Nigeria would take 3 months to arrive to my parents. I would write a letter home each week knowing that I would get to Nigeria before the letters. Even the letters I received and read were full of out-of-date news but still precious as a real link to my family. Many years later my father got a job in Australia. My family moved from Nigeria to live there. I still remember that I could send weekly letters directly to my parents through my father's work email.

Unit12

- **Listen to Adam leaving a message to his friend Peter, then do the tasks.**

Hi, it's Adam. How are you Peter? I guess you're at work and you don't have your phone on, right? First, thank you, for the birthday card and message. I received it this morning. That's so nice of you. I'm organizing a little party for my birthday. It's nothing very big – only a few of my best and closest friends. That means you too! We're going to have it at my cousin's house. He lives in the countryside in a nice big house with a swimming pool. I'd love to see you there. It's going to be this Friday. I'll send you the instructions on how to get there later, OK?

Workbook

Module 1

Unit 1

- **Listen to a conversation between Thomas and his employer.**

Employer: Hello. What's your name?

Thomas: Hello. I'm Thomas.

Employer: Do you have your papers?

Thomas: here they are.

Employer: when can you start?

Thomas: start?!!!! Am I hired already?

Employer: Yes.

Thomas: but you haven't asked me any questions about the job.

Employer: you have already passed the behaviour test we made.

Thomas: Which behaviour test?

Employer: You put the door latch back because the door was open, returned the hose to its place because water was splitting on the street, and you switched off the lights as there is no need for them during the day.

Thomas: I see. Well, thank you sir. I can start tomorrow morning.

Thomas to himself: "I got the job because of my father's advice. He always tells me to turn the TV or the fan off when I am not in the room or to bring the pen when I drop it. The funny thing that the way my father brought me up is the way that started my future and made this big difference in my life. I will never feel upset when listening to my father's advice."

Unit 2

Listen to Sima and Jane talking about the importance of trees.

Sima: Hi Jane! What are you doing?

Jane: I was just watering the plants.

sima: Well, you are doing great thing

Jane: thank you

Sima: you know trees are very important for us. they give us oxygen and take carbon dioxide in. Trees are very helpful to us

Jane: that's why we must save nature

Sima: yeah and we must stop wasting paper. 17 trees are cut down to make a ton of paper.

Jane: People are so selfish they cut down trees for their home needs

Sima: we must save trees.

Jane: I have decided that on my birthday every year I am going to plant a small tree.

Sima: Yes. Why not for sure we will ask our class mates also to do so

Jane: that's a great idea. let's go.

Module 2

Unit 3

- **Listen to Malek talking about his goal and expectations, and then do the tasks.**

My Goal and Expectations

I often wonder about my future as I'm going to finish school. My goal for the future is to become an architect. I would like to do this profession to serve my country, help poor people who can't afford money to build their houses and to create new artistic designs for a more beautiful world. However, in order to achieve this goal, I should exert great efforts in my education.

First, I must work hard in order to pass my exams with excellent average, then I'm going to choose mathematics, the branch I like. After I go to a secondary school, I'll spend all my time preparing for my baccalaureate exam. As soon as I pass my exam and graduate from college, I'll run my architecture office to be the most creative, modest and successful architect in my country.

Unit 4

- **Listen to a short paragraph about a trip around the moon.**

A Japanese billionaire has invited eight members of the public to join him for a trip around the Moon. "I want people from all kinds of backgrounds to join," he said in a video on Twitter, where he also shared a link to application details.

He said: "I will pay for the entire journey, so those who come onboard will fly for free".

The mission, called "Dear Moon", is scheduled to fly in 2023.

"Travelers who will be accepted should show an activity in which they had helped other people and their society in some way, and they should be willing to support other crew members," he said.

"I have bought all the seats, so it will be a private ride," he added.

The billionaire who is an art collector, previously said that he planned to invite "artists" for the voyage on the Star ship rocket, but then he said "I will give people from around the globe the chance to join this journey".

Module 3

Unit 5

- **Listen to Bill's decision (The shoulder operation) and do the tasks.**

Bill is a baseball player. He had a problem with his shoulder. It prevented him from playing well, but he could still play most of the time. He had to stay out once in a while to give his shoulder a rest. His doctor said he needed an operation in order to be completely cured if it was successful. But there were some chances that the operation may fail. Bill would have to quit playing if the operation failed. It was hard for Bill to decide what to do as he had five years left in his baseball career. Finally, Bill decided to do this operation and fight until the last breath. After several weeks, Bill had the operation, fortunately it succeeded and he returned to play baseball. He says that when life wants to bring you down, you have to be brave and make a great decision that will change your life.

Unit 6

- **Listen to a girl named Anna. She succeeded in making her decision. Then do the tasks .**

Once upon a time, there was a journalist named Anna. Anna was not happy . She was overweight and unfit. One day, she said to herself with a strong decision : " you can do much more than this. Just do something . Go for a walk " . And that is what she did. She enjoyed her walks so much she wanted to do more. She ran long distances. She decided to work out at the gym; when she discovered weightlifting she knew this was the sport for her.

Anna's life changed when she decided to start competing in many countries and became very famous across the world.

I like being strong, says Anna. `` Being a girl does not mean you can't be as stronger as a boy, or even stronger! ``

She liked weightlifting so much that she started training . She thinks everyone should decide and find a sport s/ he likes, and practices it. She says sport is good ,it creates peace and unites nations. No matter what the challenges are, never give up your dream. The more you persist , the closer you are going to get your goals. When things get tough, just get tougher.

Progress Test 1

Listen to a group of friends discussing their new project then do the tasks below.

Mary: Thanks for coming, everyone. So, we're here today to decide together about the timeline for our new project and make sure it works for all departments. Let's first think about the scheduling of each project phase. What do you think, Jack?

Jack: I think we should begin phase one as soon as possible. We can work out the rest as we go along.

Dani: I'm sorry, I don't think so. We might make a wrong decision and waste time if we're not fully clear on where the rest of the project will take us.

Mary: I agree with you on that point, Dani. However, we'll waste too much time if we wait until everything is planned. I think we should start quickly and then adapt as we go along. Carol, do you agree we should get the plan right first, and then start with phase one?

Carol: I don't agree with you Dani. It's important to have a good plan. But even good plans can change. We need to be flexible, and we also need to move quickly.

Mary: So, should we try to reach an agreement?

Jack: Well, you're the project leader. Let's go with your decision.

Carol: Yes, I'll follow your lead, Mary.

Dani: I still don't think this is the right decision, but I'm happy to go with the majority. We should add some space into the schedule later for additional work that 'flexibility' will need.

Mary: Don't worry, Dani, we will. So, it's decided then. We'll start phase one and, in the background, we'll continue planning the later phases and adapt them as we go along.

Module 4

Unit 7

- **Listen to a text about Olympic athletes and do the tasks.**

On The Safe Edge

How do Olympic athletes handle the pressure of competing when the whole world is watching? The key to their success is called being "on the safe edge." Their mind and body are working perfectly together, and they are at their best level of performance. How do they get "on the safe edge"? It's a matter of training both body and mind. Athletes train their muscles to remember specific movements and skills. They take care of their bodies they eat right and get rest. Their breakfast is of complex carbohydrates and lean protein, then they eat again every 3-4 hours and within 90 minutes of working out and drink pure water. High-level athletes that are training hard need 8-10 hours of sleep. Focus on quality of sleep by going to bed before 11 p.m.. and they make their sleeping environment as dark as possible. Similarly they train their minds. They learn to concentrate and control their emotions. Instead of worrying about failing, they practise being calm, thinking positive thoughts, and imagining success.

Unit 8

- **Listen to a short text entitled "Critical Moments" and do the tasks.**

Critical Moments

Susan is a hard-working lady of about thirty two years old. She always manages to keep everything tidy and organized. She is never late to work or to any other places she wants to go to. She hates to live in a mess. But last Monday was an exception for Susan. It was a terrible day. It started badly and just got worse.

She woke up late because she'd forgotten to set her alarm clock. Because she was late, she ran in a hurry to the train station but when she got there she realized that she had forgotten her purse at home so she couldn't buy a ticket and missed the train. As a result, she had to walk to work.

By the time Susan arrived at work, the meeting had already started. She really wanted to finish work at the usual time of 5pm because she wanted to go to the wedding ceremony of her best friend. But she couldn't leave on time because she didn't complete the report her boss had asked for.

She left work late, and by the time she arrived at the wedding party, the party had already finished. She **burst into tears** like a child.

\Module 5

Unit 9

Listen to “The Song of Peace” and do the tasks below:

Can we sing a song of peace
In a world that's full of fear?
Can a melody of hope
Ever hope to dry a tear?
It's an easy thing to say
And it's so hard to hear.
Will the fighting ever cease
If we sing a song of peace?

Can we sing a song of love
When we're hostages of hate?
Will it be heard above
The shouting at the gate?
Can we stop the hands of time
Can we hold the hand of fate?
In this world of push and shove
Can we sing a song of love?

Can we sing a song of peace
When they're knocking down the doors?
Can you hold an olive branch
And hang on to what is yours?
Till the weapons that destroy
Go to join the dinosaurs
Will there still be hope at least
If we sing a song of peace?

Unit 10

Listen to a short story on the importance of time.

Rami and Rosa, sister and brother, both studied in school. They loved their grandparents who visited them for fortnight. But both children had their exam. So their mother told them they should finish up with exam preparations before their grandparents visit because then they would be busy playing and chatting with them.

Children spent the whole days talking and moving around with their grandparents. Then few days were left for their exams to start, but their grandfather was sick and sent to hospital.

Entire family was now busy looking after him and children were worried about their studies. Their grandfather felt better. Children also finished exams and it was vacation time. Normally grandfather would stay for 15 days in their place but this time he stayed 15 days more. Then grandfather thanked them for the care they had. Both children had passed their exam. Children realized that it was because they had utilized the time, they could still manage to pass exams even though they could not study in last week before exams.

Module6

Unit11

Listen to a dialogue between two old friends who met accidentally after many years at a supermarket, then do the tasks.

Peter: Hi, it's Anna, isn't it?

Anna: Hi, Peter. How are you? I haven't seen you for ages!

Peter: Yes, I think it was four years ago at Cathy's graduation party.

Anna: I can't believe how different you look.

Peter: Do you think so?

Anna: Yes! You've changed. You used to have a long hair. You've cut it.

Peter: well, that's true. I have had it cut for at least three years now. I've changed my job too. You remember I used to work in the book store?

Anna: Yes... What do you do now?

Peter: I work for a computer software company in the city. So what about you?

Anna: Well, I've changed my job too. Now, I work with my father in the sales department.

Peter: Do you still see Cathy?

Anna: I saw her last week in fact. She's just had a baby.

Peter: Oh wow! I can't believe that - Cathy, a mother!

Peter: Look, I've got to hurry off now but it's been great talking to you. Should we meet up for dinner this week and catch up on old times?

Anna: Absolutely! Here's my home number.

Peter: Ok, I'll call. Bye for now, Anna.

Anna: Bye Peter.

Unit12

Listen to Jane inviting her friend Sandy to a party and do the tasks.

Jane: Hello, Sandy !

Sandy: Oh, hi Jane .

Jane: It's my sister's wedding tomorrow, would you like to come?

Sandy: Oh, of course it's my pleasure. When is the wedding?

Jane: It's tomorrow at nine pm.

Sandy: Is it going to be a big celebration then?

Jane: No, it's just a small party for family and friends. We're serving dinner and cake. We'll be very happy to join us.

Sandy: Sure, I'll do. What about the place? Where is it going to be?

Jane: It is at a nice restaurant downtown. There will be buses waiting for the guests at the city center to pick them up.

Sandy: Great! I should go and choose a nice dress then. You've chosen yours, haven't you?

Jane: of course. It's a very beautiful, pink dress!

Sandy: Oh! I can't wait to see you wearing it. I'll see you tomorrow at nine then. good bye.

Progress Test II

Listen to Mark and Judy talking about their concert .

Mark: Hi Judy! Are you ready for the school concert tomorrow? I've been practicing all the week so I think it'll be OK.

Judi: you know Mark, I've been thinking about that new piece of music we're going to playing. Laces where it sounds a little bit difficult to play. My guitar was making a funny noise, that could be embarrassing.

Mark: I'm a bit worried about my solo part, especially with all those people watching.

Judy: Imagine how awful it would be to make a mistake with your mum and dad there! I'm not so bothered about strangers, though.

Mark: Just stay cool. If you mess up, just keep going like nothing's happened.

Judy: I think we need to practice more for today too.

Mark : I agree with you . I suggest we go and rest for now, then let's meet in the evening to practice.

Judy : Ok and I'll call our coach to be with us too.

Mark : ok . see you then . Good bye

Judy: goodbye