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2 Enjoy the Ride Pages 20–31	Travel Vocabulary Building Compound nouns	A description of three unusual ways to get to school	Adjectives ending in <i>-ed</i> and <i>-ing</i>	Urbexers—Life on the Edge of the City Critical Thinking Selecting information	Narrative forms Pronunciation <i>Used to</i>	Happy maps	Daniele Quercia's idea worth spreading is that the fastest route may be efficient, but there are times when taking a different route can be more interesting and memorable. Authentic Listening Skills Understanding accents	Asking for and giving directions	A story Writing Skill just
3 Active Lives Pages 32–43	Sports Vocabulary Building Phrasal verbs	A podcast about Ashima Shiraishi	Simple past and present perfect	Can sports protect Africa's lions? Critical Thinking A balanced view	Present perfect and present perfect continuous Pronunciation For	How I swam the North Pole	LEWIS PUGH Lewis Pugh's idea worth spreading is that sometimes we have to do extraordinary things to make people pay attention to important issues. Authentic Listening Skills Signposts	Agreeing and disagreeing	An opinion essay Writing Skill Giving your opinion
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5 Work Pages 56-67	Describing work Vocabulary Building Ways of seeing	A podcast about the world of work	Verb patterns: verb + -ing or infinitive with to	A Real-Life Crime- Fighting Superpower! Critical Thinking Exaggerating	Present and past modals	Why the best hire might not have the perfect résumé	REGINA HARTLEY Regina Hartley's idea worth spreading is that our résumés tell employers about our experiences, determination, and ability to deal with life's challenges. Authentic Listening Skills Understanding contrasts	Job interviews Pronunciation <i>quite</i>	A cover letter Writing Skill Hedging

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Shopping Around Pages 80–91	Money and shopping Vocabulary Building Adverbs	Three people talk about alternatives to normal shopping	Passive voice	Nothing for a Year Critical Thinking Reading between the lines	have / get something done Pronunciation Sentence stress	Grow your own clothes	SUZANNE LEE Suzanne Lee's idea worth spreading is that we can use bacteria to produce materials that we can turn into clothes, as sustainable and biodegradable alternatives to leather, cotton, and plastics. Authentic Listening Skills Reformulating	Shopping for clothes	An announcement Writing Skill Relevant information
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