# Unit 1 Brighton language exchange

Welcome to Brighton. My name's Rebecca and I'm a student here. I'm English, but I'm not from Brighton. I come from London. But I live here now and I love it!

Brighton is an exciting and multicultural town.

It has a population of 270,000, and many of these people are from different countries.

A lot of people are here for Brighton's great beach and fantastic atmosphere.

But many are here for the language.

Learning English is now a huge global business. There are over one and a half billion English learners around the world and Brighton is a very popular English-speaking destination.

There are now English language schools all over the town with lots and lots of students.

But, of course, learning isn't just for the classroom.

It's important to chat in English outside of class, too.

This is the Jubilee Library. English language learners come here to practise speaking. Every day there is a 'conversation exchange' here. You can teach other people your language and learn English from them.

There's a table for every language. Each person speaks their own language for the first 45 minutes and English for the last 45 minutes.

Today it's an open exchange, so there are people from all over the world here.

But sometimes the exchange is for specific languages. On Monday, for example, there's an Italian exchange, and on Tuesday there's a Spanish exchange.

Language exchanges are great places to meet people and make friends.

These conversations aren't long but they're only the beginning.

After the language exchange, learners socialize together. They go to the beach and walk along Brighton Pier. They also see some of the town's famous sights, like the Brighton Clock Tower and the Royal Pavilion.

Social events like these are a fantastic way to practise English in a friendly environment.

It isn't surprising that Brighton is such a popular destination for English language learners. There are great facilities like the conversation exchange, and lots of people to talk to. Learning a language isn't easy but with friendly people in a relaxed atmosphere, it's lots of fun!

## Unit 2 The Menna family

This is the Menna family. They live in Colegiales, a neighbourhood in Buenos Aires.

During the week they are very busy.

This is Roberto. He works as a reporter for Channel 9, an Argentinian television network. He reports on lots of different news stories. Every day is different, and there's a lot to do, but he loves his job.

This is Gabriela. She's always busy, too. She works at a local radio station and she starts very early. She wakes up before the rest of the family and leaves the house at around 6.30 a.m.!

Milagros and Julieta are Roberto and Gabriela's daughters. Milagros is eleven and Julieta is seven. They go to the same school and they start at 8 a.m. So it's always a rush in the morning.

During the week, the Menna family don't have a lot of free time, so they really enjoy the weekend! On Saturday they usually get up around 9 or 10 a.m. and they all make breakfast together.

They eat toast with cheese and butter, but Julieta has cereal with chocolate milk. Roberto and Milagros drink mate, a typical Argentinian drink, and Gabriela drinks coffee.

Sometimes Roberto makes special omelettes. They're delicious!

After breakfast, the family often play games. Sometimes they play board games, but the girls often prefer to play video games.

In the afternoon, they often go for a walk or go to the park near their house. It's a small park, but it has swings and a slide, so the girls have lots of fun.

In the evening, they play music. Milagros plays the guitar and the rest of the family sing. Sometimes Roberto plays the bongos!

Sunday is a relaxing day too. In the morning, they stay at home. Gabriela reads the paper, Roberto drinks more Mate and the girls play on the computer.

In the afternoon, they usually visit Gabriela's parents and have a large meal with them.

They all eat outside. They have barbecued meat with salad and bread. After the meal, they have coffee and go home.

By the time they get home it's time for bed. On Sunday they go to bed early, so they have lots of energy for the week ahead!

## Unit 3 An Iranian doctor in the USA

Arash Fazl is a doctor in neurology at Mount Sinai Hospital. He's from Iran, but now he lives in New York City.

Mount Sinai is a huge hospital with over a thousand beds and about 3,500 doctors and student doctors.

Around 36,000 people work in its 32 departments.

Dr. Fazl is a final year resident. That means he is a student doctor in his last year. He has a degree in medicine from a medical school in Tehran, Iran's capital.

He moved to the USA in 2001 because he wanted to study. He now has a PhD from Boston University.

So, what does he do each day?

He usually gets up at 6.30 and leaves home at 7. He arrives at around 7.30. He checks the new patient list and talks to other doctors.

Then, he visits his patients. He discusses their illnesses and the medicine they need.

He usually has lunch during his midday meeting, but he doesn't eat a lot because he doesn't have a lot of time.

In the afternoon, Dr Fazl usually visits his patients and with the nurses he checks that they are OK and have the right medicine.

He does this once, twice, even three times a day, so he can make sure that everybody has what they need. His days are always very busy and he often stays late. He sometimes works until 9 p.m.

Mount Sinai is an excellent hospital and is famous all over the world.

For Dr Fazl it's very different from hospitals in Iran which were usually small and not very modern.

But both in America and Iran, patients need the same help and care. Dr Fazl enjoys this part of his job. He works hard but every day he helps people and can really change their lives for the better.

## Unit 4 Almas Tower

Dubai, in the United Arab Emirates, is a city of skyscrapers.

There's the Burj Khalifa, the Burj al Arab and the Almas Tower.

The Almas Tower is the tallest business tower in the Middle East. It's 360 metres tall and has 68 floors.

It's in the Jumeirah Lakes Towers Free Zone, a large business area in the centre of Dubai. There are 66 skyscrapers here and they are all near the beautiful Jumeirah lake.

The Almas Tower is on its own island in the middle of the lake.

It is the centrepiece of the Free Zone and famous for its amazing structure. The tower is actually two connected towers that stand next to each other.

The surface of the tower is glass, so it sparkles in the hot Dubai sun. In fact, Al Mas means 'the diamond' in Arabic.

The Almas Tower is the home of Dubai's jewellery trade, and the Dubai Diamond Exchange and the Dubai Pearl Exchange are here. There are lots of very expensive jewels here! They are in the basement for security reasons.

The Dubai Multi Commodities Centre – the authority for the entire Free Zone − is on the ground floor.

Above this, there are floors full of offices, and there are lots of big businesses here.

This is the headquarters of Harley Davidson for the Middle East and North Africa. It's on the 48th floor.

The Almas Tower is an office building, but there aren't just offices here. There are lots of other facilities, too.

There are shops and restaurants and a huge car park with 1,700 spaces.

At the top of the tower there's a viewing point, with wonderful views of Dubai.

The Almas Tower is only one of Dubai's many incredible skyscrapers. But its height, its structure and its location make it one of the city's iconic buildings.

## Unit 5 Camden Market

The high street is an important part of British life. Shoppers can buy everything here – food, music and, of course, clothes.

In fact, people often call popular fashion 'high street fashion'.

This is because a lot of large clothes shops are here. People can buy all kinds of clothes in these shops and they are usually cheap.

But a lot of these clothes look the same, and they are often poor quality.

This is why some shoppers prefer old, vintage clothes that they can't find on the high street.

These people come to Camden.

Camden is an area of London in the centre of the city. It's famous for its five markets, including Camden Lock Market and Stables Market.

Camden Lock is beside the Regent's Canal.

It's over forty years old. At first, people could buy art and furniture here, but today it has a large indoor market and several outdoor stalls that sell all kinds of clothes.

The Stables Market is the largest part of Camden Market.

It has famous clothes shops, like Cyberdog, and lots of different stalls selling vintage and hand-made clothes.

Shoppers can find all kinds of clothes in Camden that they can't buy anywhere else.

These people aren't all looking for the same thing, but they're all hoping to find something for their own special style.

You can see many different styles in Camden.

Walker

I'm wearing a green overcoat, grey jacket, black trousers, white shirt, tie, waistcoat.

Elizabeth

I'm wearing a red jacket, a black and white dress and gold shoes.

Alfie

Today, I'm wearing a black overcoat with a black scarf, grey cardigan, dark blue tie, black shirt, black skinny jeans and black shoes.

At Camden Market clothes are very important. But there are other things here, too.

Shoppers can buy books, jewellery and music. In fact, these shoppers are looking for old music records in a vintage music shop.

There are lots of food stalls, too and they sell food from all over the world.

Camden Market is most famous for its style. The shoppers are stylish, the clothes are stylish, even the food is stylish!

# Unit 6 Istanbul

Istanbul is the largest city in Turkey.

It sits on two continents – Europe and Asia and it has a population of over 10 million people.

It's an ancient city and its first name was Byzantium.

In the year 324 CE, the Roman Emperor Constantine created a new city to replace Byzantium. He called it Constantinople.

When the Republic of Turkey was born in 1923, the city's name changed to Istanbul.

Today, it is still one of the world's major cities and visitors can see its fascinating history everywhere.

This is the Hagia Sophia. It's over 1,500 years old.

At first, it was a church, then it was a mosque and now it's a beautiful museum.

Today, this magnificent building with its large dome is a symbol of the city and its history.

Istanbul is also famous for the Bosphorus Strait.

This is the border between Europe and Asia, and stretches from Istanbul to the Black Sea.

Because of its location, the Bosphorus was important in Ancient Greece, Ancient Persia and Ancient Rome. In those times, many people visited the city, and boats used the Bosphorus to travel between Europe and Asia.

The strait is still a part of Istanbul life today. The public transport on the Bosphorus is very popular with local people, and ferries are a great way for tourists to see the city.

It's useful for industry, too. It's one of the busiest waterways in the world. A lot of the ships travelling to the Middle East pass through here.

And it is here that the local fishermen catch their famously fresh seafood.

They sell it − here − at the city's Grand Bazaar.

This market is over 560 years old. There isn't much of the original structure, but some of these buildings are from the 18th century. At that time it was one of the most important markets in the world.

Today, it's still really busy. The market covers 60 streets and has over 3,000 shops.

Around 300,000 people come here every day. They buy lots of different things and enjoy the aroma of herbs, spices, coffee and cooking food.

Byzantium, Constantinople, Istanbul − this city was the centre of civilizations for centuries. These civilizations ended and the city changed.

But Istanbul is always full of life.

Here, where the east meets the west and the ancient meets the modern, you can discover the past and enjoy the present.

# Unit 7 Health and fitness in New York

New York is the 'city that never sleeps'. It is very busy and it runs for 24 hours.

The most famous part of New York is Manhattan. Every day, two and a half million people travel into Manhattan for work, and every year, about fifty million tourists come here to visit.

Because the city is so busy it's difficult to get around. For many years, people didn't walk very far because the sidewalks were so crowded.

They didn't cycle either because the traffic was so dangerous. They always took the subway or drove their own cars.

So, for many years a lot of people in New York didn't get much exercise. Because they were very busy, they ate a lot of bad food, too. It isn't a surprise that a lot of New Yorkers were unhealthy.

But in 2002, the mayor of New York City, Michael Bloomberg, decided to try and change things. He told New Yorkers to take more exercise, leave their cars at home and eat better food.

So what changed? Well, New Yorkers take more exercise now. Even in winter, there are lots of runners and joggers in Central Park.

And now they can also run and walk here – on the High Line. The High Line was an overhead railway on Manhattan's West Side. In 2006, it re-opened as a park. It is now a great place to jog, walk or relax.

In May 2013, New York finally got a bike scheme. With Citibikes, you can rent a bike anywhere in the city for nearly ten dollars a day. Now, forty-two thousand people use these bikes in the city every day.

New Yorkers also eat better now. You can still eat every kind of food in the city, but the restaurant menus tell you how many calories are in your meal, so you know more about the food you're eating.

Of course, you can't change everything. Some people here still don't take enough exercise, and many people still enjoy a slice of real New York pizza! But more and more New Yorkers now enjoy a happier, healthier lifestyle.

# Unit 8 Adventure holidays

Holidays are a great way to see new places. But while some people want to go sightseeing or relax on the beach, others prefer exciting adventure holidays.

They hike through mountains, go trekking across the desert, or ride boats through dangerous waters.

Sarah Darby is one of these people.

Sarah is from Oxford in the United Kingdom. She took three months' holiday from work and went on a cycling trip in South America.

I journeyed to Patagonia, starting off in Ushuaia, which is the southernmost city on earth.

I flew my bicycle out from Britain to Ushuaia and I wanted to cycle the Carretera Austral.

The Carretera Austral is a 1,240 kilometre-long highway.

It runs through Patagonia and Chile and goes through some of the most remote areas in the world. So, why did Sarah decide to go there?

I decided to go to Patagonia because it was an opportunity to go to a different continent, and I just thought well, you know, Patagonia is a dream place to go to if you like remote and wild places.

One of Sarah's favourite things about the journey was the scenery. The landscape was amazing and the colours changed all the time from red to orange, yellow, green and even grey.

But that wasn't the only thing she liked about the journey.

The other thing that amazed me about the place was the people. They're really, really generous and, you know, they often buy you coffee or a bowl of chips or even lunch … you know, after a whole day of cycling they kind of want to help you out and, yeah, the people are amazing.

But cycling through this beautiful but empty landscape, wasn't easy.

## Unit 9 Sports scholarship in the USA

This is La Cucina, an authentic Italian restaurant in Oxford, England.

Italian cuisine is popular all over the world, but one dish is especially well-known – pizza.

Its simple recipe and basic ingredients mean that many countries now have their own pizza style.

American pizza, for example, is very popular - especially Chicago's deep-pan style.

But the original pizza comes from Naples, in the Campania region of Italy.

La Cucina's chefs are very serious about pizza and they make each one to a traditional recipe.

To make the dough, they use wheat flour, yeast and water, and season with some salt. They don't use any other ingredients, and they certainly don't use any additives.

When the dough is ready they make the sauce. They chop onion and fry it in olive oil. Then they add good quality Italian tomatoes and some salt.

When the sauce has cooled, they carefully put some on the base. Then they add the mozzarella, a cheese from southern Italy.

Then, the pizza is ready to go into the hot pizza oven.

It stays there for about 10 minutes until the base is golden-brown. A few basil leaves on top and there you are – the perfect pizza!

This is the traditional Pizza Margherita – the original pizza − but La Cucina sells many different kinds.

There's Pizza Romana with olives and artichokes, Pizza al Funghi with mushroom and garlic, and Pizza alle verdure, with peppers, onions, aubergine and courgette. They even do a 'Your choice'. Customers can choose how many toppings and how much cheese they want.

Finally – when the pizza is finished – they serve it with …

… nothing. Pizza is so good they always eat it solo!

## Unit 10 The Grand Canyon

This is the Grand Canyon, one of the world's natural wonders.

The Grand Canyon is in Arizona in the south-west of the United States.

It's one of the most popular tourist attractions in the world and each year over 4 million visitors come here. They usually drive to the Canyon's Southern Rim and enjoy the famous views from Lipan Point.

They take photographs of the Palisades, the south-eastern wall of the canyon, and look out at the Echo and Vermilion Cliffs.

Tourists also visit the historic buildings along the South Rim, such as the Desert View Watchtower and Lookout Studio. Some even take the Grand Canyon railway, which stops in Grand Canyon village.

Afterwards they go to the Grand Canyon Visitor Centre. Here they can learn all about the canyon's history, geography and wildlife. There are maps, interactive displays and games for children.

People like looking at the canyon, but very few visitors travel into the canyon. There is so much more to see inside.

The bottom of the canyon is much warmer than the top. At the top there are cool fir forests. But as you go further, it becomes hotter and drier, and it looks like nowhere else in the world.

The Colorado river runs through the canyon. It is 300 feet wide and 100 feet deep. Over millions of years, it cut through the rock and created the canyon. In fact, the river is still changing the inside of the canyon, today.

The canyon is beautiful. There are incredible views here and because there isn't any pollution, it has some of the cleanest air in the country. It's an amazing place and everybody should come at least once in their lifetime.

It's great fun, too, and there are lots of activities for any age. Visitors can go rafting down the river or go on a helicopter ride over the canyon's amazing landscape.

The Grand Canyon isn't the longest canyon in the world. There are others that are wider and deeper, too. But there are very few places that are so spectacular.

## Unit 11 Silicon Fen

Hi, I'm Alicia. Welcome to the Fens. This area doesn't look very modern but it's one of the biggest technology hubs in the world.

This is Silicon Fen, Europe's silicon valley. There are over 1,500 science and technology companies around here.

One of the most famous companies here is the processor design company ARM. The business began in a small office on Cambridge Science Park in 1990.

Today the company's headquarters are still only a short drive from Cambridge, but the building is much bigger and a lot more people work here. ARM also has offices in continental Europe, North America, Asia and the Middle East, and employs more than 3,000 people.

It provides technology to some of the world's most popular electronics companies, including Apple and Samsung. The company's technology is in 95% of smart phones. In fact, around 4.3 billion people use a device with an ARM chip every day. That's 60% of the world's population!

Companies like ARM have made this area of the Fens one of the most important innovation centres in the world. But why are there so many technology companies in this remote area?

There are several reasons for this. First of all, it's near London and there are airports to the west, and several major sea ports to the east.

Another reason is that there are excellent local facilities. There are fantastic roads and a great rail system.

But the most important reason is Cambridge University. It is one of the oldest and most successful universities in the world.

Some of the world's most brilliant scientists have worked here, such as Isaac Newton and Stephen Hawking.

Over hundreds of years the university has made many exciting scientific discoveries.

All of these businesses are only a few miles from Cambridge and most have a connection with the university.

The university provides talented graduates and new technology, so it's a great place for small businesses to start and big businesses to grow.

Experts call this the Cambridge Phenomenon. The university encourages small businesses to start. These businesses become successful big businesses and more small businesses start around them. All of these companies are connected and they can share information, knowledge and resources.

And this is the real secret to Cambridge's success – businesses work well when they work together. Thanks to this collaboration, Silicon Fen is going to grow and develop, making it a better place to do business in the future.

## Unit 12 Park Theatre

People have enjoyed the theatre for thousands of years.

From Ancient Greece to Shakespeare's London, people have always watched plays.

But some things have changed. In Shakespeare's time, most people could afford the theatre.

The rich sat in the balconies and the poor sat on the floor − but they all watched the same play.

Today, many theatres are very expensive. Ticket prices have increased a lot over the last few years. In London's West End, for example, the average ticket price is 81 pounds sterling and on Broadway it's just under 100 US dollars.

Many of us can't afford these prices.

So, there are lots of people, especially young people, who have never been to the theatre.

But some theatres are changing this. Park Theatre is in Finsbury Park in north London.

It's a very modern theatre in an old office block.

It has several different spaces, including Park 200, a large theatre with 200 seats, Park 90, a smaller theatre with 90 seats, and The Morris Space, an area for rehearsals, workshops and classes.

The organizers of the project, Jez and Melli Bond, started Park Theatre to help more people see good plays.

They encourage everyone – theatre fans and first timers − to come and enjoy the theatre. They do this in different ways.

First, they keep prices low. Every ticket costs less than twenty pounds, so it's affordable.

They also make sure there's lots of variety. They stage all kinds of plays, from old classics to modern musicals, so it's got something for everyone.

At the moment, for example, they are showing Crystal Springs. This is a modern play about teenagers, parents and social media.

They are also preparing for the children's pantomime Jack and the Beanstalk.

In its short history, Park Theatre has been very successful. It has attracted large audiences from all kinds of backgrounds. So just like in Shakespeare's time, everyone can enjoy the theatre.