**PAGE 3 track 1**

Hi, I’m Natalie, and I’m organizing my plans for next week, because I have a lot of things to do.

On Monday, I’m going to take my Spanish class at 11 o’clock in the morning. After that I’m going to go to the supermarket, because I don’t have a lot of food at home. I think I’ll go to the supermarket at 1 o’clock.

On Tuesday, I plan to go to the office. I’ll arrive at 8:30 and I’ll be there all day.

I’ll go to the gym on Wednesday morning at 7 o’clock and on Friday afternoon at 5 o’clock, because I like to exercise: it’s very important to me.

I also plan to walk in the park with my dog, Max. he’s my best friend. I’ll take him for a walk on Friday and Saturday morning at 6:30 and on Thursday afternoon at 3:30. I think I’ll also take him for a walk on Sunday morning, at 10.

On Wednesday, I’m going to have a coffee with my friends, Lucy and Anna in the morning. We’ll meet in the café at 10 o’clock. After that, we’ll watch a movie in the cinema. We plan to see the movie at 3:20.

On Thursday, I have to go the dentist, because I’ve had some problems with my teeth. That’s at 11:15. After that I’m going to go shopping with my friends Emma and Sasha. We love shopping! I’ll go at 4:30

On Friday, I want to have lunch with my friends, at 1 o’clock.

And I’ll have a quiet weekend, with my dog in the park. That’s my busy week.

**PAGE 8 track 2**

100 years from now? Well, we’re not protecting nature. So, I think we’ll destroy all the trees and a lot of types of plants and animals will die. I think we’ll have a different type of nature.

In 100 years’ time, I think our diets will change a lot, and politics as well. I think we’ll eat artificial or processed food tablets and we won’t eat natural food. In terms of government, I think we’ll create a new style of politics and government, very different from what we have now. Maybe we won’t have presidents!

I think that in 100 years from now, we’ll also live in space or other planets. I think some businesses or companies will build houses, communities and hotels on planets like Mars and Venus. Also, I think some robots will be in control of some companies and governments, because robots won’t be corrupt like humans are. That’ll be something good.

**Page 12 track 3**

This is the weather forecast for Cambridge, and the surrounding community for tomorrow. The temperature now is a fresh 12oC and we will have the same temperature all day tomorrow. At the moment, it’s clear, but tomorrow clouds will appear, so it’ll be cloudy and overcast, but the temperature won’t change.

Hi, and here is today’s weather forecast for Toronto. As you know, yesterday was snowy, with a temperature of just 12oF. Today, the weather is similar, with snow. Tonight we’ll also have snow, but it’ll also be foggy. So, be careful out there.

Good morning, everybody. This is the weather forecast for Monterrey and the north-east of Mexico for today and tomorrow.

Today, the temperature will be 22oC and it’s clear and sunny. But tomorrow, we’ll have a cold front and the weather will change a lot. Tomorrow the temperature will fall to just 10oC, and it’ll be cloudy and rainy. So, be prepared!

**Page 16 track 4**

Hi, I’m Grace, and next weekend I have big plans with my friends. I’m going to go shopping in the mall near my house. We love shopping!

I’m Lila. Next weekend, I don’t have a lot of plans because I’ve had a really busy week. I’m just going to visit my grandparents.

My name is Leo, hi. I’m so excited about next weekend, because we’re going to have a big party at my friend Dave’s house. It’s going to be amazing! Everyone from school is going to be there.

Hi my name’s Audrey. Next weekend, I’m going to do some exercise in the gym with my friend, Helen. I love to exercise and I usually go to the gym four or five times a week.

Hello, I’m Joseph. What am I going to do next weekend? Well, my friends and I are going to watch a movie in the cinema. Probably the new Zac Efron one.

**Page 20 track 5**

I’m Leah. Next summer, I plan to visit lots of interesting and exciting places around the world.

I want to visit some ancient monuments and ruins.

Hi, I’m Logan. I plan to learn some kitchen skills next summer. At the moment, I can’t even prepare a sandwich! And when I go to university, I’ll need to cook all my food. So, I want to learn how to cook, and quickly.

I’m Nora, and I’m really excited about next summer, because I want to earn some extra money looking after children and live in another country. I love children, and spending time for them isn’t difficult for me. So, if I can get some extra money for it and visit a different culture, that’s great! Plus, I want to learn more English.

Hi, I’m Carter. I plan to study business administration at university next year, but I need to get some experience in companies related to my studies. I want to work in a company close to my house, so I need to have a lot of options.

**Page 24 track 6**

This is the national weather information for tomorrow, here in Mexico, and it’s a varied picture. Starting in the north of the country, in the north-west corner around Tijuana, it’ll be sunny. In the south of the Baja California peninsula, it won’t be so sunny. There, it’ll be overcast. In the north-east corner of the country, we’ll have some rain and clouds, so you’ll see some beautiful rainbows: have your camera ready!

And now in the center of the country, around the states of Guanajuato, Jalisco, Zacatecas and Aguascalientes, they’ll have strong winds from a Pacific front that has affected many countries in South America recently.

The capital and the surrounding area, in the states of Tlaxcala, Hidalgo, Puebla, Queretaro and Mexico state won’t have winds, but they’ll have storms with lightning and some low temperatures.

In the south-west coast of the country, in Chiapas and Oaxaca, they’ll have a lot of rain, so the trees and lakes will be happy, at least.

And finally, in the south-east corner, in the Yucatan peninsula, there’ll be a lot of sun and high temperatures. Perfect weather for the beach.

**Page 25 track 7**

Brain

Train

Paint

Chair

Rain

Spain

Play

Pay

Day

Way

Bay

Pray

**Page 25 track 8**

Sail – sell

Main – men

Fail – fell

Aid – ed

**Page 25 track 9**

1. tell
2. raid
3. hail
4. west
5. gel
6. her
7. mail
8. bait

**Page 30 track 10**

Google’s offices are famous and we can even see them in movies with Owen Wilson and Vince Vaughn. Many people say that this is the future of creative office spaces. Here are 6 of Google’s most creative and fun offices from around the world.

Number 1. These are the offices for the Mexican office in Mexico City. As you can see, Google try to incorporate local symbols into each office. Here, the typical Mexican taxi is present as a mini private office in a recreation of a street, complete with artificial grass and swings. Taxi!

Number 2. Again talking about local symbols, this is the London office, in the United Kingdom. As part of this office, you can see people relaxing on traditional English sofas, traditional old-fashioned lamps hanging from the ceiling, a British flag on the wall, and traditional tables and chairs. It’s a very warm and cosy feeling office.

Number 3. Nature is a very important part of some of Google’s offices, and they are sure that green spaces, even artificial, can help their employees’ creativity. These artificial trees complete with artificial fruits inspire and relax workers, in the Israel offices in the city of Tel Aviv, while they sit in the comfortable tractor and admire the view from the windows, or sleep for a while!

Number 4. Another office space with a lot of green is in the offices in Dublin, Ireland. Here, workers sit and work among real plants, with a green grass-style floor. Workers can decide to work together on a large desk, or in separate, smaller spaces with larger, comfortable chairs.

Number 5. Games and free time activities to play with workmates is extremely important for Google. In this office in Madrid, in Spain, workers can play table-tennis together. In the background, you can also notice the kitchen, where they can prepare a coffee, sandwich, or any variety of food and drinks they choose. All free for Google staff, of course.

Number 6. This final office also shows a play area, but of table football. Notice all the bright colours and illumination. And there are 3 big coloured balls to play with, too. Although I’m not sure what type of games you can play with those balls. This office is in Amsterdam, in Holland.

**Page 36 track 11**

Hi, I’m Dr Nathan Harris, the workplace conflict expert. There are many conflicts in the office that we can solve with some assertive communication. So, if you’re having problems with your boss or colleague, drop me a line. Explain your difficult situation and I’ll try to give you some advice to improve your workplace blues.

Hi Nathan! I’m an office worker at a large accounting company in Chicago. My boss is a bully! Every day, he makes jokes about me to the other people in the office. He laughs at my clothes, my hair, even my voice. Now, some of my colleagues are also making fun of me.

What do you recommend? Yanine.

Hi Nathan. I hope you can help me, because at the moment, I hate my job!

My boss always notices the bad things I do, and she never notices all the good things I do, every day! If I arrive 5 minutes late, she will notice. If I take more than 10 minutes in the bathroom, she will look for me! I’m a good worker, but she thinks I’m so bad. What should I do? Joe.

Hello Nathan. I’m having big problems with my co-workers. Every time I do something good at work, one of my colleagues takes my idea and shows it to my boss, and they say it’s their idea! So now, they receive the credit for my work. What should I do? Mark.

Hello Nathan. I need your help, desperately. I can’t concentrate at work, because they worker next to me is annoying. He has so many different bad habits. He interrupts me when I’m speaking on important telephone calls, he takes things from my desk. I just don’t know what to do. Please help! Caroline.

**Page 40 track 12**

1. This is an announcement for all passengers boarding flight EY215, with destination to San Francisco. All passengers to flight EY215 must go directly to gate 25B, immediately. The flight leaves in 30 minutes.
2. This is a passenger announcement, to the passengers of flight GL702 with destination to Paris. The passengers Mr and Mrs Allen have to report to the check-in desk immediately, please. The check-in desk is between the restrooms and the security area. That’s passengers Mr and Mrs Allen, to the check-in desk immediately, please.
3. This is an announcement for all passengers in the baggage claim area. As a part of airport regulations, all passengers must use one of the official airport luggage carts in this area, please.
4. This is an announcement to passengers arriving from Aukland, New Zealand, on flight GO510. Passengers from this flight must collect their luggage on conveyor belt 8A, in the baggage claim area. That’s an announcement for passengers of flight GO510 from Aukland, your baggage will be on conveyor belt number 8A. We thank you for flying with us.
5. This is an urgent passenger announcement for Mr Mark Young, passenger on flight DW553 to Cape Town, South Africa. Mr Young, you must present your boarding pass and passport to any airline official immediately, please. That’s Mr Mark Young, present your boarding pass and passport immediately.

**Page 44 track 13**

Hi students, my name is Mr Jake Morris, and I’ll be your teacher for this course of 3rd semester calculus. I’ll spell my name for you, Jake Morris: J-A-K-E M-O-R-R-I-S.

Before we start the course, it’s important to check some basic rules for the class.

All assignments you give me must have the date, name and title.

In the classroom, 2 things are prohibited: food and cell phones. You are here to study and learn, not eat and chat.

Be careful with your absences. You can’t miss more than 5 classes in the whole semester, or you will fail.

During normal classes, you don’t have to bring your calculator, but you can if you want to. But, you must use it for exams. If I see your calculator during the exam, you’ll fail the course immediately.

And finally, pay attention to deadline dates. I have to close all grades on the school platform no later than November 28, so you can’t give me your assignments after November 18. That gives me 10 days to grade them before the system close.

So, good luck this year! You’re going to lots of interesting information!

**Page 48 track 14**

Unfortunately, at the moment the inhabitants of Yokohama are preparing for the arrival of a tsunami. Last night, at a distance of approximately 800 km off the coast, a large earthquake was reported. Scientists calculate that at 7:22a.m., the tsunami will hit the city and all surrounding areas. Scientists calculate that the tsunami could affect more than 20 million people in the next 24 hours. The government has recommended that all the inhabitants should not leave their houses and wait for the emergency services.

I’m reporting from Austria, in central Europe, during an unusual heatwave which has seen constant temperatures of more than 35 degrees in many countries for more than 10 days now. This extreme weather is a particular risk for babies and people over 60. Governments, scientists and doctors have said that people shouldn’t do exercise and should drink 3 liters of water a day. Governments and emergency services are also worried that the extreme temperatures could cause drought and even forest fires in some areas.

In today’s emergency Asian news report, more than 50 million people in the southern area of Bangladesh are suffering the effects of flooding at the moment, during the rainy season in this part of the world. This started 2 days ago when the first rains arrived and it’s expected to end on Sunday. Experts say that global warming and excessive trash could be responsible for causing the problem.

**Page 50 track 15**

Hello everybody and welcome to this special edition of crazy laws from around the world. There are hundreds of different laws and rules in all corners of the world that leave citizens and law officials confused and surprised. Here’s our selection of some of the craziest.

First, we go to Asia, and we start with Thailand. Did you know that you must wear a shirt while your drive your car? Strange.

Another strange law about clothes is in Italy, where police may arrest a man if he wears a skirt.

And returning to Asia, let’s go to Singapore, one of the world’s cleanest countries. Here the government is very strict about keeping the country and its streets clean. So, chewing gum is strictly prohibited here. The reason why you can’t eat chewing gum in Singapore? Because it makes the streets dirty if people don’t put their used chewing gum in the trash. So, its prohibited.

Another Asian country with a famously strange law is China, where people can’t have more than one baby. This is to control the country’s enormous population of more than 1.3 billion. But in recent years, the government has started to change the laws a little.

There are many strange traffic laws around the world, and one of those is in Israel. Here, for example, you must have a license to ride a bicycle. Who knows why.

Do you have a car? Do you like to keep it clean and shiny? Well, if you like to wash your car and have a clean car, don’t go to Switzerland. Here, you mustn’t wash your car on a Sunday. Any other day is fine, but not Sunday.

Another country where Sunday has its own particular laws is Canada, where it’s illegal to show public affection on a Sunday.

As we mentioned before, some laws are illogical, like one in Australia. Regarding smoking, here children cannot buy cigarettes, buy they can smoke them. Completely illogical, right?

Another law which I don’t understand is in Denmark, where it’s illegal to wear a mask. Why?

In Germany, there’s a law to protect the health of office workers. There, every office must have a view of the sky. It’s illegal for any office, even a very small one, to not have a window.

Finland is another country that has laws to protect people’s health. People who buy candies and bottled water must pay a special tax contained in the price of the product. The strange thing is that you don’t have to pay this tax for cookies.

And finally, the USA. There are many strange laws in this country, but we’ve selected two that also protect Sunday. In Indiana and Michigan, you mustn’t sell cars on Sunday, and in Alabama, you can’t play dominoes on Sunday.

So, that was our selection of some of the strangest and craziest laws from around the world. What do you think? Which is the craziest law for you?

**Page 55 track 16**

Boil

Voice

Coil

Foil

Point

Employee

Cowboy

Loyal

Oyster

Soya

**Page 55 track 17**

1. boy
2. coin
3. toilet
4. toy
5. point
6. Roy
7. Oil

**Page 61 track 18**

Hello, everyone and welcome to today’s class about important inventions from history. I have selected 8 of some of the most important and influential creations that have shaped humanity through the past and to the present day.

We’ll start with the wheel, which was invented by the civilisations in the area of central Europe and Mesopotamia, which is now the Middle East region. Historians have found evidence that it was invented around 3,500BC, when the people used it for transport, to help with agriculture and there’s even evidence of small children’s toys from these ancient civilisations with wheels.

Next, we go to Germany for the printing press, which revolutionised reading, literature and education in general in Europe and all around the world. Johannes Gutenberg invented the first printing press in 1440. After just a few decades, there was a mass production of books in around 270 European cities. This invention changed people’s access to art through literature, as well as information in general. It also helped the mass production of the Bible, which brought religion to a larger audience.

Staying in Europe, who can deny that the computer has been a hugely important tool for work and entertainment since Charles Babbage invented the first version in 1833. That’s a strange last name, I know. You spell it B-A-B-B-A-G-E. Babbage was from England, but it wasn’t until more than a century later that other countries and scientists started to develop the computer and processing unit to a more recognisable version of the modern-day personal computer.

Can you imagine what life was like before Thomas Edison invented the light bulb? Edison, the famous American scientist and inventor accumulated more than 2,300 patents during his lifetime, but the light bulb is arguably his most important invention, because it helped all areas of human life: domestic and work environments. Since the use of the first modern light bulb in 1879, people could enjoy the dark, long nights in the north of America and Europe.

Probably the most important modern invention that all of you have mentioned is of course the internet. I know that all of you couldn’t imagine life without it, could you? The internet has changed our world in so many ways. Obviously it has changed telecommunications, but now is an integral part of our work lives and personal entertainment. But where did it all start? Where, that’s a difficult question, because it all depends on your definition of the internet, an internal network or the worldwide web of information. But most people normally attribute it to a group of British and American scientists who created a network for military uses in the 1970s.

And we can’t have many of these inventions with electricity, can we? Electricity is now an integral part of our lives, and it’s impossible to imagine life without it. We use it at home, work, for lighting, communications… everything! Electricity is not technically classified as an invention, because it is a form of energy and it occurs in nature. But, through history, many scientists and civilisations have tried to control and generate electricity. Famously, the former US president Benjamin Franklin conducted a series of experiments and investigations during the 18th century, but historians have found the first use of electricity in ancient Greece, around 600BC.

In the medical field, the discovery of penicillin in 1928 by Alexander Fleming in London ha saved the lives of literally millions of people in nearly a century. Suddenly, doctors could cure previously lethal sicknesses with some simple tablets.

And finally, the telephone has revolutionised our way of communicating since Alexander Graham Bell invented it in 1892. Bell was originally from Scotland, but he moved to Canada with his parents and sister-in-law in 1870 and after many patents in both the USA and UK, Bell made the first long-distance telephone call between New York and Chicago in 1892.

So class, there are some of the most important inventions that have shaped and changed our society. Who else has any other suggestions for other discoveries…?

**Page 64 track 19**

This is another cutting edge Mexican invention and it could help the environment, too. It’s a new company called Oxifuel, that’s O-X-I-F-U-E-L. And what has this company designed? Well, it has developed a new type of gasoline, mixed with sugar. In various tests the company have made, they have seen that the new fuel is cleaner and cheaper than traditional gasoline. How much cheaper? 28%, to be precise. That’s good news for everyone.

At the moment, you can find this fuel in 7 states of the country, but the company is trying to expand its operations to the other states too.

Cleaner gasoline that’s also cheaper? Sounds like a great combination to me.

**Page 68 track 20**

Number 1

Doctor: Hello, how can I help you today?

Patient: Well, doctor, I’m feeling very sick.

Doctor: OK, well let me take some details from you, and we’ll check you out. Can you give me your full name, please?

Patient: Yes, it’s Carl Harris.

Doctor: And is that Carl with a C or a K?

Patient: With a C. That’s C-A-R-L H-A-R-R-I-S.

Doctor: OK, thank you very much. Now, what exactly is the problem?

Patient: Well, doctor, I’ve had a fever and a headache for two days.

Doctor: I see. And any other symptoms? Have you had any nausea?

Patient: No, no nausea.

Doctor: And, do you have a cough or a runny nose?

Patient: No, not at all. But, I’ve also had a sore throat for a couple of days now.

Doctor: OK, very good. Well, I want you take this medicine and drink 2 liters of water every day, please.

Patient: Thank you, doctor. And how often should I take the medicine?

Doctor: Take 2 tablets every 8 hours, for 5 days.

Patient: Perfect, 2 tablets every 5 hours for 8 days.

Doctor: No! 2 tablets, every 8 hours, for 5 days.

Patient: OK, sorry, doctor. I’ve got it.

Doctor: Take care.

Number 2

Patient: Hello, doctor. I hope you can help me. I feel terrible!

Doctor: Of course, let’s see what’s wrong with you. First, I need to get your full name please.

Patient: I’m Zoe Jenkins.

Doctor: Chloe Jenkins?

Patient: No, Zoe.

Doctor: And can you spell it, please?

Patient : Yes, sure. Z-O-E J-E-N-K-I-N-S.

Doctor: Thank you very much. So, what exactly is the problem? What are you feeling?

Patient: I’ve felt nauseous for three days now. And also, I have a fever.

Doctor: And, any other symptoms? Do you have a headache? Have you had a sore throat or a cough?

Patient: No, nothing like that.

Doctor: OK, well, you need to take a blood test, please.

Patient: OK, doctor. That’s fine. I’ll go to the clinic tomorrow. Is that all?

Doctor: Yes, but it’s important you follow these instructions, of the blood test will give us incorrect results. You must go in the morning, with no food for 8 hours before you have your test.

Patient: Got it. I’ll go tomorrow morning.

Doctor: And please visit me tomorrow afternoon to talk about your results.

Patient: Of course. Goodbye, doctor.

**Page 72 track 21**

Has a Mexican Scientist improved the avocado?

That’s a question that many scientists, farmers and businessmen are asking at the moment.

Dr Luis Rafael Herrera Estrella is a biochemical engineer from Mexico City who has already worked in many amazing projects at universities around the world, and has helped to develop transgenic technology and create commercial varieties of modified plants that have grown in more than 20 countries around the world. He has worked on many fruit and vegetable varieties native to Latin America, like beans and green tomatoes, for example.

Now, Dr Herrera has decided to improve the genes of one of Mexico’s most famous exports: the avocado. He wants to produce better and cheaper avocadoes, and for this he’s trying to detect the genes necessary to make a shorter tree that needs less water to grow. He also wants to create a better quality avocado, which is more resistant. This way, he plans to help companies export it on the long journey to Europe, still in good conditions.

**Page 76 track 22**

Plastic from shrimp shells

An amazing new discovery could help to eliminate the use of plastic in our ecosystems. Scientists in collaboration from Egypt’s Nile University and the University of Nottingham in England have developed a new type of plastic which they have made from the shells of the common sea shrimp. Yes, that’s right.

Because the shrimp shells are basically trash to most people, the scientists buy them from local fishermen, restaurants and supermarkets at very cheap prices.

They then convert this into a new, environmentally friendly plastic to make bags or other types of packaging. This is great news for the environment and also for the economy. For example, last year Egypt imported 3,500 tons of shrimp and produced 1,000 tons of garbage just from these shrimps. So, the scientists have found a way to save money and help the environment: a real win-win situation!

Eat your water bottle!

Yes, that’s right. This innovative laboratory in London has created a new type of packaging to replace water bottles.

They have discovered an extract of the seaweed plant that they can use to make an alternative to plastic. Another huge advantage is that this seaweed extract is even cheaper than normal plastic, and completely biodegradable. They use the seaweed extract to create a thin film and create balls of water which you can eat. When you eat the ball, the seaweed film dissolves and you can automatically drink the water.

As you can imagine, this cutting edge invention has received many prizes and awards since they started business in 2014.

Water bottles you can eat – this truly is cutting edge technology that could help the environment enormously. If you don’t believe me or you’re curious, visit the website at www. Oohowater.com. That’s O-O-H-O-WATER.COM.

**Page 83 track 22**

Microphone

Nephew

Physics

Triumph

Autograph

Graphics

Apostrophe

Geography

**Page 83 track 23**

File – vile

Fan – van

Vary – fairy

**Page 83 track 24**

1. veil
2. fine
3. vat
4. fast
5. fin
6. volley