

Unit 1

It's so great to be young!



After learning this unit, you will be able to:

- talk about what it is like to be young;
- express likes and dislikes;
- design a poster.

Look at the picture and discuss:

- 1 What activities do you think are typical among young people?
- 2 What activity excites you most?

Warming up

Choose one activity you like to do most and give your reasons.



parkour



rock climbing



camping



orienteering



whitewater rafting



paragliding

Listening and Speaking

- 1 Listen to the dialogue between Mike and Lynn about their weekend activities. The following words, expressions and sentences may help you. 🎧

cycling club make it go camping
barbecue post

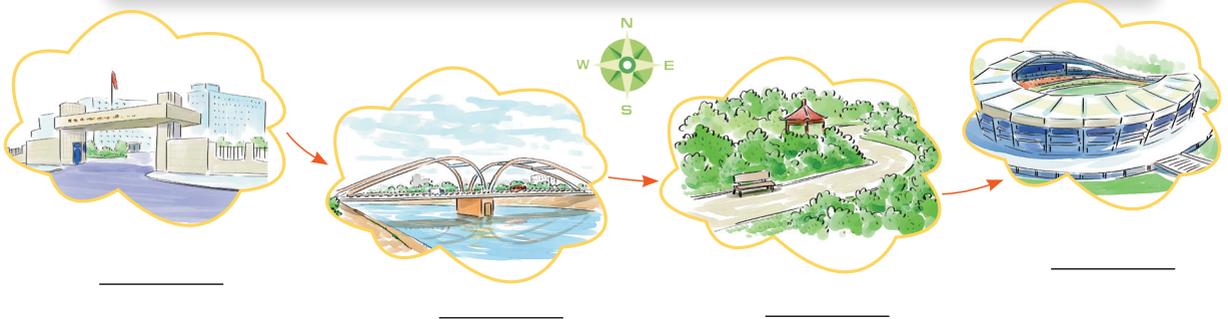
How was your weekend?
They are all camping lovers.
I've posted some pictures online.

Tips

在互联网时代，年轻人喜欢将自己的动态和照片上传到网上。如果你喜欢朋友的文字或照片，要记得点赞啊，点赞的英文说法为 click the "like" button.

2 Listen again and complete Lynn's cycling route map with the places given below. 🎧

- A. City Stadium B. school gate C. Dongfeng Bridge D. Big Forest Park



3 Discuss in pairs. Whose outdoor activity do you prefer, Mike's or Lynn's? Why?

4 Read the following words, expressions and sentences. Then listen to the dialogue between Chris and Lily. 🎧

- concert classical music I bet rock 'n' roll pick sb. up

Guess what?
I was wondering if you were interested in coming with me.
I bet you'll love it.
My favourite music is rock 'n' roll!

5 Listen again and choose the correct information about Chris' tickets. 🎧

Rock 'n' Roll Music

Time 8:00 pm

Place Grand Theatre

Classical Music

Time 8:00 pm

Place City Music Hall

Classical Music

Time 8:00 pm

Place Grand Theatre

Rock 'n' Roll Music

Time 8:00 pm

Place City Music Hall

6 Work in pairs. Invite your partner to a date. The following expressions may help you.

1. I was wondering if you'd like to...
2. Are you available this Saturday afternoon?
3. Would you like to attend...
4. Do you like doing...

Reading and Vocabulary

- 1 Read the passage about a gap year with the help of the following words and expressions. 🎧

gap year volunteer recall expose possibility cover
figure out ambition first-hand industry knowledge
explore one's strengths academic

Polly, an 18-year-old girl from the US, had a gap year after graduating from high school. She went to South Africa to volunteer at a wildlife conservation centre. She recalled, "My experience during the gap year was fantastic, and it exposed me to possibilities I never knew existed. I will never forget it!"

A gap year is a year between leaving high school and going to college, which some young people use as an opportunity to travel, earn money or gain work experience. Different people have different opinions about the gap year. Let's see what some students say about it.

Lisa: I'd like to take a gap year before going to college. I believe the gap year could help me find what I really want to do in the future. I love travelling, so during the gap year I could travel the world and have closer contact with different cultures. A year is long enough for me to go anywhere I want and see the world. During the year, I can also do part-time jobs and earn some money to cover my travelling expenses.



Andy: Few people know exactly what they want to do when they're in high school. It's smart to take a gap year to figure out your ambitions. You can also add real value to your résumé and develop invaluable first-hand industry knowledge by working in a certain field.

Wang Xiaoming: I would like to take a gap year if I was given the opportunity. I could find a part-time job or work as a volunteer during the year to explore my strengths. Besides, a gap year could help me get better prepared for college and society. However, taking a gap year also worries me a little, because it might not be safe for students to work or travel alone at such a young age. What's more, some students may find it hard to get used to an academic environment again after travelling or working for a year.

Tips

西方国家的年轻人在上大学之前，通常会用一年的时间来实习或旅游，这一年叫做gap year。

2 Read again and match the students with their opinions about a gap year. Then share your opinion with your classmates.

- Polly** figure out your ambitions; develop invaluable industry knowledge
- Lisa** have a fantastic experience and expose you to various possibilities
- Andy** get better prepared for college and society
- Wang Xiaoming** find what you really want to do

3 Read the passage again and sum up the excitements and worries of a gap year.

excitements	worries
<p>.....</p> <p>earn some money</p> <hr style="border: 0.5px solid #ccc;"/> <hr style="border: 0.5px solid #ccc;"/> <hr style="border: 0.5px solid #ccc;"/>	<p>.....</p> <p>safety factors</p> <hr style="border: 0.5px solid #ccc;"/> <hr style="border: 0.5px solid #ccc;"/> <hr style="border: 0.5px solid #ccc;"/>

- 4 Discuss in pairs. Would you like to take a gap year? What would you like to do during the gap year?

Grammar for Use

Non-restrictive attributive clause conducted by *which*

Read the following sentences. Pay attention to the non-restrictive attributive clauses conducted by “which”.

1. A gap year is a year between leaving high school and going to college, which some young people use as an opportunity to travel, earn money or gain work experience.
2. Parkour comes from the French word “parcours”, which means route or path.
3. Jenny passed the driving test, which came as a surprise.
4. The weather turned out to be fine, which we hadn't expected.

定语从句可分为限制性定语从句和非限制性定语从句两种。限制性定语从句对先行词起限制作用，二者关系密切。非限制性定语从句与先行词之间的关系较为松散，如果去掉从句，不影响主句的意义，从句与主句之间通常用逗号隔开。which 引导的非限制性定语从句所指代或修饰的可以是主句中的某一个词，也可以是整个句子。

Practical Reading

1 Read the following posters.



Beijing Cyber Games

Address: Wanda Plaza
Time: from 13 February to 15 February

The most well-known international cyber game event is coming! Experience the world of games at Wanda Plaza.



2 Read again and discuss which activity you'd like to attend. Give your reasons.

Practical Writing

1 Discuss and choose what information a poster should include according to Practical Reading.

- | | | |
|---|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> address | <input type="checkbox"/> time | <input type="checkbox"/> dress code |
| <input type="checkbox"/> ticket price | <input type="checkbox"/> picture | <input type="checkbox"/> title |
| <input type="checkbox"/> characteristic | <input type="checkbox"/> introduction | <input type="checkbox"/> map |

2 Suppose you are the organiser of Campus Singer Contest. Design a poster for it. The posters in Practical Reading may help you.

Address	School Hall
Time	7:00 pm — 9:00 pm, Friday night, 18 April
Title	Campus Singer Contest
Dress Code	As imaginative as possible
Brief Introduction	Anyone who loves singing is welcome to this contest! Come and show your talent! Great surprises are waiting for you.

Project

The English Week in your college is coming. The Student Union is considering organising some activities, such as English Songs Contest, English Speech Competition, etc. Design a poster for one of the activities, and then present it to the class.

1 Work in groups of four and choose an activity.

2 Determine the main information of the poster.

3 Select or draw pictures for the poster.

4 Draw up a brief introduction for the activity.

5 Make a five-minute presentation.

Around the World 🎧



Break-dancing is a form of street dancing that incorporates body movements, coordination, style and aesthetics. Break-dancing grew up around hip-hop music during its early stages of development in the US. In one of its most popular moves, dancers would support themselves on one hand while spinning their bodies around and kicking out their legs.

Parkour comes from the French word “parcours”, which means route or path. The aim in parkour is to jump, climb or run over and around any wall, staircase or fence blocking your path. Sounds like a fun game, right? Parkour is not exactly a sport. It was not developed for competition. It is more about learning to control mind and body in difficult situations.



Orienteering is an adventure sport where participants navigate using a map and a compass to find their way between some control points. The control points are marked on a specially drawn map. The skills required for orienteering lie in choosing the best route between control points. The mental challenge as well as the physical activity makes orienteering a popular sport.

My Progress Check

Listening Comprehension

1 Listen to the dialogue and choose the information you hear.

- Lisa made some new friends during the holiday.
- Eric went out a lot during the holiday.
- Lisa cooked by herself at home.
- Eric went fishing with some friends.

2 What would you like to do during the summer holiday?

1. go hiking with some friends
2. _____
3. _____
4. _____

Vocabulary and Structure

1 Complete the sentences with non-restrictive attributive clauses. Make sure they have the same meanings with the sentences given.

1. It is sunny and cloudless outside. It is suitable for a picnic.
It is sunny and cloudless outside, _____.
2. The Internet is a good way to get information. It helps students learn a lot beyond textbooks.
The Internet, _____, helps students learn a lot beyond textbooks.
3. She said she had been waiting for an hour. It was true.
She said she had been waiting for an hour, _____.
4. He had failed in the exam. It made his father very angry.
He had failed in the exam, _____.
5. This book is very popular among young readers. It was written by J.K. Rowling.
This book, _____, is very popular among young readers.

2 Complete the sentences with the proper form of the given words or expressions.

volunteer recall pick sb. up ambition make it

1. My sister is coming to see me tomorrow. I will _____ at the airport.
2. She is a hard-working student. Her _____ is to become a doctor.
3. I never thought Peter would _____ as an actor.
4. She _____ that Jack never came home late.
5. The _____ at the Olympic Games will not get paid. It is a valuable experience for them.

Translation

Translate the sentences into English using the given words or expressions.

1. 不同的人对间隔年有不同的看法。(opinion)
2. 他无法适应新的环境。(get used to)
3. 我感到自己做饭很困难。(find it hard to...)
4. 这笔奖金应该够支付他的学费了。(cover)

Reading and Writing

Read the paragraph and complete the following tasks.

I'd like to take a *gap year* before going to college. I believe the gap year could help me find what I really want to do in the future. I love travelling, so during the gap year I could travel the world and have closer contact with different cultures. A year is long enough for me to go anywhere I want and see the world. During the year, I can also do part-time jobs and earn some money to cover my travelling expenses.

1. Translate the underlined sentences into Chinese.
2. Write down your understanding of the italicised part in about 80 words.