

# Map of the book

Unit	Get on board	Experience the world	Understand the world	Over to you	Further listening
<b>1</b> <b>A better me</b> <i>T2</i>	To become a better person <i>T3</i>	<b>Listening 1</b> Introvert vs extrovert: Which one are you? <i>T4</i> <b>Listening 2</b> Knowing yourself <i>T6</i> <b>Language in focus</b> <i>T8</i>	<b>Listening 1</b> A year of kindness <i>T10</i> <b>Viewing</b> Three happiness tips <i>T12</i> <b>Listening 2 – Voice of China</b> The life story of Isabel Crook <i>T14</i>	<b>Project</b> Giving a self-introduction <i>T16</i>	<b>Conversation</b> <i>T18</i> <b>Passage 1</b> <i>T18</i> <b>Passage 2</b> <i>T19</i> <b>Passage 3</b> <i>T20</i>
<b>2</b> <b>Home sweet home</b> <i>T22</i>	When you think of home <i>T23</i>	<b>Listening 1</b> Being homesick <i>T24</i> <b>Listening 2</b> What does “home” mean? <i>T26</i> <b>Language in focus</b> <i>T28</i>	<b>Listening 1</b> The story of a Singaporean family <i>T30</i> <b>Viewing</b> Different kinds of families <i>T32</i> <b>Listening 2 – Voice of China</b> Four generations of the same family living under one roof <i>T34</i>	<b>Project</b> Presenting a convincing argument on the importance of family <i>T36</i>	<b>Conversation</b> <i>T38</i> <b>Passage 1</b> <i>T39</i> <b>Passage 2</b> <i>T39</i> <b>Passage 3</b> <i>T40</i>
<b>3</b> <b>Be a friend</b> <i>T42</i>	A friend should be someone who ... <i>T43</i>	<b>Listening 1</b> The way you talk with your friends <i>T44</i> <b>Listening 2</b> Acquaintances vs close friends <i>T46</i> <b>Language in focus</b> <i>T48</i>	<b>Listening 1</b> Turning strangers into friends <i>T50</i> <b>Viewing</b> Friendship soup <i>T52</i> <b>Listening 2 – Voice of China</b> The story of zhiyin <i>T54</i>	<b>Project</b> Telling an anecdote about friendship <i>T56</i>	<b>Conversation</b> <i>T58</i> <b>Passage 1</b> <i>T59</i> <b>Passage 2</b> <i>T59</i> <b>Passage 3</b> <i>T60</i>
<b>4</b> <b>Think green, live green</b> <i>T62</i>	Green practices that help the environment <i>T63</i>	<b>Listening 1</b> Being a vegan <i>T64</i> <b>Listening 2</b> Repair Cafés <i>T66</i> <b>Language in focus</b> <i>T68</i>	<b>Listening 1</b> Fashion industry goes green <i>T70</i> <b>Viewing</b> Our seas are in trouble <i>T72</i> <b>Listening 2 – Voice of China</b> The Forest City <i>T74</i>	<b>Project</b> Making a vlog about your green living tips <i>T76</i>	<b>Conversation</b> <i>T78</i> <b>Passage 1</b> <i>T78</i> <b>Passage 2</b> <i>T79</i> <b>Passage 3</b> <i>T80</i>
<b>5</b> <b>From the past, into the future</b> <i>T82</i>	Traditions at different levels <i>T83</i>	<b>Listening 1</b> New Year’s Eve celebration <i>T84</i> <b>Listening 2</b> Traditional lifestyles <i>T86</i> <b>Language in focus</b> <i>T88</i>	<b>Listening 1</b> Interesting festivals <i>T90</i> <b>Viewing</b> Spain’s traditional bullfighting sparks controversy <i>T92</i> <b>Listening 2 – Voice of China</b> The tradition of Zhuazhou <i>T94</i>	<b>Project</b> Giving a speech about a tradition in your hometown <i>T96</i>	<b>Conversation</b> <i>T98</i> <b>Passage 1</b> <i>T98</i> <b>Passage 2</b> <i>T99</i> <b>Passage 3</b> <i>T100</i>
<b>6</b> <b>Smart life, better life?</b> <i>T102</i>	Digital devices that I use <i>T103</i>	<b>Listening 1</b> Smart technology <i>T104</i> <b>Listening 2</b> Technology changing our life <i>T106</i> <b>Language in focus</b> <i>T108</i>	<b>Listening 1</b> Digital technology connecting people in the world <i>T110</i> <b>Viewing</b> When London buskers meet the tap-and-go tech <i>T112</i> <b>Listening 2 – Voice of China</b> Smartphone apps in China <i>T114</i>	<b>Project</b> Giving a demonstration of your favorite technology <i>T116</i>	<b>Conversation</b> <i>T118</i> <b>Passage 1</b> <i>T119</i> <b>Passage 2</b> <i>T119</i> <b>Passage 3</b> <i>T120</i>