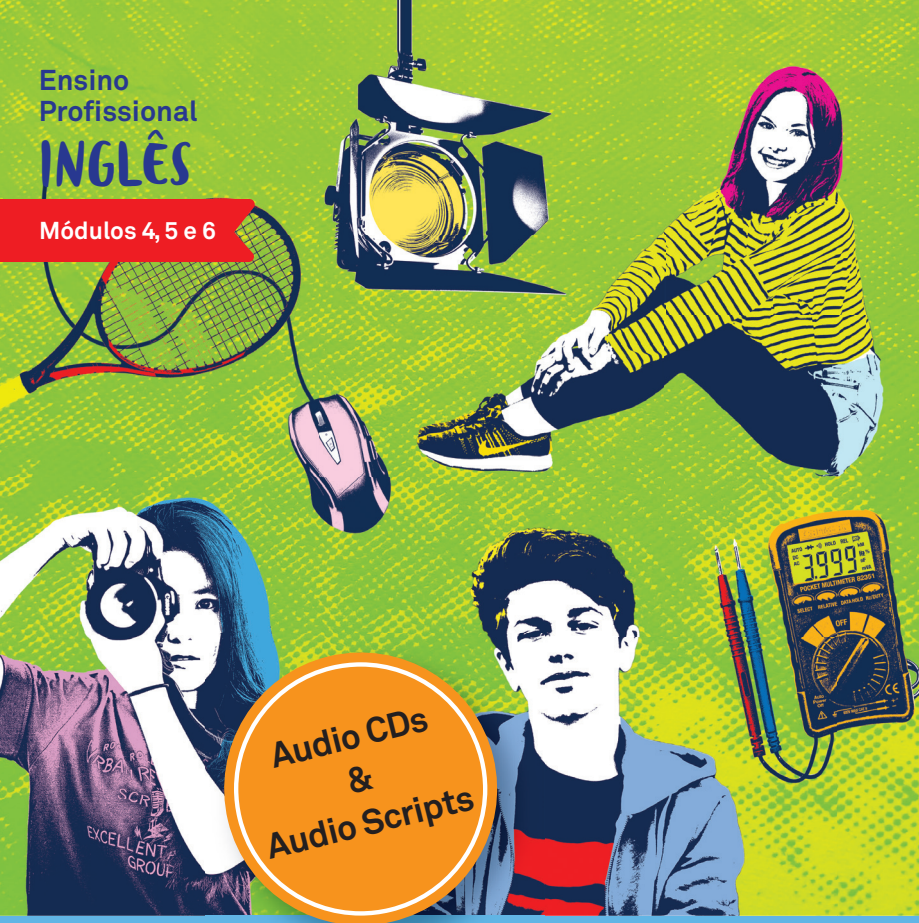


Ensino
Profissional
INGLÊS

Módulos 4, 5 e 6



New **HANDS ON**

TEACHER'S BOOK

Module 4

CD 1 – Tracks 1-2, p. 15

The World at One. This is Nick Clark.
The main news today: the Labour leader John Smith has died after a heart attack. Mr Smith, who was 55, collapsed with chest pains at his London flat. He was taken to St. Bartholomew's Hospital where he died at a quarter past nine. The Queen has led the nation's tributes conveying her sympathies to Mr Smith's widow Elizabeth. The Prime Minister said he was deeply shocked and saddened. We'll have tributes from leading Labour politicians including Neil Kinnock and Lord Callaghan and there will be a full news summary later in the programme. John Smith's sudden death robs the Labour party of a leader who had brought unity after years of opposition, transforming its electoral prospects. Many opinion surveys and commentators had been suggesting that victory at the next general election might be his.

CD 1 – Tracks 3-4, p. 15

Now, here's your host Chris Messick.
Welcome with your favourite song at 4345822909, that's 4345822909.
And now for your weather for the Lynchburg area today: beautiful day outside, high of 52 degrees, low of 30, temperature is currently 49 degrees. A little bit windy outside, winds at 15 miles per hour from the west, so a little bit chilly, definitely bundle up before you go outside if you plan on doing anything outdoors.
Wednesday, tomorrow, sunny, high of 54,

low of 31 degrees, winds at 11 miles per hour, so still windy but a little bit less. Thursday cloudy, the clouds come in to Lynchburg yet again, high of 56, low of 42, chance of rain 10%.

Friday rain, high of 52, low of 37, chance of rain 70%, winds at 13 miles per hour, so definitely going to be a wet day on Friday, April 5th.

Saturday the sun comes back out with barely any clouds in the sky, high of 62, low of 44 degrees.

Sunday partly cloudy, high of 69, low of 48.

Monday it's going up to 75 degrees, finally starting to feel like spring, 75 degrees, low of 51, clouds in the morning but they will clear out in the afternoon hours.

CD 1 – Tracks 5-6, p. 24

Digital Divide is an economic and social inequality with regard to, access to, use of and impact of Information and Communication Technology (ICT).

Some years ago, it was seen only as a question of having or not having access to computers or the internet. But right now, the use of mobile phones has gone global, and the digital divide is seen as the difference between those who have more or less bandwidth and more or less skill.

Today we refer to the divide between different countries or regions of the world as the Global Digital Divide. This describes a gap in terms of having or not having access to and knowing or not knowing how to use ICT.

CD 1 – Tracks 7-8, p. 32

1.1

Mary: Hello John, how are you?

John: Hello, Mary. Not so good. I'm having some trouble booking my holidays. The prices are too high this season.

Mary: Where have you tried to book your holidays?

John: In a travel agency, as usual.

Mary: Why don't you try booking.com? They have a huge variety of places and prices as well.

1.2

Julie: I really need a good English dictionary, but they are so expensive.

Jim: Why don't you try eBay, Julie? They have second-hand books in very good condition.

Julie: The problem is that I need a credit card to shop online...

1.3

Grace: Are you still looking for a job, Thomas?

Thomas: No, not anymore, Grace. I was contacted by a law firm. They liked my profile on LinkedIn.

Grace: That's really great!

Thomas: Not really... It's a temporary position.

1.4

Rachel: Hi Bob!

Bob: Hi Rachel!

Rachel: What's the matter? You look tired.

Bob: Tell me about it! I have to translate a paragraph into six different languages.

Rachel: Why don't you use duolingo? It's an amazing free app to learn and practise different languages.

Bob: That sounds perfect!

1.5

Diane: Michael, you look very happy. What's happened?

Michael: Well, I used to spend a lot of money listening to music on iTunes.

Diane: Yes... and that makes you happy?

Michael: No. Not that. I have downloaded Spotify and now I have my own playlists for free!

1.6

Lucy: What are you doing, Simon?

Simon: I'm talking to my girlfriend in Portugal.

Lucy: Is it Facetime? I didn't know you had an iPhone.

Simon: I don't. This is Skype. It's got sound and picture like Facetime but you can use it on any device.

CD 1 – Track 9, p. 32

Internet

Internet

CD 1 – Track 10, p. 32

international
wanted
advantage
interaction
encounter
antibiotic

CD 1 – Tracks 11-12, p. 38

Cybercrime 1

Cyber criminals offer a bait so that you take it and give out the information they want. Such attempts are mostly emails sent by people you have never heard of, in which they ask you to visit an authentic looking URL, to log in and enter sensitive personal data.

Cybercrime 2

You are led to download malicious code by simply clicking on some advertisement on any website that is infected. This is one of the fastest growing types of cybercrime.

Cybercrime 3

A person invades your personal data available online and gets information on credit card, address, email IDs, etc. and uses it to commit a fraud for financial gain by pretending to be you.

Cybercrime 4

This is the unauthorised use and distribution of someone else's intellectual property, such as films, songs, books or even computer software. By getting them for free, you are reducing the profits of artists and developers, who work hard to create them and deserve to be paid for their work.

Cybercrime 5

A person enters your computer network and encrypts your files using public-key encryption. This encryption key remains on the hacker's server. Attacked users are then asked to pay money to receive this private key. So make sure you make backups of your data on a regular basis.

Cybercrime 6

This is the use of digital-communication tools (such as the Internet and mobile phones) to make another person feel angry, sad, or scared. Examples include sending hurtful texts or instant messages, posting embarrassing photos or videos on social media, and spreading mean rumours online or with cell phones.

Cybercrime 7

The cyber criminals contact you directly via email or, more often, by phone. They try to gain your confidence and once they succeed, they get the information they need. This information can be about you, your money, your family or anything that might be of interest to the cyber criminals.

Cybercrime 8

It is the act of pursuing a person by following their online activity to get information and harass them and make threats using verbal intimidation. It's an invasion of one's online privacy. Most victims of this crime are women who are stalked by men and children who are stalked by adult predators and paedophiles.

CD 1 – Track 13, p. 39

Hip hop song “Internet Safety”

CD 1 – Tracks 14-15, p. 46

James Bryan

I really wanted to get a better job, so I applied for a position I found online. I sent my CV and was called for a job interview. I thought I would be answering about my skills and experience, but the interviewer spent the whole time talking about my reputation on social media. “Your digital footprint is toxic!,” she said. She had seen some photos of me from five years ago doing silly things. But can you imagine? Not getting a job because your possible boss checked you out on social media?

Tove Styrke

I was in the talent show *Idols* in my country in 2010. A competition like that, on TV, that's entertainment, that's a

popularity competition... it can really start your career. After appearing on *Idols*, I became more confident of my songwriting abilities. The show prepared me for this industry and I feel grateful for the chance to show my talent.

Filipa Júlio

The internet played a huge role in the development of my shoe brand. Our ballet flats, tennis shoes, boots, shoes and accessories can be ordered online or bought at our store in New York. We are known internationally and we have been considered one of the leading companies in Portugal in digital entrepreneurship.

Reena Dawson

Two days before Thanksgiving, I got hit by a ransomware attack. My 5,726 files got locked and it was impossible for me to access them. The attacker then contacted me and said that I could either pay to get my files back or lose them forever. I really didn't want to lose my photos, documents and other files, so I decided to pay the ransom.

CD 1 – Tracks 16-17, p. 46

Intellectual property or IP is all around you. You can't see or touch it, but if you own a business then it's likely you'll own some IP. There are four different types of intellectual property rights: patents, trademarks, designs and copyright. The technology inside your phone is covered by hundreds of patents. Patents protect how products work, what they do, how they do it, what they're made of and how they are made.

A trademark protects the brand name of your phone or any other product or service. The trademark could be made

up of words, logos or a combination of both and can even be sound or action-based.

A registered design protects the overall visual appearance of your phone. Copyright protects the written instructions and any content that you view on your phone, even this animation. Copyright protects any literary work, art, music, websites, software, databases, films and promotional material. Intellectual property rights are a legal form of protection that give you the ability to stop others from making, using, importing or selling your creations.

CD 1 – Tracks 18-19, p. 46

YouTube grants something called "Fair Use" that allows you to download and use copyrighted videos without getting permission from copyright owners in some cases:

- 1.** If you download and reuse YouTube videos as material for research, criticism, commentary, teaching or news reporting, your use is fair use.
- 2.** If you are a creative video maker, you'll need to download YouTube videos and add original materials to form a new video, for example parodies of hit songs and/or films, for entertainment or non-profit only. It can be taken as fair use.
- 3.** In addition, you should post the statement "no copyright infringement intended" when you use YouTube videos.

CD 1 – Tracks 20-21, p. 50

There are many Internet crime stories. From ethical hacking to blackmail and card hijacking, there are many true stories that show how you must act now to secure your well-being in the digital landscape.

Story 1: Catfish isn't dinner, it's lies, manipulation and theft

Some people hack you not with malware or suspicious links, but by gaining your trust and love. This journalist's mother started using the online dating site *Match.com*, and eventually formed a connection with a soldier on active duty in Afghanistan. After a while, the soldier asked for a 30,000\$ loan to help him clear a sizeable inheritance of gold and jewellery from US customs. The journalist and her brother intervened, suspecting the soldier was catfishing their mother. In online slang, catfishing means pretending to be someone else in order to extract financial gains. Or it can be a twisted way to get attention and affection. In this case, the victims confronted the man with their suspicions and other evidence they had accumulated over time. The supposed soldier revealed he was a man from Ghana trying to support his sisters, and scamming people online was the best way he knew how to do that.

Story 2: The casual, public wi-fi hack

Maurits Martijn, a Dutch journalist at *De Correspondent*, entered a busy Amsterdam café with Wouter Slotboom, an ethical hacker.

Within a few minutes, Slotboom had set up his gear, consisting of a laptop and a small black device and connected to the coffeehouse's wi-fi. Soon enough, his laptop started to display what other people in the café were doing on their devices: what games they were playing, what apps they had installed, Google searches, password and email accounts and more. According to Slotboom, it wasn't even that difficult. All you needed

was around \$80-90 worth of software and equipment, an average intelligence and that was it, a few minutes was all it took to get a hold of a few dozen users' personal information.

If Slotboom wanted to, he could wait until one user wrote in his email address and password and then take it over. With it, he could control most of the services registered on that email.

While you don't need to be paranoid every time you connect to a public wi-fi, it's best if you know the risks of doing so.

These stories may help you realise that not protecting your information and relying on other Internet users to be nice and play fair is not a viable strategy. Cyber criminals don't care about the consequences of their attacks. They only want to reach their purpose, and sometimes that purpose may have nothing to do with you. You could just be a collateral victim, but the aftermath would be all too real for you.

Module 5

CD 1 – Tracks 22-23, p. 59

What's an unhealthy relationship?

A relationship is unhealthy when it involves mean, disrespectful, controlling or abusive behaviour. It's not healthy to stay in such a relationship.

Warning signs

Ask yourself: does my boyfriend or girlfriend...

- get angry when I don't drop everything for him or her?
- criticise the way I look or dress?

- keep me from seeing friends or from talking to other guys or girls?
- want me to quit an activity, even though I love it?
- ever raise a hand when angry, like he or she is about to hit me?
- try to force me to go further sexually than I want to?

If you can think of any way in which your boyfriend or girlfriend is trying to control you, make you feel bad about yourself, isolate you from the rest of your world, or – this is a big one – harm you physically or sexually, then it's time to get out, fast. Let a trusted friend or family member know what's going on and make sure you're safe!

CD 1 – Track 24, p. 60

Song "Thinking Out Loud", by Ed Sheeran

CD 1 – Track 25, p. 66

Excerpts of timeless love songs

CD 1 – Track 26, p. 68

Song "Mama said", by Lukas Graham

CD 1 – Tracks 27-28, p.72

Sarah Minty, gap year testimonial

I had wanted to visit India since I was a little girl and when I got there it was even more amazing than I thought.

I went to India to teach kids and it was a lot of fun. Being immersed in different cultures gives you different perspectives on life. It's definitely worth it if you want to make a difference in the world. It felt so amazing when kids started speaking some English to me! Even if it was just a phrase, any progress was good progress. I lived in both Delhi and Kolkata. These are two very different cities but I felt at home in both, because my host families

welcomed me so warmly. I can't wait to go back.

Ian Duong, apprenticeship testimonial

I didn't want to go to university immediately after school. I wanted to experience the world of work, and develop my skills and knowledge. The apprenticeship programme was a really good experience. It opened my eyes to what it was like to be in a professional environment every day. The teaching style is really casual and calm, I expected it to be like school but it was fun and I adapted easily. The environment is very positive and professional, the people in the office were awesome. They were really friendly. I would recommend this programme to anyone who is interested.

Jessica Gauci, testimonial about joining the military

I always had a dream of becoming a soldier and joining the Armed Forces. When I told my parents that I'd like to join the Army they were not very enthusiastic but I was determined to follow my dream and a few months after finishing school I applied to become a soldier and I started my four-month recruitment. I must admit it was not easy! But I developed very important skills: to build a strong character, to work in a team, to be punctual, to be more independent and above all, to be more responsible!

CD 1 – Track 29, p. 75

debt

CD 1 – Track 30, p. 75

castle
salmon
climb
receipt
honorary
psychology
palm
write
gnome
fight

CD 1 – Track 31, p. 82

Excerpts of songs

CD 1 – Tracks 32–33, p. 84

1.1

Son: Dad, do you have a minute?

Father: Sure. Is there a problem?

Son: Not really. It's just that I have something to ask you.

Father: What is it?

Son: I was just wondering if I could go camping with my friends at the Coachella Festival.

Father: No way! You are just 14. You're not even old enough to go to a concert, let alone to a festival!

1.2

Daughter: Mum, can I have 20 euros?

Mother: What for?

Daughter: Well... I saw this beautiful really cheap skirt at that small shop we usually go to...

Mother: What about your pocket money? Have you spent it already?

Daughter: Well, you know... I had to polish my nails and I bought some bracelets and earrings....

Mother: Sorry... you know you have to make do with your pocket money... you'll have to wait for next month to get more money...

1.3

Sarah: Hello, Jenny! You don't look very happy...

Jenny: You bet I'm not! I have been thinking about getting a tattoo on my back, you know?

Sarah: Yes, you've been thinking about it for a while... so, what's the problem?

Jenny: My parents don't even want to hear about it! But I want it so badly! I think I will do it all the same!

Sarah: Really? I don't think you should do it without your parents' consent. And besides they won't do it to you if you're under 18...

Jenny: Yeah... maybe you're right... maybe I should wait until I'm older...

Sarah: Maybe you'll change your mind...

Jenny: No way! One day, I'm going to get one for sure.

1.4

Ed: Hi, Tim. Have you heard that Juventus is coming to town for a game next month?

Tim: You're kidding me! Is Ronaldo coming with the team? We really have to go and see the match!

Ed: We definitely have to! Do you think your parents will let you go?

Tim: Not alone, no...

Ed: Well... I'll try to convince my father to come along... he's a fan of Ronaldo too! I don't think he will want to miss the chance to watch him play!

Tim: That would be amazing! I would die for a selfie with Ronaldo!

CD 1 – Tracks 34–35, p. 94

Dust-filled air, desert temperatures and crowded campsites – that is the glory of music festivals like Coachella. Glory to some, probably... but not for me.

The thought of all the artists that I love being in one place is appealing, but not at the cost of 400 dollars and my dignity. The picture of me after a weekend at Coachella remains consistent – sunburnt, broke and unsatisfied.

These festivals seem like another opportunity to watch crowded concerts from half a mile away and eat from a slightly mediocre and overpriced food truck buffet. Additionally, the 400 dollars refers only to a general admission ticket – not the cost of staying on site or at a hotel a few miles away from the venue. So, why invest the time and money into music festivals? Is it really worth it? I'm sure people enjoy the festival atmosphere. Adventurous extroverts love the chance to meet new people. But aside from flower crowns, what makes it so different from seeing a regular concert? Next year, I'll be sitting in the comfort of my own home, lounging on my couch and waiting for reasonably priced tickets to go on sale for the next show that will take place in an air-conditioned venue with a quarter of the people than I would find in Indio Valley.

CD 1 – Tracks 36-37, p. 94

The act of binge watching has become a pop culture phenomenon. People are watching episode after episode after episode. In fact, they're watching so many episodes that finishing an entire season in one weekend is very likely to happen.

So, what exactly is binge watching? According to Netflix, it's watching two to six episodes of the same show in one sitting, and nine out of ten people admit they've done it. What's more, 73 percent

say they have positive feelings about it.

Why has binge watching become so popular, you might ask?

Reasons for binge watching vary, but Netflix found two in three people say there's simply too much good TV to watch. Where are people binge watching?

About two in five American households now subscribe to a video streaming service, and people spend a significant amount of time in front of their screens. Some households have even chosen to have only streaming. It's estimated that 2.6 million don't subscribe to cable at all, but rely solely on streaming.

Module 6

CD 2 – Tracks 1-2, p. 103

News report 1 – Hawaii volcano: New land formed as lava flows meet ocean

Many recent videos have shown lava from Hawaii's Kilauea volcano entering the ocean and forming new land. The footages reveal the interaction between lava and seawater creating a white plume called "laze". An entire neighbourhood has been wiped off the map in Hawaii as Kilauea continues to throw lava. More than 400 homes have been destroyed since the volcanic activity started around a month ago. The disaster is thought to be the most costly and destructive in US history, although no deaths have been reported so far.

News report 2 – Japan floods: Death toll rises to 195

Landslides and flooding caused by heavy rain in Japan have killed 195 people in what has become one of the deadliest natural disasters to hit the

country since the earthquake and tsunami of 2011. Some 75,000 responders have been deployed to the area for search and rescue operations. The rain started to pour on Thursday and picked up Friday. Some cities were completely inundated in a matter of hours. Hundreds of thousands of people were forced to flee their homes, and those unable to leave took shelter on rooftops as the streets filled with water.

News report 3 – Scientists express alarm at “devastating” impact of climate change on coral reefs

Scientists have expressed alarm at the “devastating” impact of climate change on the world’s coral reefs. More than a third of Earth’s reefs are now under threat due to a process known as bleaching. Coral bleaching happens when high temperatures and bright sunshine cause the metabolism of the algae to accelerate until they start creating toxins. The algae are what give coral reefs their vivid colour.

The process can kill off coral at an alarming rate and the damage may be irreversible. Damaged or dying reefs have been found from Hawaii in the Pacific to Réunion, off the coast of Madagascar to Indonesia, and the Florida Keys in the Atlantic.

News report 4 – Radioactive cloud warning

A cloud of radioactive pollution over Europe indicates that an accident took place at a nuclear facility either in Russia or Kazakhstan in the last week of September. Neither Russia nor Kazakhstan has admitted to any accident. The Mayak site was the

location for the third most serious nuclear accident ever recorded, known as the Kyshtym disaster, which led to the evacuations of around 10,000 people in 1957.

France’s IRSN, a nuclear safety institute, said that the pollution, even at one thousand times higher than normal levels, would not be sufficient to cause an impact on human health or the environment in Europe.

CD 2 – Track 3, p. 103
threat, freak and heard

CD 2 – Track 4, p. 103
there – bear – pear
word – heard – bird
meat – beat – suite
rose – dose – hose
bought – taught – thought
moth – cloth – broth

CD 2 – Track 5, p. 119
two
more
global
covered
population

CD 2 – Track 6, p. 119
hole
lose
hot
horse
love

CD 2 – Tracks 7-8, p. 120
Speaker 1

I think the best solution would be to make people aware of family planning. We should make people aware of the serious effects of overpopulation and let them know about various safe sex techniques and contraceptive methods

available to avoid any unwanted pregnancy and prevent the increase of the birth rate.

Speaker 2

I know that the World Health Organization states that 225 million women who are living in the developing countries would prefer to postpone giving birth but are not using any form of contraception. So, improving access to contraceptives should be funded by international organisations working in the developing countries.

Speaker 3

Maybe the governments of various countries might have to come up with the reverse policy, I mean, to lower rates of income tax for those married couples who have one or two children. As we humans are more inclined towards money, this may produce some positive results.

Speaker 4

While a number of organisations exist to provide schools with curricula and teaching materials to cover the subject of overpopulation, it is still a subject that is not covered in schools as well as it should be. This education should extend beyond talking about sex and into the global consequences of overpopulation.

CD 2 – Tracks 9-10, p. 128

I joined the Zero Waste Movement two years ago.

We, Zero Wasters, aim to send nothing to a landfill. We reduce what we need, reuse as much as we can, send little to be recycled, and compost what we cannot. The goal of Zero Waste is to write trash out of existence.

Did you know a lot of trash doesn't even

make it to the landfill? Instead it clutters the sides of roads and swirls in the ocean. Plastic is especially dangerous to the ocean, marine life, and our health. It doesn't biodegrade. It photodegrades, which means it only gets smaller and smaller. And recycling isn't a perfect solution. Did you know only 9% of plastic is actually recycled? There's a reason recycle is LAST. "Reduce, Reuse, Recycle". Recycle shouldn't be the first line of defense, it should be a last resort. I'm not telling you this to prevent you from recycling. I'm telling you this so you can recycle better and depend on it less. Instead focus your efforts on reducing and reusing. By reducing what we need, we're reducing what we'll eventually throw out.

Remember: every day you have the decision to positively impact the planet. How do you get to work? How do you buy your groceries? What are you eating? What are you buying? Everything is interconnected. Every purchase you make is a vote for the kind of world you want to live in.

CD 2 – Tracks 11-12, p. 128

The key factor in my decision to go vegan was to take a stand against animal cruelty and animal exploitation everywhere, but it was not the only reason. Going vegan is a great opportunity to learn more about nutrition and cooking, and improve your diet. Getting your nutrients from plant foods allows more room in your diet for healthy options like whole grains, fruit, nuts, seeds and vegetables, which are full of beneficial fibre, vitamins and minerals. Avoiding all animal products is also one of the most effective things an individual

can do to lower their carbon footprint because the production of meat and other animal products places a heavy burden on the environment. It's time to ask ourselves: if it is now possible to live a life that involves delicious food and drink, delivers better health, leaves a smaller carbon footprint and avoids killing other creatures – then why don't we?

CD 2 – Tracks 13-14, p. 128

Some people don't really know what an eco-resort is. It is mainly a tourist resort whose facilities are intended to have a minimal impact on the local environment. As I have always been very environmentally aware, I thought this was the perfect choice to play my part. Ecotourism provides the opportunity for not only environmentalists, but also tourists to learn more about the ecosystems, biology, and geology of a specific location. It provides an impactful first-hand experience about sustainable living and eco-friendly practices. It also provides sustainable economic growth for countries. Did you know that places like Ecuador, Nepal, Madagascar and Costa Rica already rely on tourists to build their economies? Regular travel and tourism usually returns only about 20% of revenue back to local communities while ecotourism can return as much as 95%. In addition, ecotourism also promotes and preserves traditional practices. Locally grown food and crafted goods create a direct economic and cultural connection between the tourist and citizen. Some even consider ecotourism to be a means to end cultural ignorance, stereotyping and fear in the world through its ability to educate travellers.

And don't forget that when you spend money on ecotourism, some of it goes toward conservation efforts like reforestation and endangered species repopulation projects. Essentially, the more money spent on ecotourism, the easier it will be to finance conservation projects.

CD 2 – Tracks 15-16, p. 138

Coral reefs are filled with colourful ocean life. But they're in danger of dying off. The planet has already lost 50% of its coral in the last 30 years. If the rest goes, the consequences would be dire. Sea life has the most to lose. Coral reefs cover less than 1% of the ocean floor. But they provide an essential ecosystem for a quarter of all marine life. One of these creatures – a type of sea slug – is actually an important ingredient in certain cancer-fighting compounds. In fact, some estimates predict we are 300 to 400 times more likely to find new drugs from coral reef ecosystems than land-based ones. But that's only if they survive the next century. In addition to breakthrough medicines, over half a billion people depend on these reefs for food and work. Almost 1/5th of the world's protein comes from seafood, with people eating on average almost 50 pounds per year. The US fishing industry supports 1.5 million jobs alone, nearly a quarter of what the US meat and poultry industry employs. Without reefs, billions of sea life species would suffer, millions of people would lose their most significant food source, and economies would take a major hit. But it's not just about the jobs. Coral reefs attract tourists to more than 100 countries and territories worldwide. These tourists spend billions

of dollars diving into the underwater landscapes. Without these attractions, economists estimate that coastal tourism would drop by more than 9%, which is equivalent to about \$36 billion. These reefs also provide protection to the tourist-reliant coastlines. They act as natural barriers, cancelling out 97% of a wave's strength and protecting more than 200 million people. Building seawalls for the same protection costs \$2.5 million per mile. But today humans are putting these all at risk. Rising ocean temperatures and pollution stress the coral, which can kill entire coral ecosystems within just a few months. Half of the US Caribbean coral died in one massive bleaching event back in 2005. If we do nothing to cool the oceans, the planet's remaining coral could all be wiped out.

CD 2 – Tracks 17-18, p. 138

A recent survey revealed that many people are still not aware of the small things that they can do in their daily lives to lead an eco-friendlier lifestyle. Almost half of those surveyed admitted to having only a “reasonable” idea of how to change their habits, while more than half (54%) said they are only sometimes conscious of their eco-efforts. Each of us as individuals needs to make changes in how we preserve the environment. Here are some tips to help you lead an eco-friendlier lifestyle:

- 1.** Where and whenever possible, borrow, share and reuse instead of buying.
- 2.** Recycle your electronics responsibly, i.e. don't just throw these items away in the bin. E-waste contains mercury and other toxins, which are a growing threat to the environment.

- 3.** Invest in higher quality products that last longer, even if it means you have to pay a little more upfront.
- 4.** Make your own cleaning supplies with things like baking soda, vinegar and lemon.
- 5.** Stay informed. Check out some of the world's leading eco-bloggers who share tips on leading a more environmentally sustainable lifestyle.
- 6.** Skip the plastic bottles; instead use a reusable water bottle.

Extensive Reading

CD 2 – Track 19, Extensive Reading
Simon vs. the Homo Sapiens Agenda

Workbook

CD 2 – Track 20, p. 154

Song “Done for me”, by Charlie Puth

CD 2 – Track 21, p. 158

Song “Flames”, by Sia and David Guetta

CD 2 – Track 22, p. 163

Song “On top of the world”,
by Imagine Dragons

CD 2 – Track 23, p. 165

Song “Company”, by Justin Bieber

CD 2 – Track 24, p. 171

Song “The man who can't be moved”,
by The Script

CD 2 – Track 25, p. 174

Song “Love you like a love song”,
by Selena Gomez & The Scene

CD 2 – Track 26, p. 180

Song “One last time”, by Ariana Grande

TEACHER'S GUIDE

Files for specific purposes

CD 3 – Tracks 1-2, p. 30

Customer: Excuse me, could you tell me where the wetsuit section is?

Sales assistant: Sure! You are on the right floor... but it's down the aisle! I'll take you there! What type of wetsuit are you looking for? Is there any brand you prefer?

Customer: Well... I have a drysuit to go diving. It fits loosely and I can wear clothes underneath. This keeps me warm in our cold waters. But now... it's not suitable for my new sport.

Sales assistant: And what sport is that?

Customer: I've recently started kite surfing. I've already bought most of the gear, but I have a problem with my suit. The one I have is too heavy, badly fitting and totally unsuitable!

Sales assistant: I can imagine! You need a wetsuit which is much lighter, more flexible and easier to get in and out of. I can give you some advice, because I'm a surfer and I have had dozens of wetsuits.

Customer: Great! That would be fantastic... because, quite frankly, this is all new to me!

Sales assistant: We have everything from simple vests to a fullsuit. These fullsuits are for cold water, and come in a range of wetsuit thicknesses, depending on the level of warmth you want.

Customer: What do you advise?

Sales assistant: Our waters are cold, so I'd advise a 3mm/2mm wetsuit, which still allows flexibility and keeps you warm.

Customer: And the size?

Sales assistant: Let me see... I think that you are a size medium small... you're what? About 5'8 tall? You'll weigh approximately 150 pounds, right? It's likely that you'll need an MS wetsuit.

Customer: Yes, it's about that! You're right!

Sales assistant: Now, let's see what we have here... as you can see we have a range of brands available. Two of the models are on sale... maybe you should try them on and I'll come back to you in a moment and bring you some more suits.

Customer: Good idea! The changing rooms are over there, right? See you in a minute, then!

CD 3 – Tracks 3-4, p. 36

Receptionist: Good morning! Thank you for calling Dr Stone's office. This is Avril. How may I help you?

Patient: Hello, good morning! I'd like to make an appointment. I've never been to your practice.

Receptionist: Oh... don't worry about that! We are always excited to have new patients joining us. Could you please tell me your name?

Patient: My name is Richard Bothams.

Receptionist: Could you spell your last name for me, please?

Patient: Sure! B-O-T-H-A-M-S.

Receptionist: Mr Bothams, are you having any special problems at this moment?

Patient: No, I just need a general check-up and a cleaning. I've recently moved here for professional reasons and I'd like to get a new dentist and hygienist.

Receptionist: Okay. You've come to the right place! Our practice is committed to providing the highest quality experience and Dr Stone is a great dentist.

He's up-to-date on all of the latest dental procedures and he's very gentle, too. You are really going to like him. Mr Bothams, I'd like to schedule you to have an initial comprehensive examination with Dr Stone. May I place you on hold for a moment please? I need to consult the doctor's appointment book.

Patient: Absolutely... no problem!

Receptionist: Which will be more convenient for you, Mr Bothams: Monday, August 3 at 5 p.m. or Wednesday, August 5 at 8:30 a.m.?

Patient: Monday afternoon would be fine!

Receptionist: Let me ask you a few questions just so we can be prepared for your visit. Is that alright?

Patient: Of course!

Receptionist: Can you give me your phone number, address and dental insurance number, please? I need to fill in a personal data form.

Patient: Sure.

CD 3 – Tracks 5-6, p. 39

Situation: You find a person lying on the ground.

- Assess to make sure the scene is safe for you to respond to the down patient.
- Assess responsiveness: stimulate and speak to the person asking if he/she is ok. Look at the chest and torso for movement and normal breathing.
- If the person is unresponsive, first call the emergency response team who will bring a defibrillator (an AED).
- Place patient horizontally with his/her face and torso facing up on a hard flat surface and check for a pulse.
- If the person doesn't have a pulse and isn't breathing begin cardiopulmonary

resuscitation (CPR).

- Start with chest compressions. Provide 100 to 120 compressions per minute.
- Commence rescue breaths immediately, but only if there is a barrier device available (e.g. a pocket mask or bag mask). Provide approximately 6-8 rescue breaths per minute.

CD 3 – Tracks 7-8, p. 42

Camera operator: Sophie, we have an interview tomorrow afternoon... The director wants both of us to handle this shoot.

First camera assistant: Ok. Where's the interview going to be? In the studio or an outside broadcast location?

Camera operator: It'll be a location... the interviewee's home. The director said that we might consider shooting in the garden... what's the weather forecast for tomorrow afternoon?

First camera assistant: Let me check my weather forecast app... hold on... ok, it's going to be sunny, temperatures will be quite mild and the wind will be low. Good conditions for a garden shoot!

Camera operator: Perfect! So, let's focus on and prepare for a garden shoot!

First camera assistant: Will there be a preliminary non-camera rehearsal? Will we be able to determine the best shots and angles beforehand?

Camera operator: The director said that there won't be any time for rehearsal. It'll be live on tape... shot from beginning to end and recorded. The director wants to clean it up in post-production.

First camera assistant: So, we will probably have a lot of close-up shots... Has the director given you a shot list or do we have room for some improvisation?

Camera operator: No shot cards, fortunately! We can decide how the camera can be positioned to get the most effective shots. We need to talk with Sue, the gaffer... maybe daylight needs reflectors or lights. We mustn't forget David, the boom operator, because we might have problems with acoustics... it is an outside shoot.

First camera assistant: Ok. Will it be a single-camera or multi-camera production?

Camera operator: A single-camera shooting! We'll take our usual video camera. I haven't yet decided if I will be holding the camera throughout the whole interview or if we're going to use the tripod. The jib-arm could be a possibility as well... Hmmm... we need to figure that out later.

First camera assistant: Ok... I'll do the basic equipment checks and make the necessary adjustments! See you later.

CD 3 – Tracks 9-10, p. 48

Homecare assistant: Good morning, Mrs White! How are you feeling today?

Patient: Good, morning, Jane. I'm quite comfortable, thank you!

Homecare assistant: Did you sleep well?

Patient: Yes, I slept very well.

Homecare assistant: That's good to hear! I brought your lunch... grilled chicken and some rice and salad.

Patient: Will I get some dessert?

Homecare assistant: Mrs White... you know that you are not supposed to eat dessert. Didn't you listen to what the doctor said?

Patient: I know what the doctor said... I do not agree with him, though!

Homecare assistant: I'll leave the food near the microwave. In the meantime,

I'll have a quick look around your house.

Patient: Will the cleaning staff be here tomorrow to tidy up the house?

Homecare assistant: Yes, they will make up your bed and change the linen tomorrow.

Patient: Will you be here when they come? You know I don't feel comfortable with strangers running around my house.

Homecare assistant: Yes, Mrs White, don't worry! I will be keeping you company while they are here doing their job.... Do you need me to empty the rubbish bin?

Patient: Oh, yes, please! That would be nice!

Homecare assistant: Ok... I'll take it when I leave.

Patient: Could you help me sort out my laundry, Jane?

Homecare assistant: Sure, and I'll take it to the dry cleaner's today and bring it back tomorrow. And do you need some groceries?

Patient: Yes, I can make a shopping list now. There are not many things I need... just some dairy products and fruit, I think.

Homecare assistant: Ok! Is there anything else I can do for you?

Patient: No, thank you, Jane. I'm fine. See you tomorrow!

CD 3 – Tracks 11-12, p. 50

Situation: you find someone unconscious but breathing.

Kneel beside the victim and make sure that both legs are straight. Place the arm nearest to you out to your side. Bring the far arm across the chest, and hold the back of the hand against the victim's cheek nearest to you. With your other hand, grasp the far leg just above the

knee and pull it up, keeping the foot on the ground. Keeping the victim's hand pressed against his/her cheek, pull on the far leg to roll the victim towards you on to his/her side. Adjust the upper leg so that both the hip and knee are bent at right angles. Tilt the head back to make sure that the airway remains open.

CD 3 – Track 13, p. 62

Song “Internet Safety”

CD 3 – Track 14, p. 66

Song “Take my breath away”, by Berlin

CD 3 – Track 15, p. 66

Song “My heart will go on”, by Céline Dion

Tests

Module 4

CD 3 – Tracks 16-17, pp. 81, 85

Most of us are active on one or more social media sites daily. Sometimes hourly.

It's become a way of life; we don't even think twice about it anymore. But maybe we should.

Social networks like Facebook and Twitter have become a haven for identity thieves, con artists, and scammers. So how can you stay safe and still be social?

- 1.** Keep your firewall security and antivirus software up-to-date.
- 2.** Use strong passwords consisting of upper- and lowercase letters, numbers, and symbols.
- 3.** Be cautious with links and files. If you're not sure about the source, don't download or click on the link.
- 4.** Remember: If you wouldn't say it or do

it in public, don't post it online.

5. Be careful who you follow or friend. It may feel good to have hundreds of friends, but in reality, you only know a fraction of those people.

6. Do a search on yourself; you may be surprised. If you feel you have too much information out there, you can always restrict your online profile.

CD 3 – Tracks 18-19, pp. 81, 85

What to do if your computer has been hacked

Having your computer hacked can be an absolutely horrible experience. And it can start from something silly like opening an email attachment or clicking on an ad by mistake. Here is a couple of things you should do if you become a victim of computer hacking.

First, isolate your PC

Isolation is essential from the very first moment you realised you've been hacked. Since all hackers rely on the Internet connection to access your data, the first thing you should do is simply “close the door”. For example, if you have a PC, you should unplug the network cable. If you have a laptop, you should disconnect from the wi-fi.

Second, remove the hard drive

This may seem extreme, but taking into account how powerful current computer viruses and other types of computer hacking are today, simply shutting your PC down and removing the hard drive may be a great thing to do.

Third, save what's important

The next thing you should do is to back up the important data on your hard drive.

Make sure to transfer them to a USB flash drive or even another hard drive. It would be best to transfer all personal information, images, data files and documents or at least as much of them as possible.

Finally, reinstall the operating system and install an antivirus

Once your hard disk is clean and ready to use, you can start reinstalling the operating system. Make sure to always use original versions of the OS, and not any other versions from unreliable sources. Install a top quality antivirus software and then it should be safe to bring your backed-up data back to your PC.

Module 5

CD 3 – Tracks 20-21, pp. 89, 93

Top Career Choices of the Future

Students pick occupations for many reasons, not always good ones. Money, prestige, and mystique are a few of the attractive factors that can enter into the equation. Yet choosing something that simply sounds exciting may not be the best option.

Although no one can predict the future, it makes more sense to check trends in the economy and the workplace before making that critical decision. Picking the right field will make landing a dream job after school a reality. Having the ability to see the big picture is key. You should research the jobs that will be in demand in 10 to 20 years to determine the best future careers.

The key word would be explore. Explore every option – don't limit yourself.

Think that you can do whatever you

want to do. Don't sell yourself short.

Think globally. Choosing a career can be complicated because of today's rapidly changing world. It takes more than hard work and a little luck to find employment that can provide an adequate income and lifestyle.

CD 3 – Tracks 22-23, pp. 89, 93

According to *Next Step Magazine*, up-and-coming jobs are, not surprisingly, in healthcare, including pharmacists, dentists, optometrists, physician assistants, just to name a few.

When choosing a career in healthcare, consider how attainable it is. How long will it take to complete the necessary programme? Also consider the salary, status and quality of life of that profession. Some jobs require long hours, weekends and holidays, while others have more traditional hours.

For those seeking job security, professions in non-profit organisations and government agencies should be plentiful. These include school psychologists, urban planners, higher education administrators and professors. For work that involves human interaction, consider occupational therapy, speech therapy, school counselling or physical therapy.

All fields involving engineering, science and computers are high on the list of best jobs of the future. Some examples are robotics, artificial intelligence, virtual reality and gene therapy.

Understand that some careers improve with specialisation. A chef, for example, typically involves working late hours and weekends. Why not consider becoming a personal chef for busy families?

Keeping your options open, even if the

career decision seems obvious, can work to your advantage. Continue to research the profession's job responsibilities. To avoid disappointment, think ahead, and try to anticipate where the voids will be in the career market.

Module 6

CD 3 – Tracks 24-25, pp. 97, 101

Global warming is the term used to describe a gradual increase in the average temperature of the Earth's atmosphere and its oceans, which is believed to be permanently changing the Earth's climate.

There is great debate among many people, and sometimes in the news, on whether global warming is real. But climate scientists looking at the data and facts agree the planet is warming. The scientific consensus on climatic changes related to global warming is that the average temperature of the Earth has risen between 0.4 and 0.8 °C over the past 100 years.

The increased volumes of carbon dioxide and other greenhouse gases released by the burning of fossil fuels, land clearing, agriculture and other human activities are believed to be the primary sources of the global warming that has occurred over the past 50 years. Scientists have recently predicted that average global temperatures could increase between 1.4 and 5.8 °C by the year 2100.

Changes resulting from global warming may include rising sea levels due to the melting of the polar ice caps, as well as an increase in occurrence and severity of storms and other severe weather events.

CD 3 – Tracks 26-27, pp. 97, 101

What is global warming?

Glaciers are melting, sea levels are rising, cloud forests are dying, and wildlife is scrambling to keep pace. It's becoming clear that humans have caused most of the past century's warming by releasing heat-trapping gases as we power our modern lives. Called greenhouse gases, their levels are higher now than in the last 650,000 years.

We call this result "global warming", but as it is causing a set of changes to the Earth's climate, scientists often use the term "climate change" instead.

What can we do to slow this process of climate change?

One thing we should do is to reduce the use of fossil fuels. When we burn fossil fuels like coal and gas to create electricity or power our cars, we release CO₂ pollution into the atmosphere. 73% of our electricity comes from burning coal and 13% from burning gas. The remaining 14% comes from renewable energy sources like hydro, solar and wind, which do not emit carbon.

Reducing the amount of electricity generated from coal and gas, and increasing the amount of electricity from clean, renewable energy sources like solar and wind, means less carbon pollution is emitted. This is one of the main ways we can address global warming.

Preventing deforestation as well as planting trees through reforestation are also important actions in the fight against global warming.

Plants play an important role in regulating the climate because they absorb carbon dioxide from the air and release oxygen back into it. But humans

clear vast areas of vegetation around the world for farming, urban and infrastructure development or to sell tree products like timber and palm oil. When vegetation is removed or burnt, the stored carbon is released back into the atmosphere as CO₂, contributing to global warming. Up to one-fifth of global greenhouse gas pollution comes from deforestation and forest degradation.