

Map of the book

Unit	Get on board	Experience the world
1 Person to person <i>T2</i>	Statements on communication: Agree or disagree <i>T3</i>	Listening 1 Personal space in different cultures <i>T4</i> Listening 2 How to avoid arguments <i>T6</i> Language in focus <i>T8</i>
2 Healthy and happy <i>T22</i>	Healthy activities that I do <i>T23</i>	Listening 1 Dealing with pressure <i>T24</i> Listening 2 Understanding "health" <i>T26</i> Language in focus <i>T28</i>
3 My life, my style <i>T42</i>	A lifestyle that appeals to you <i>T43</i>	Listening 1 Slash youth <i>T44</i> Listening 2 The Danish concept of "hygge" <i>T46</i> Language in focus <i>T48</i>
4 Living with nature <i>T62</i>	How nature affects people's lives <i>T63</i>	Listening 1 Life in extreme environments <i>T64</i> Listening 2 The effects of natural forces <i>T66</i> Language in focus <i>T68</i>
5 For the sake of art <i>T82</i>	Art types you are interested in <i>T83</i>	Listening 1 The effects of film soundtrack <i>T84</i> Listening 2 An introduction to Vincent van Gogh <i>T86</i> Language in focus <i>T88</i>
6 Embrace the unknown <i>T102</i>	Human beings' efforts to explore the unknown <i>T103</i>	Listening 1 Life on the space station <i>T104</i> Listening 2 A race to be the first to reach the South Pole <i>T106</i> Language in focus <i>T108</i>

Understand the world	Over to you	Further listening
<p>Listening 1 Suspended coffee <i>T10</i></p> <p>Viewing Body language <i>T12</i></p> <p>Listening 2 – Voice of China The new trend of splitting the bill in China <i>T14</i></p>	<p>Project Telling a story about an interpersonal conflict <i>T16</i></p>	<p>Conversation <i>T18</i></p> <p>Passage 1 <i>T18</i></p> <p>Passage 2 <i>T19</i></p> <p>Passage 3 <i>T20</i></p>
<p>Listening 1 The perfect body shape <i>T30</i></p> <p>Viewing The healing power of nature <i>T32</i></p> <p>Listening 2 – Voice of China The traditional Chinese exercise <i>qigong</i> <i>T34</i></p>	<p>Project Giving a talk about a healthy practice <i>T36</i></p>	<p>Conversation <i>T38</i></p> <p>Passage 1 <i>T39</i></p> <p>Passage 2 <i>T39</i></p> <p>Passage 3 <i>T40</i></p>
<p>Listening 1 Lifestyle brands <i>T50</i></p> <p>Viewing Space: Tiny house <i>T52</i></p> <p>Listening 2 – Voice of China Why elderly people in China go to public parks <i>T54</i></p>	<p>Project Giving a speech on lifestyle choices <i>T56</i></p>	<p>Conversation <i>T58</i></p> <p>Passage 1 <i>T58</i></p> <p>Passage 2 <i>T59</i></p> <p>Passage 3 <i>T60</i></p>
<p>Listening 1 Surviving the Bam earthquake <i>T70</i></p> <p>Viewing Rising sea levels in Florida <i>T72</i></p> <p>Listening 2 – Voice of China The Chinese idea of <i>tianren heyi</i> <i>T74</i></p>	<p>Project Giving a mini lecture on a natural disaster <i>T76</i></p>	<p>Conversation <i>T78</i></p> <p>Passage 1 <i>T78</i></p> <p>Passage 2 <i>T79</i></p> <p>Passage 3 <i>T80</i></p>
<p>Listening 1 Why the world loves William Shakespeare <i>T90</i></p> <p>Viewing The street artist David Zinn <i>T92</i></p> <p>Listening 2 – Voice of China An introduction to Cai Guoqiang <i>T94</i></p>	<p>Project Giving a presentation on your favorite artwork <i>T96</i></p>	<p>Conversation <i>T98</i></p> <p>Passage 1 <i>T98</i></p> <p>Passage 2 <i>T99</i></p> <p>Passage 3 <i>T100</i></p>
<p>Listening 1 Solarpunk – a new genre of science fiction <i>T110</i></p> <p>Viewing The exploration of Mars <i>T112</i></p> <p>Listening 2 – Voice of China The Chinese explorer Zheng He <i>T114</i></p>	<p>Project Making a podcast about someone famous for exploring the unknown <i>T116</i></p>	<p>Conversation <i>T118</i></p> <p>Passage 1 <i>T118</i></p> <p>Passage 2 <i>T119</i></p> <p>Passage 3 <i>T120</i></p>