

Unit 1 London

Part 1 What do you think of London?

London's an amazing city.

It's a good place to live, and a great city to visit.

People from all over the world live in London and the city has over fourteen million international visitors every year.

So, what do visitors think of London?

Gabriel: *My name is Gabriel. I'm from Brazil and I like London because it's a really interesting and fun city.*

Andrea: *My name is Andrea. I'm from Montreal, Quebec, Canada.
I love London because it's an old city. It's so interesting and there's lots to learn.*

Wayne: *My name is Wayne. I'm from the U.S. We're here on a vacation for about three weeks.
I love London. It's a beautiful city. I love all of Britain and Scotland.*

Amber: *My name's Amber and I live in England and my aunt is here on vacation and we've come to London for a few days.*

Peter: *My name's Peter. I'm Canadian. I'm a student over here and I like London because it's international.*

Part 2 Museums and galleries

There are over 200 museums and galleries in the city. And a lot of them are free!

Visitors come from all over the world to see London's museums and galleries.

Bill: *My name is Bill and I'm from the United States, from Hilton Head, South Carolina.
I'm visiting London for the fifth time and there's always something to do in London.
It has a great variety of culture and wonderful museums.*

Helen: *Hi, my name is Helen. I come from China.
I love London because all the museums are free.*

Matt: *My name is Matt. I'm from Chicago. I'm a student in London.
And I love the British Museum because of the interesting things there.*

Colleen: *My name's Colleen. I'm from Vancouver, Canada.
I'm here to see my friends.
I love the Tate Modern because it's free.*

The Tate Modern is a new art gallery. It's near the river Thames.

It's a really big building and it has a lot of interesting modern art inside.

There's a great view of the city from the restaurant.

Part 3 More things to do and see

There's a lot to see and do in London.

The city has a lot of beautiful old buildings.

Elizabeth: *My name is Elizabeth. I'm from Australia and I love Westminster Abbey.*

Westminster Abbey is near Big Ben and the Houses of Parliament.

The Royal Family live at Buckingham Palace. The palace is very big.

Visitors like to watch the Changing of the Guard at Buckingham Palace.

Tess: *My name's Tess. I'm a chef. I'm from Australia and I'm here for the good food.*

Borough Market is near London Bridge.

It's open four days a week and it's a great place to buy good food.

Ines: *Hello. My name is Ines. I'm from France and I like the culture and the shopping in London.*

London's great for shopping. But some of the shops are very expensive.

Emilia: *My name's Emilia. I am from Sweden. I live in London and I love London because of the different cultures, the music scene, and the arts and going to the theatre.*

There are theatres all over London.

Part 4 Positives and negatives

London's very big and very busy, but it's easy to travel around the city.

There are a lot of buses, and taxis. There's the Underground ... and bicycles, too.

But driving a car in London is difficult. The traffic is really bad!

Some people don't really like the city.

David: *My name's David. I live and work in London but I don't like it here because it's very expensive and the weather's bad.*

Karmel: *My name is Karmel. I'm from Manchester. I'm here to see my sister. I think London is very big and very expensive.*

But a lot of people love London.

Anit: *My name's Anit. I come from Morocco and I love all of London.*

Junior: *My name is Junior. I'm from Southampton and I like London because it's busy, there's lots of people and the buildings are nice.*

Trulie: *I love it here in London. It is so beautiful. The buildings are so old. The people are very friendly, the culture ... it's just amazing here.*

Unit 2 A day in the life

Part 1 It's morning!

It's half past seven in the morning in Brooklyn, New York.

It's the start of another busy day for Alex.

He gets up and makes some toast for breakfast.

He eats his breakfast and checks his email.

This is Alex's video diary.

Alex: *My name's Alex. I'm 35. I'm from Chicago, but now I live in Brooklyn.*

I'm a bike messenger in New York City and my days are very busy.

It's eight o'clock. Time to go!

He doesn't wear a uniform to work. He wears his own clothes.

Alex fills his water bottle and he's ready to leave home.

He always carries a large bag and his cell phone.

He lives in an apartment on the sixth floor. Luckily there's an elevator.

Alex's bike is outside his apartment.

Part 2 Work, work, work

Before he starts work Alex goes to a coffee shop.

Alex: *There are a lot of coffee shops in New York, but this is my favourite. The coffee is great, and it's cheap too.*

Alex drinks his coffee and reads the newspaper.

He starts work at half past eight.

As a bike messenger Alex collects and delivers small packages all over the city.

Alex's day is very busy. There are a lot of packages to collect and deliver.

There's a lot of traffic, but Alex doesn't stop. He is very fast.

He knows all the streets of the city.

Part 3 Lunchtime

Alex likes working outside when the weather is good.

Today's a beautiful day in New York.

At just after one o'clock, Alex has lunch.

He sometimes buys pizza at a small takeaway restaurant.

He eats his lunch in the park.

Alex: *I like eating outdoors when the weather is good. The park is beautiful.*

Time to go again!

Alex works hard and he travels all over the city.

He works for about ten hours.

At the end of the day he delivers his last package and cycles home to Brooklyn.

Part 4 The end of the day

Alex arrives home at about seven o'clock.

Alex: *I love my job, but at the end of the day I'm always tired. In the evenings, I don't do much at all.*

When he arrives home, Alex has a shower.

Then he cooks his dinner.

Tonight it's pasta and salad.

Alex isn't married. His girlfriend lives in Chicago.

He uses the internet to talk to her every evening.

In his free time Alex plays the guitar.

He enjoys writing songs.

Because he is tired, he goes to bed at about eleven o'clock, ready for another busy day tomorrow.

Unit 3 Jobs

Part 1 A hairdresser

Hannah is a hairdresser.

She cuts hair at a small hairdressing salon called Philosophy.

Five hairdressers work at the salon with Hannah.

They cut both women's and men's hair at Philosophy.

Hannah enjoys her job as a hairdresser.

Hannah: *I like my work. I like changing people's style.*

I usually work from nine 'til half past five.

On a Thursday I work from nine 'til seven.

And on Saturday I work from nine 'til four o'clock.

I don't work on Fridays or Sundays.

Hannah doesn't drive, so she takes the bus to and from work.

Hannah: *I live quite far from work. Sometimes it takes two hours on the bus to get to work.*

When she's not at work, she likes spending time with her family and friends.

Hannah: *In my free-time I like to go shopping, relax, socialize with friends and I don't think about work.*

I think I have a good work/life balance.

Part 2 A paramedic

Matt is a paramedic. He works for the ambulance service.

He works in a 999 medical emergency control centre and drives an ambulance car.

In the control centre, he answers medical emergency calls.

Sometimes people don't need an ambulance, they need medical advice, so Matt helps them.

When he's in the ambulance car he drives to emergencies and helps people.

Matt: *I love my job. I like helping people.*

I work many hours.

I work days and night shifts.

When I work a day shift, I normally work from 7 a.m. in the morning through to 7 p.m. in the evening.

And then when I work night shifts, it's generally from 7 p.m. in the evening through to 7 a.m. in the morning.

I sometimes work late when there's a 999 call at the end of my shift.

Because he works long hours and studies part-time at University, Matt doesn't have much free time.

I enjoy spending time with my family.

I have two young children, Alexander and Isla.

So I have to balance studying and my children.

I don't have a good work/life balance.

I enjoy my job.

It's just tiring and the night shifts mean that sometimes I'm very tired on my days off.

Part 3 A cake decorator

Sally: *My name is Sally and I'm a cake decorator.*

I work in a shop and I decorate and finish birthday cakes, celebration cakes.

Three cake decorators work in the Cake Shop with Sally.

People come to the Cake Shop to buy cakes for birthdays, weddings, or other special occasions.

They don't bake the cakes in the shop. But they decorate them with amazing designs.

People watch the cake decorators work.

I love my job. Every day is different.

Every order we have here at the shop is different. So, no day is ever the same.

I work nine to five, Monday to Friday. I don't work late.

I leave for work at seven o'clock in the morning, and I travel by van into work and it takes one hour twenty minutes.

When she's not at work, Sally is very busy.

I enjoy gardening and cooking at home and reading and I just enjoy spending time with my family.

I like my job, I love my time at home, so I do have a good work/life balance.

Part 4 A florist

Rob: *My name is Rob Palliser. I'm a florist and I work at Scott's Flowers in New York city.*

Scott's Flowers is a flower shop in Mid-town Manhattan.

The shop is very big and it's full of beautiful flowers.

Rob's job is very busy.

I make bouquets every day and I arrange flowers for all different kinds of parties; birthday parties, weddings, and other kinds of events.

I talk with customers every day, I also take orders on the phone every day and I do deliveries.

Hi, would you like to place an order today?

OK. OK. John Henry.... OK, bye.

Being a florist is a fun job. I like it very much.

I like talking to people, I like using my hands and I like being creative.

Every day I wake up at 7 a.m., I take the train into the city and I get to the flower shop at 9 a.m. and I leave every day at 5 p.m.

When I'm not working I enjoy relaxing, watching TV, meeting new people, going out with my friends and I'm a DJ.

I think it's difficult to have a good work/life balance, I work a lot of hours, but when I am off, I enjoy my free time.

Unit 4 A new home

Part 1 A new place to live

Lucy and Alex Taylor need somewhere new to live.

Lucy works for a large computer company and Alex is a Geography teacher.

Their jobs are very busy, and so are their lives.

What kind of home is best for them?

Today, they're visiting two places to rent; a flat in the city and a house in country.

First it's the city flat on Crown Street.

Alex and Lucy walk to the flat and look at the shops and restaurants nearby.

They meet their estate agent, Rebecca, at the flat.

Part 2 A flat in the city

Rebecca: *So, if you just want to come into the lounge... this is the open living area and there's also the kitchen and everything.*

Lucy: *How many bedrooms are there?*

Rebecca: *There are two bedrooms.*

Alex: *Are there two bathrooms?*

Rebecca: *Yes, there are.*

Rebecca: *Have a look around. See what you think.*

Lucy: *OK. Oh, is there a dishwasher?*

Rebecca: *Yes, the dishwasher's down here.*

Lucy: *Brilliant.*

Rebecca: *And you've got a washing machine in here.*

Lucy: *Wow.*

Rebecca: *And it's fully fitted with your plates and crockery.*

Lucy: *Yeah. And this is the fridge.*

Rebecca: *Yep.*

Lucy: *Wow... I really... I really like it.*

There's a large living room with big windows in the flat. But there's a busy road outside.

Alex: *Yeah... what do you think?*

Lucy: *It's busy but there's a bus stop just sort of over the road.*

There's a large sofa, an armchair, a table and a television in the living room.

There's also a dining table and there are four chairs.

There's a bath and a shower in the main bathroom.

Rebecca: *Come through into the bedroom.*

The bedrooms in the flat are very nice.

Next to the main bedroom there's an en-suite shower-room.

It's not very big, and there isn't a bath.

So what do they think of the flat?

Lucy: *So, do you like it?*

Alex: *It's nice, but it isn't very big. There isn't any carpet...*

Lucy: *That doesn't matter. The living room is great. It's really modern and new.
And there are great showers in the bathrooms.*

Alex: *Yes, and the bedrooms are very nice. But the kitchen isn't very good.
I know you like to eat out, but I prefer cooking at home.*

Lucy: *I think the best thing is the excellent location. It's near shops and restaurants.
And there's a bus stop opposite. It takes 10 minutes to get to my office by bus.
And it's only a 15 minute walk to your school.*

Alex: *Yes, but the rent is very expensive. It's £275 a week.
And that road outside is really busy.*

Lucy: *OK, well. Let's have a look at the house in the country.
It's only a 25 minute drive from here.*

Part 3 A house in the country

Alex and Lucy arrive at the house in the country.

Alex: *Is this a very old house?*

Rebecca: *Yes. It's about 150 years old.*

Lucy: *Are there any shops near here?*

Rebecca: *There are some shops down that road. But they're about a 30 minute walk away.*

Alex: *Is there a bus stop on this road?*

Rebecca: *No, there isn't. There aren't any buses on this road. You need a car.*

They look at the garden first.

Alex: *Wow. Look at this lovely garden.*

Rebecca: *Come and have a look around the house.*

There's a very nice kitchen in the house. It isn't very big, but there are two cookers.

Rebecca: *OK, so this is the dining room.*

The dining room is very small.

Rebecca: *OK, if you want to come through to the lounge, just watch your head on the beam because it's quite low.*

There's a sofa and an armchair in the small living room.

Alex: *It's really nice.*

Rebecca: *It is, isn't it? And there's a real fireplace.*

There are some bookshelves, too.

Rebecca: *Go round to the left into the bathroom...*

Upstairs there's a large bathroom with a nice view of the garden.

Lucy: *It's lovely.*

Rebecca: *Do you want to go through to the other bedrooms?*

Alex: *This is nice.*

Rebecca: *So this is the guest room.*

The bedrooms are very small, but nice.

Rebecca: *So this is the master bedroom.*

Lucy: *Oh, well. That's nice.*

Alex: *Uh, that is.
Yeah, it's nice.*

So what do they think of the house?

Alex: *I love it! There are two bedrooms, a living room, a dining room and a modern bathroom and there are beautiful views.*

Lucy: *Yes, but the rooms are very small.
It's a long way from work and there aren't any restaurants near here!*

Alex: *It's so quiet and relaxing here. That flat is really noisy.*

Lucy: *I know. It's a lovely house.
The countryside is beautiful. And it is just £225 a week. But...*

Alex: *You like living in the city.*

Lucy: *I do. It's easier.*

Alex: *OK, well let's have a look at some more places then.*

Unit 5 A music school

Part 1 An unusual school

Manchester is a large city in the North of England.

In the mid-19th century, Manchester was a rich and important industrial city.

It was famous for its canals, railway, and cotton industry.

Today, Manchester is still a busy and exciting city.

But it's now more famous for its football teams.

Right in the centre of Manchester, there's an unusual school with an amazing history.

The school is called Chetham's and all of its 295 students are very special.

Chetham's is the largest music school in the United Kingdom.

And every student here can play a musical instrument brilliantly.

Some of the Chetham's school buildings are over 600 years old.

The first school opened here in the 1650s.

At this time, there were only 40 students at the school, there weren't any girls and it wasn't a music school.

But there was a library at this school.

The library books were for the school's boys, and for the people of Manchester.

This was one of the first public libraries in the U.K.

And you can still read the old books in the school library today.

Part 2 A passion for music

It's lunchtime at Chetham's school.

Four students are playing a classical concert in the school hall.

These students are eighteen and they are in their last year at Chetham's.

Students can come to Chetham's when they're eight years old.

Students come from all over the world to study here.

The Director of Music is Stephen Threlfall.

Stephen Threlfall: *We're looking for young musicians who can play an instrument, ideally can read music and know something about musical language.*

The students study all the usual school subjects like Maths, English and Science.

But they also study music for about three hours a day.

All of the students at Chetham's have a passion to succeed in music, and the teachers can help them.

A lot of teachers at Chetham's were professional musicians before they came to the school.

I can play the cello, that's my main instrument, and I can play the piano.

I can get by on the piano, and I can play the guitar, and of course I can sing.

And one other thing I do do a lot of, is I'm a conductor.

So, with great teachers and hard work, the students can be very successful.

They often win national and international music competitions.

Part 3 A talented young musician

One of Chetham's most successful young musicians is Peter Moore.

Peter Moore: *I'm Peter Moore. I'm fourteen years old and I study music at Chetham's.*

I play the trombone, and in 2008 I won the BBC Young Musician of the Year competition, which was a fantastic experience and a real honour to win.

Peter was only twelve years old when he won the BBC Young Musician of the Year competition.

This is a very important national competition for musicians under eighteen.

One of the competition judges was Nicola Benedetti.

Peter comes from a very musical family.

Music was very important when I was young.

My parents were both professional musicians and I grew up listening to music all the time.

My mum and dad were both horn players in orchestras.

And my brother plays the trumpet and my sister plays the piano.

Peter was interested in music from a very young age.

I first started to read music when I was about six years old.

My dad started teaching me trombone when I was seven years old.

And I started playing the piano a year after that.

Today, Peter lives in Manchester with his family, but he wasn't born here.

I was born in Northern Ireland and moved over to Manchester when I was eight.

I started at Chetham's when I was nine in 2005.

Life at Chetham's can be hard work, but Peter enjoys it.

And he doesn't play the trombone all the time.

The best thing about being at Chetham's is the musical opportunities that you get.

At school I can play in many different ensembles; orchestras, jazz bands, brass bands...

I think my favourite is jazz band.

When I'm not playing music I like to relax and play sport like football or tennis.

I support Manchester City football club and go to see the matches regularly when I have the time.

Peter is young, but he is very talented and hard-working.

And with the help of the teachers at Chetham's, and a lot of practice, he can become world famous in the future.

Unit 6 A dancer's life

Part 1 Starting out

Natalie Andreou is a professional dancer.

She dances in theatre shows, films and television programmes.

At the moment, Natalie lives in London and works in a theatre in the West End.

People come from all over the world to see musicals in the West End of London.

And Natalie worked hard to be a successful dancer in one of these musicals.

Natalie: *I grew up in a small town outside of London.*

My father was born in Cyprus and my mother was born in London, in England.

They married in their early twenties, in 1983, and I was born on 14th June 1985.

I started dancing when I was four years old, so I was very young, but it was very exciting for me.

Ballet was the first lesson I went to, and I went about three times a week.

I studied dancing for years, but when I was about ten years old I wanted to stop.

I didn't like my teacher.

But my parents said 'Keep dancing!' and I did, and I'm happy I did.

And, it became fun again.

I first thought about becoming a professional dancer at 16.

But my parents wanted me to stay at school and study for my A Level exams, which I did.

And then after my A Level exams, when I was 18, I first decided to become a professional dancer.

Part 2 The next step

After she left school, Natalie moved to London to study.

Natalie:

I studied dance and musical theatre at a dance college in Central London.

The course was three years long. It was very tiring.

I studied lots of different types of dance – I studied tap, ballet, jazz, hip-hop, singing and acting.

It was very very good fun though, very exciting, a very positive experience.

I graduated in 2006.

When she finished college, Natalie looked for work as a professional dancer.

But her first job wasn't in London.

About a month after I graduated from dance college, I got my first job as a professional dancer in a Christmas show called 'Jack and the Beanstalk'.

It was for three months, in a town called Colchester, in England.

I earned about £300 a week, which was good for a first job.

It was very exciting and a great first job, where I learned a lot.

Part 3 The downs

Natalie loves her work, but she knows that life as a dancer isn't always easy.

There are ups and downs.

Life can be difficult as a professional dancer.

When I am dancing, it's very tiring, and I work very long hours.

I also worry about what I eat.

Natalie is also worried about injuries.

When she's injured she can't work, so it's important for her to be fit and healthy.

So, when she's not at work, Natalie still goes to dance classes.

But there are times when Natalie doesn't work as a dancer.

Sometimes I can't find a job as a dancer so I work in shops, or as a waitress.

I worked in Harrods once! I worry about money too sometimes.

Part 4 The ups

In 2007, just after she graduated, Natalie got a short, but very exciting, job.

I was really lucky because my second job was as a dancer on the film Mamma Mia!

Mamma Mia! was one of the most successful British films ever.

The film earned over 600 million dollars.

The film starred the American actresses Meryl Streep and Amanda Seyfried, but many of the other actors were British.

The writer, director and producer were also British.

The film is about a wedding on a small Greek island.

And there's a lot of dancing and singing in the film.

Unfortunately, I didn't go to Greece.

They made a lot of the film at Pinewood studios just outside of London.

Pinewood is one of the most famous film studios in the world.

It's the home of the James Bond films.

They filmed *Mamma Mia!* inside the huge 007 studio.

They built a Greek village inside the studio, it was amazing!

Natalie only worked on the *Mamma Mia!* film for two months in 2007.

But in 2009 she was in *Mamma Mia!* again, this time in the theatre.

Three years after I graduated I got a job in the West End theatre production of Mamma Mia!

Mamma Mia! opened in the West End in 1999. Today, you can see the show all over the world.

There are over 30 actors and dancers in the show.

Hundreds of thousands of people see the show every year.

It's an exciting show to watch, and it was Natalie's favourite dancing job.

It was a brilliant job.

I was in Mamma Mia! for one year, and it was fantastic. I had a great time.

Unit 7 A special occasion

Part 1 A small English wedding

Becky: *We got married last year, in December 2009.*

Stuart: *We got married in a church in Oxford. There were about 100 people there and the ceremony took about an hour.*

Becky: *I wore a long, white wedding dress. My bridesmaids wore navy blue dresses, and Stuart wore a black suit. After the ceremony we went to a restaurant where we had a party with about 80 people. The party finished at about five o'clock and we left and went straight on our honeymoon. We went on honeymoon to Edinburgh.*

Part 2 A big Asian wedding

Maleeha: *I met my husband in 2006. We both worked in the same hospital, but we met in a restaurant.*

When I got married there were five different ceremonies, over five days, in two different cities, Manchester and London, and there were about 300 people at the wedding.

I had three wedding cakes, and we ate about six large meals. The first event was the Registry wedding where I wore a white dress and a tiara.

And then after that it was the Mehendi ceremony, which is where the bride has henna applied to her hands and feet.

The third event was the biggest, and that was the wedding ceremony, the wedding party itself.

I wore a traditional Indian dress called a lehnga, which is an embroidered top and an embroidered skirt, with a very very heavy scarf.

I also wore heavy gold jewellery, ten bangles, and big earrings and a big necklace.

My husband wore a traditional long top and trousers underneath embroidered with gold.

And he also wore a hat called a turban, which was very heavy.

We then went to Manchester for the fourth ceremony.

Again, we ate a lot of food, we had another cake, and we enjoyed ourselves a lot.

The final event, the fifth ceremony, was a small dinner with my husband's family and my family, and that was just as well because we were very very tired by then.

Part 3 A memorable childhood birthday party

I don't celebrate my birthday much any more.

I might go out for dinner with some friends or my family, but I remember when I was a child my parties were really really exciting and I always looked forward to them.

I remember my seventh birthday party was one of the best.

It was an important birthday for me because it was the first birthday I had in Scotland because we moved from Canada to Scotland the year before.

My birthday's in June, and I remember that it wasn't raining and it always rained in Scotland.

I invited four friends from school and I remember we all wore our favourite dresses.

We ate snacks like sandwiches and sausage rolls, and my mum made a chocolate cake and I remember I blew out the candles.

Afterwards there were lots of activities.

We played games and danced a lot.

I remember having a really good time.

Part 4 A recent birthday party

Recently it was my fortieth birthday and I celebrated it with all my friends, which was brilliant.

Because I was born in 1970 I decided to have a 1970s party.

So lots of my friends dressed up in 1970s clothes.

I wore a dress that was from 1970.

I bought it in a retro market in Rome and it was long and orange and it had orange chiffon sleeves.

We ate 1970s food. I played 1970s music, lots of disco and soul and that kind of thing.

I had a cake. My sister arranged for somebody to make a cake and it was a 1970s cake with big platform shoes on top and 'Happy Birthday Carolyn'.

I think the party went really well. Lots of people dressed up. Lots of people danced.

I think everyone had a good time.

The party wasn't on the actual day of my birthday, it was a couple of days before.

On my birthday I was in Italy, and I decided to bounce across the Ponte Vecchio in Florence on my 1970s Space Hopper to celebrate.

Video script



Unit 8 A world of food

Part 1 What's your favourite food?

When people think about British food they often think about traditional food like fish and chips, or more unusual takeaway food like Cornish Pasties.

Cornish Pasties come from Cornwall in the South West of England.

The pasty is usually made with some potatoes, vegetables and meat, baked inside pastry.

But international food is popular in Britain, too.

There are a lot of restaurants, markets and festivals where you can try delicious food from all around the world.

How about trying some Jamaican Jerk Chicken with some rice and peas?

So, what food do *you* love or hate?

Jan: *I like French food. I also like Thai food.*

Jon: *Well, I like Chinese food, and I think you like Chinese food, too...*

Anna: *Yeah, I like Chinese food.*

Kamal: *My favourite food is Indian.*

Emily: *I really don't like peas.*

Hannah: *I like Japanese food.*

Farah: *I like Italian food, like pizzas and pastas.*

Olaoluwa: *My favourite food is jacket potato with chilli con carne.*

Jamie: *I don't like cereal.*

Part 2 International food

This is the Cowley Road in Oxford.

Cowley Road isn't a big street, but it's often very busy.

There are a lot of cars and buses.

But if you'd like to try some new and exciting international food, it's a great place to go.

On this one street you can find food from ... China ... the Middle-East ... Italy ... Poland ... Greece ... Jamaica or Russia.

And if you prefer to cook at home, there are also food shops where you can buy the ingredients to cook recipes from around the world.

There are also a lot of Indian restaurants on the Cowley Road.

Although they are called *Indian* restaurants, they often serve food from India, Pakistan and Bangladesh. They're also known as curry houses.

Curry is one of the most popular dishes in the U.K.

Part 3 What's cooking?

The Majliss restaurant is one of the curry houses on the Cowley Road.

The kitchen is small and busy. It's nearly lunchtime.

The three chefs prepare many different dishes for the lunchtime menu.

They cook traditional Bangladeshi and Indian food.

There are fresh vegetables and spices in all the dishes.

There's a lot of chicken and fish in Bangladeshi food.

There's some lamb too, but there isn't any pork.

The chef prepares a curry with chicken and prawns.

He prepares ... and fries some very large prawns.

He cooks some chicken in a special oven called a tandoor.

When the chicken is cooked, he chops it into small pieces.

The chef fries some onions and some chilli in a large frying pan.

Then he adds some spices.

There are a lot of different spices in the dish.

The chef doesn't need a recipe. He knows which spices to use.

He adds the chopped chicken to the frying pan. He mixes all the ingredients together.

Then he adds the cooked prawns.

The dish is nearly ready. But there's a lot more food to cook!

The chef makes naan breads.

He cooks the bread in the tandoor.

People usually have some naan bread and rice with their curry.

Finally all the dishes are ready.

There's a lot of food. It all looks amazing.

Part 4 Everybody likes a curry!

There are over 8,000 curry restaurants in the U.K.

These restaurants employ about 100,000 people.

The owners of the Majliss restaurant are the Miah family.

The family came from north-east Bangladesh to the U.K. in 1945.

Today, they own two restaurants in Oxford.

People from the Bangladeshi community own over 60 per cent of the curry restaurants in Britain.

At some curry restaurants there isn't any alcohol.

But usually the food isn't expensive and it's always delicious.

It's easy to see why curry restaurants are so popular!



Unit 9 City living

Part 1 Cities around the world

Living in a big city can be a great experience.

World-famous cities like New York, Paris and London have got amazing architecture, multicultural populations, interesting museums and galleries, elegant shops and beautiful parks.

Other cities, like Vancouver on the west coast of Canada, and Melbourne in the south east of Australia, are smaller.

But they are famous for being great places to live, with a very high quality of life.

And there are many other cities around the world that offer great experiences for the people that live there and visitors.

Part 2 Reykjavik

Reykjavik is the capital city of Iceland.

The city area has a population of only 200,000, but it's the largest city in Iceland.

Half of the population of the country live in the city, but it's one of the smallest capital cities in Europe.

Because the city is so far north, the days are very long in the summer and very short in the winter.

The warmest month is July, with a daytime temperature of about 14 degrees Celsius.

The coldest month is January with temperatures of around 2 degrees.

The residents of Reykjavik speak Iceland's official language, Icelandic.

It's a very old language and it can be a very difficult language for foreigners to understand and pronounce.

The city is surrounded by the amazing geysers that cover Iceland.

People often call the city, the Spa City.

When you see the beautiful Blue Lagoon, it's easy to understand the nickname.

The lagoon is only a 40 minute bus trip from Reykjavik, and it is just one of twenty naturally hot pools around the city.

Even in the winter, when temperature outside is around zero degrees and the sun only shines for about four hours a day, the water in the pool is around 38 degrees.

Because the city uses this geothermal power for its heating, Reykjavik is one of the cleanest and greenest cities in the world.

The air quality is excellent and there isn't much pollution.

The tallest building in Iceland is the Hallgrímskirkja in Reykjavik.

This church is on the highest hill in Reykjavik and it has the best view over this beautiful and unusual city.

Part 3 Cape Town

Cape Town is on the other side of the world, on the south west coast of South Africa.

The city sits between the mountains and the sea.

Its tallest, and most famous mountain is Table Mountain.

The city has a population of over three and a half million.

But it's only the second biggest city in South Africa.

Johannesburg is bigger than Cape Town.

The residents of Cape Town speak many different languages.

There are eleven official languages in South Africa.

The summer is warm and dry in Cape Town.

Summer is from November to March.

The winters are cool and rainy. The wettest month is June.

Cape Town's residents often call the city the Mother City because it is the oldest city in South Africa.

But Cape Town offers a variety of experiences.

You can try surfing at some of the best beaches in South Africa.

You can see old and modern architecture in the city.

Or you can visit busy markets selling traditional African handicrafts and food.

The area around the city is also home to an amazing variety of wildlife.

But there is also a lot of poverty around Cape Town.

Some areas are very crowded and the housing is poor.

Visitors need to be careful because the city can be dangerous.

But its amazing wildlife, rich cultural mix and stunning natural beauty make Cape Town an amazing place to visit.

Unit 10 Camden

Part 1 Shopping in London

London is famous for its shops.

London's always full of people shopping.

In the world-famous shops of Knightsbridge, Oxford Street, Regent's Street and Carnaby Street, you can buy anything and everything.

And if you are shopping for something that nobody else has got, something different, there's somewhere for you too. There's Camden Town.

Camden Town is an area of north London.

It's famous all over the world for its fashion, artists, clubs and music, but it's most famous for its market.

There are hundreds of shops and stalls along Camden High Street, and in the five markets in Camden Town.

There's nowhere to park a car in Camden.

Most people come to Camden by bus or on the Underground.

In the centre of Camden there's the Regent's canal and a lock.

The area around Camden Lock is a very popular place for taking photographs.

Part 2 What are you doing in Camden?

It's Saturday, the busiest day of the week in Camden, and there are people everywhere.

So what are people doing here today?

Kanzaki: *My name is Kanzaki and I'm in Camden because I think Camden is the best place to find strange clothes.*

Claudia: *I live in London. My friends are visiting me at the moment so I'm showing them the town. We are shopping in Camden and I'm wearing my favourite purple dress.*

Leigh: *I'm in Camden today looking for some new winter boots.*

Jasmine: *I'm shopping. I'm also looking for a job. And I've bought a belt from Cyberdog.*

Richard: *I'm in Camden visiting friends and I'm not shopping because I haven't got any money.*

Natalie: *I'm here in Camden with some friends shopping for a bikini because Camden is the most fashionable place to be.*

Part 3 What are you wearing?

Fashion is *very* important in Camden.

People come here to buy clothes that they can't buy anywhere else, and the most important thing is to look good while you're shopping!

So, what are shoppers wearing today?

Laura: *I'm wearing a black leather jacket and a pink top with a grey tight skirt and black leggings and I have black dolly shoes on and my purple sunglasses.*

Kate: *I'm wearing a grey coat, a gold dress, black jeans and brown shoes.*

Jasmine: *I'm wearing a white striped t-shirt, a black skirt, black tights and silver shoes.*

Walker: *I'm wearing a green overcoat, grey jacket, black trousers, white shirt, tie, waistcoat.*

Hayley: *I'm wearing a blue denim jacket, a blue and white floral dress, black tights, and a pair of leather boots.*

Elizabeth: *I'm wearing a red jacket, a black and white dress, and gold shoes.*

Alfie: *Today, I'm wearing a black overcoat with a black scarf, grey cardigan, dark blue tie, black shirt, black skinny jeans and black shoes.*

Nell: *I'm wearing a flowery dress, black tights and black shoes.*

Part 4 The Stables Market

One of the best places to shop in Camden is the Stables Market.

The Stables Market is one of the oldest markets in Camden.

Inside there are over a hundred shops selling clothes and accessories, music, and food.

Some shops, like Cyberdog, sell very unusual things.

A lot of the people in this shop aren't buying anything.

They're just looking around.

There are a lot of vintage clothes shops in the Stables Market.

Vintage shops sell old clothes.

These clothes are very popular with the fashionable young people shopping at the market.

There are also great music shops in the Stables Market where you can buy new, and old, music.

And it's a good place to eat, too.

You can buy food from all over the world here.

The food is delicious, and cheap.

And in Camden even the food is fashionable – how about trying the most stylish cake in town ... a Camden cupcake!

Unit 11 A charity expedition

Part 1 An amazing journey

It's an October morning in North London.

A group of friends are very busy.

They're planning a route from Perth in Western Australia, to Auckland in New Zealand.

But they aren't going to travel by car, van or bus.

They are going to drive a big red fire engine, called Martha.

They are all part of an amazing charity expedition called Follow That Fire Engine.

Amy is one of the crew members.

Amy: So, Follow That Fire Engine is a charity expedition.

We're driving a fire engine around the world to raise money for charity.

It's going to take nine months. It's 26,000 miles, 28 countries and three charities.

There are 25 people in the crew. At any one time there can be five people in the fire engine.

Steve is driving for the whole nine months.

Some people are driving, going out for two weeks, some people three months and I'm going out for five months to drive the fire engine.

So why are they going to drive a fire engine around the world?

Just over a year ago Steve's father, Garth, died.

Garth was a firefighter for 33 years and Steve, his brother, and their friends wanted to do something to remember him.

Ben is a friend of Steve's, and a member of the Follow That Fire Engine crew.

Ben: *We decided to drive a fire engine around the world to raise money for three charities, U.K. charities, and also to do something in Garth's memory because he was a very very special person and he was also a leading firefighter for our fire station in our home town.*

Part 2 Ben's experience

There are eight stages in their journey around the world.

Ben: *I was very lucky in a way because I was on Stage 1.*

And Stage 1 left London on July... Sunday July 18th and then for two weeks we drove the fire engine from London, through Europe, and finally finished in Moscow in Russia, on the 1st August.

I think we travelled through sixteen countries in fourteen days, which was quite, it was quite an achievement.

I'm very excited because I'm going to be joining the fire engine again on stage 7 of the expedition in January next year.

I'm going to be joining, or arriving at a place called Grey's Harbour in North America which is approximately one hundred miles from the Canadian border.

I'm going to be travelling from Grey's Harbour in North America down the west coast of America.

Through cities such as Las Vegas, through San Francisco, through Los Angeles and California and I'm going to be travelling through the Mexican border and finishing in Hermacillo.

I'm really looking forward to going to San Francisco.

Because I think driving the fire engine across the Golden Gate bridge will be pretty amazing.

Part 3 Amy's plans

But there's a long way to go before the fire engine arrives in North America in January.

And Amy is the next driver leaving the U.K. to join Steve.

Amy: *I'm going to fly to Perth in Western Australia in two weeks' time.*

And I'm going to drive the fire engine across Australia to Brisbane.

We're then going to put the fire engine on a ship and go with the fire engine on the ship to New Zealand.

There's a lot to do before Amy leaves for Australia and packing for a five month trip isn't easy.

So I'm going to leave England in the winter where's it's cold, and arrive in Australia in their summer where it's going to be about 40 degrees, so it's going to be really hot.

I'm going to miss my bed, I'm going to miss home-cooked food, I'm going to miss my family and my mum and dad because I speak to them every day.

Part 4 How you can follow that fire engine

Amy: *So, to Follow that Fire Engine, you can go on our website which is Followthatfireengine.com, you can join our Facebook fan page, you can follow us on Twitter. On the website we have all the blogs*

Ben: *Everyday we upload information about where we are in the world to the website.*

People want to know obviously how we are progressing and where our route is taking us, but also a little bit about the country that we're in.

Amy: *The expedition is going to take nine months and we are going to arrive back in the U.K. at the end of March and we're going to have a big welcome home party for the crew.*

The crew are going to have an amazing time on their journey around the world.

And, with the help of everyone they meet, they are also going to collect over £100,000 for charity, remember Garth, and help a lot of people.

Unit 12 Experiences

Part 1 Living abroad / Music festivals

Rebecca: *I've lived in Germany before. I lived in Frankfurt for a year.*

I really like Germany because the people are really kind, the food is good and the culture is really interesting.

Cathy: *Well, I've lived and worked in Germany and Portugal and the U.K.*

I lived in Germany for three years and I met my husband there.

And I met him in 2002 and we got married in 2004.

And then we decided to go and live in Portugal for a year.

And after that in 2005 we came back to the U.K.

Sophie: *I lived in Australia, in Melbourne for ten months.*

I liked Melbourne because the city was easy to get around.

I liked the lifestyle and the culture.

Nicole: *I've lived in Canada, Scotland and England.*

I was born in Ontario, in Canada, and when I was six we moved to Glasgow in Scotland.

And when I was nine we moved down to London.

Stuart: *I'm in a band.*

And we have played festivals all over the world, in Japan, Europe and America.

We went to Japan in April and we played four or five gigs, and the last gig was a festival in Sendai.

And there were thousands of people there.

It was a really great experience. Loved it.

Marlon: *I've been backstage at a very big music festival called Download.*

And it's where lots of heavy metal bands play their music to a large crowd of people.

My friend is in one of those bands and he invited me to come along.

I stood backstage with them and I filmed them playing on my mobile phone and it was really loud.

Hi! Marlon on the stage at Download. Look at that – mad!

Part 2 Adventures / Food

Eileen: *I've scuba dived about twenty times.*

I've scuba dived in Australia at the Great Barrier Reef and in Egypt, in the Red Sea.

And I really enjoyed Egypt, there was lots of nice fish to see, lots of interesting coral, the water was warm, and it wasn't too busy.

Gemma: *I've travelled around Africa with two close friends. It was about three years ago.*

We went to Zimbabwe first, it was really good but it was quite dangerous when we went there.

My favourite part of the trip was an elephant ride in Botswana.

Nicole: *I've tried bungee-jumping. I did it when I was in South Africa, travelling.*

It was very frightening but exciting at the same time.

The feeling is difficult to describe, but it was an amazing experience.

Stuart: *I've eaten crocodile tail. It was at a hotel in Zimbabwe, when I was twelve.*

And it was kind of like fish mixed with chicken. It was weird.

Sophie: *I have eaten camel.*

It was at Ayres Rock in Australia and I was on a trip, and we cooked a camel curry.

Eileen: *The strangest thing I've ever eaten are sheep's brains.*

I ate them when I was in Marrakesh, in Morocco.

And they were very oily and they didn't taste very nice.

Jenni: *I haven't eaten many strange things.*

I've eaten mussels, which I think look really strange.

But I didn't like them at all.

Part 3 Work / Not yet!

Brennig: *I have worked in some amazing places.*

I worked for a short time in Canada, where the day time temperature reached minus 30.

At night nobody went out.

I have spent time in Antarctica on a research ship where the night time temperatures were greater than minus 40 centigrade and the daytime temperatures were minus 39.

Jenni: *I've worked as a volunteer in schools in India and Nepal.*

We taught drama and we weren't paid but we worked for six weeks.

We visited about six different places.

We went to Delhi, Varanasi, Lucknow, Katmandu and Bakshi ka Talab.

We worked with street children in Delhi.

They have really difficult lives, but after doing the drama lessons they were really happy, and it was really nice to see that.

Maleeha: *I have flown many times, but I am very scared of flying.*

My husband has booked tickets to Prague three times.

Each time I have made it to the airport, but not onto the aeroplane.

I have tried a fear of flying course, I've been to the doctor, but nothing can help.

Cathy: *I have never been to a music festival.*

I live in a town called Reading and there is a very famous music festival there every year.

But strangely I have never been to that festival.

Carolyn: *I've never been to Russia.*

I want to take the train.

I want to take the Trans-Siberian Express across Russia to Mongolia and China.

And I want to go to Red Square and see the Kremlin.

And I want to go to St Petersburg to see all the art treasures.

Marlon: *I play ice-hockey for a local team.*

We've played all over the U.K., but we've never played in

North America.

The best teams are in the United States and Canada, and one day, I want to play there.

Gemma: *I'm a vegan, so I don't eat meat or fish.*

I've never eaten meat or fish, so I don't know what it tastes like.

Jenni: *I've just failed my driving test. I took 40 lessons before the test, but I still failed.*

Eileen: *I've never scuba-dived in Thailand, but I've heard from other people that it's a really nice place to dive.*

There's lots of nice fish to see again and the waters are nice and clear and warm.