

Unit 1 Introductions

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	4	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	4	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	5	A	S&W Write a sentence based on a picture
	Pair work	Ask & Answer	5	B	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	5	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	5	B	S&W Read a text aloud
Language in action	Pair work	Speaking	6		S&W Respond to questions
Listening	Listen to someone talk	Listen & Answer	7	B	L&R Part 4
Speaking	Take notes	Writing	7		S&W Respond to questions
Expansion: Listening	Listen to two students talk	Listen & Answer	8	A&B	L&R Part 4
Expansion: Vocabulary	Complete the sentences	Reading	8	A	L&R Part 5 and TB Part 4
	Pair work	Speaking	8	B	S&W Respond to questions
	Match pictures to professions	Look & Match	8	C	S&W Write a sentence based on a picture
Expansion: Reading	Read profiles	Reading	9		L&R Part 7 and TB Part 5
Expansion: Writing	Write a profile	Writing	9		S&W Respond to a written request

Unit 2 What a life!

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	10	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	10	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	11	A	S&W Write a sentence based on a picture
Exchange	Complete the conversation	Listen & Answer	11	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	11	B	S&W Read a text aloud
Language in action	Pair work	Speaking	12		S&W Respond to questions
Listening	Listen to someone talk	Listen & Answer	13	B	L&R Part 4
Speaking	Take notes	Speaking & Writing	13	A	S&W Respond to questions and S&W Respond to a written request
Expansion: Listening	Listen to two students talk	Listen & Answer	14		L&R Part 4
Expansion: Vocabulary	Label pictures	Writing	14	A	S&W Write a sentence based on a picture
	Pair work	Speaking	14	B	S&W Respond to questions
Expansion: Reading	Read a magazine article	Reading	15	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Interview a partner	Writing	15	A&B	S&W Respond to a written request

Unit 3 Free time

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	16	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	16	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	17	A	S&W Write a sentence based on a picture
	Complete the phrase	Reading	17	B	L&R Part 5 and TB Part 4
Exchange	Complete the conversation	Listen & Complete	17	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	17	B	S&W Read a text aloud
Language in action	Pair work	Speaking	18		S&W Express an opinion
Listening	Listen to someone talk	Listen & Answer	19	A	L&R Part 4
		Listen & Answer	19	B	S&W Respond to questions using information provided
Speaking	Interview a partner	Speaking	19	A&B	S&W Express an opinion and S&W Respond to questions
Expansion: Listening	Listen to two students talk	Listen & Answer	20		L&R Part 4
Expansion: Vocabulary	Label pictures	Writing	20	A	S&W Write a sentence based on a picture
	Pair work	Speaking	20	B	S&W Respond to questions
Expansion: Reading	Read a magazine article	Reading	21	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Write a paragraph	Writing	21		S&W Write an opinion essay
Review 1					
Speaking	Pair work	Speaking	22	A&B	S&W Respond to questions
Listening check	Listen to a conversation	Listen & Answer	23		L&R Part 3 and TB Part 3
Language check	Complete the sentences	Reading	23		L&R Part 5 and TB Part 4

Unit 4 Places

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	24	A	S&W Describe a picture
	Pair work	Speaking	24	B	S&W Express an opinion
Conversation	Practice a conversation	Speaking	24	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	25	A	S&W Write a sentence based on a picture
	Pair work	Speaking	25	B	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	25	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	25	B	S&W Read a text aloud
Language in action	Pair work	Speaking	26		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	27	A&B	L&R Part 4
Speaking	Pair work	Writing & Speaking	27	A&B	S&W Express an opinion and S&W Respond to a written request
Expansion: Listening	Listen to a radio ad	Listen & Answer	28	A&B	L&R Part 4
Expansion: Vocabulary	Complete the sentences	Reading	28	A	L&R Part 5 and TB Part 4
	Look at pictures	Look & Match	28	B	S&W Write a sentence based on a picture
Expansion: Reading	Read the tourist info	Read & Answer	29	A&B	L&R Part 7 and TB Part 4
Expansion: Writing	Describe your neighborhood	Writing	29		S&W Respond to a written request

Unit 5 Getting around

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	30	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	30	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	31	A	S&W Write a sentence based on a picture
	Pair work	Speaking	31	B	S&W Describe a picture
	Look at pictures	Look & Match	31	C	S&W Write a sentence based on a picture
Exchange	Complete the conversation	Listen & Complete	31	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	31	B	S&W Read a text aloud
Language in action	Pair work	Speaking	32		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	33	A	L&R Part 4
Speaking	Pair work	Draw & Speak	33	A	S&W Describe a picture
Expansion: Listening	Listen to two conversations	Listen & Answer	34	A	L&R Part 3 and TB Part 3
		Listen & Mark a map	34	B	L&R Part 1 and TB Part 1
Expansion: Writing	Give a friend directions	Writing	35		S&W Respond to a written request

Unit 6 Shopping

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	36	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	36	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	37	A	S&W Write a sentence based on a picture
Exchange	Complete the conversation	Listen & Complete	37	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	37	B	S&W Read a text aloud
Language in action	Pair work	Speaking	38		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	39	A&B	L&R Part 4
Speaking	Pair work	Speaking	39		S&W Express an opinion
Expansion: Listening	Listen to three conversations	Listen & Match	40	A	L&R Part 1 and TB Part 1
	Complete the chart	Listen & Answer	40	B	L&R Part 3 and TB Part 3
Expansion: Vocabulary	Match words to pictures	Look & Match	40	A	S&W Write a sentence based on a picture
Expansion: Reading	Read an online ad	Read & Answer	41	A	L&R Part 7 and TB Part 5
Expansion: Writing	Write an ad	Writing	41		S&W Respond to a written request
Review 2					
Speaking	Pair work	Speaking	42	A&B	S&W Respond to questions
Listening check	Listen to two conversations	Listen & Answer	43		L&R Part 3 and TB Part 3
Language check	Complete the sentences	Reading	43		L&R Part 5 and TB Part 4

Unit 7 What's happening?

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	44	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	44	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	45	A	S&W Write a sentence based on a picture
	Pair work	Speaking	45	B	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	45	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	45	B	S&W Read a text aloud
Language in action	Pair work	Speaking	46		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	47	A	L&R Part 4
		Listen & Answer	47	B	S&W Respond to questions using information provided
Speaking	Pair work	Speaking	47		S&W Respond to questions
Expansion: Listening	Listen to two conversations	Listen & Match	48	A	L&R Part 1 and TB Part 1
	Answer T or F	Listen & Answer	48	B	L&R Part 3 and TB Part 3
Expansion: Vocabulary	Label pictures	Look & Answer	48	A	S&W Write a sentence based on a picture
	Pair work	Speaking	48	B	S&W Respond to questions
Expansion: Reading	Read a letter	Read & Answer	49	A	L&R Part 7 and TB Part 5
Expansion: Writing	Write a letter	Writing	49		S&W Respond to a written request

Unit 8 People

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	50	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	50	A&B	S&W Read a text aloud
Vocabulary	Complete the phrase	Reading	51	A	L&R Part 5 and TB Part 4
	Describe a picture	Speaking	51	B	S&W Describe a picture
	Describe people you know	Speaking	51	C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	51	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	51	B	S&W Read a text aloud
Language in action	Pair work	Speaking	52	A	S&W Describe a picture
Listening	Listen to someone talk	Listen & Look	53	A	L&R Part 1 and TB Part 1
	Answer T or F	Listen & Answer	53	B	L&R Part 4
Speaking	Make notes	Writing	53	A	S&W Respond to a written request
	Pair work	Speaking	53	B	S&W Describe a picture
Expansion: Listening	Listen to a description	Listen & Match	54	A	L&R Part 1 and TB Part 1
	Complete the sentences	Listen & Answer	54	B	L&R Part 3 and TB Part 3
Expansion: Vocabulary	Complete the words	Reading	54	B	L&R Part 5 and TB Part 4
Expansion: Reading	Read an email	Reading	55	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Write an email	Writing	55		S&W Respond to a written request

Unit 9 Having fun

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	56	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	56	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	57	A	S&W Write a sentence based on a picture
Exchange	Complete the conversation	Listen & Complete	57	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	57	B	S&W Read a text aloud
Language in action	Pair work	Speak & Write	58	A&B	S&W Respond to a written request and S&W Respond to questions
Listening	Listen to someone talk	Listen & Answer	59	A&B	L&R Part 4
Speaking	Make notes	Writing	59	A	S&W Respond to a written request
Expansion: Listening	Listen to phone messages	Listen & Answer	60	A&B	L&R Part 4
Expansion: Vocabulary	Label pictures	Look & Answer	60	A	S&W Write a sentence based on a picture
	Complete the phrase	Reading	60	B	L&R Part 5 and TB Part 4
	Pair work	Ask & Answer	60	C	S&W Respond to questions
Expansion: Reading	Read four emails	Reading	61	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Write an invitation	Writing	61		S&W Respond to a written request
Review 3					
Speaking	Pair work	Speaking	62	A&B	S&W Respond to questions
Listening check	Listen to two conversations	Listen & Answer	63		L&R Part 3 and TB Part 3
Language check	Complete the sentences	Reading	63		L&R Part 5 and TB Part 4

Unit 10 Vacation

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	64	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	64	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	65	A	S&W Write a sentence based on a picture
	Pair work	Speaking	65	B	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	65	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	65	B	S&W Read a text aloud
Language in action	Pair work	Speaking	66	A	S&W Describe a picture
Listening	Listen to someone talk	Listen & Mark a map	67	A	L&R Part 1
		Listen & Answer	67	B	L&R Part 3 and TB Part 3
Speaking	Make notes	Writing	67	A	S&W Respond to a written request
	Pair work	Speaking	67	B	S&W Respond to questions
Expansion: Listening	Put events in the correct order	Listening	68		L&R Part 4
Expansion: Vocabulary	Match words to pictures	Look & Match	68	A&B	S&W Write a sentence based on a picture
Expansion: Reading	Read a travel blog	Read & Answer	69	A&B	L&R Part 7 and TB Part 5
Expansion: Writing	Write a travel blog	Writing	69		S&W Respond to a written request

Unit 11 Life stories

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	70	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	70	A&B	S&W Read a text aloud
Vocabulary	Look at pictures	Look & Match	71	A	S&W Write a sentence based on a picture
Exchange	Complete the conversation	Listen & Complete	71	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	71	B	S&W Read a text aloud
Language in action	Pair work	Speaking	72		S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	73	A&B	L&R Part 4
Speaking	Interview a partner	Speak & Write	73	A&B	S&W Respond to questions and S&W Respond to written requests
Expansion: Listening	Complete the sentences	Listen & Answer	74		L&R Part 4
Expansion: Vocabulary	Pick the correct reply	Reading	74	A	L&R Part 5 TB Part 4
	Practice a conversation	Speaking	74	B	S&W Read a text aloud
Expansion: Reading	Complete a timeline	Reading	75	A	L&R Part 5 and TB Part 4
	Read the bio again and answer the questions	Read & Answer	75	B	L&R Part 7 and TB Part 5
Expansion: Writing	Make a timeline	Writing	75		S&W Respond to a written request

Unit 12 Hopes and intentions

Section	Activity	Skills	Page	Exercise	Practice for TOEIC & TOEIC Bridge
Warm-up	Talk about the pictures	Look & Speak	76	A	S&W Describe a picture
Conversation	Practice a conversation	Speaking	76	A&B	S&W Read a text aloud
Vocabulary	Complete the sentences	Reading	77	A	L&R Part 5 and TB Part 4
	Look at pictures	Look & Match	77	B	S&W Write a sentence based on a picture
	Pair work	Ask & Answer	77	C	S&W Respond to questions
Exchange	Complete the conversation	Listen & Complete	77	A	L&R Part 3 and TB Part 3
	Make a conversation	Speaking	77	B	S&W Read a text aloud
Language in action	Pair work	Speaking	78	A	S&W Describe a picture
Listening	Listen to someone talk	Listen & Answer	79	A	L&R Part 4
	Complete the sentences	Listen & Answer	79	B	L&R Part 4
Speaking	Interview a partner	Speaking	79	B	S&W Respond to questions
Expansion: Listening	Listen to a talk	Listen & Answer	80		L&R Part 4
Expansion: Vocabulary	Pick the correct reply	Reading	80	A	L&R Part 5 and TB Part 4
	Practice a conversation	Speaking	80	B	S&W Read a text aloud
Expansion: Reading	Speed reading	Read & Answer	81	A	L&R Part 7 and TB Part 5
Expansion: Writing	Write a letter to a friend	Writing	81		S&W Respond to a written request
Review 4					
Speaking	Pair work	Speaking	82	A&B	S&W Respond to questions
Listening check	Listen to two conversations	Listen & Answer	83		L&R Part 3 and TB Part 3
Language check	Complete the sentences	Reading	83		L&R Part 5 and TB Part 4