## Where I live



Living in London Docklands



Notting Hill, London



Where Anne Hathaway lived (the wife of William Shakespeare)



An old street, new colours



Office Buildings

fourteen



Dear Katja,

You wanted to know where I live. Well, here is a view of the house we live in, in the north of Brighton. We have a small garden in front and a big one at the back of our house.

I'm even sending you the floor plans. Have a look!

I'll start at the entrance: As you come up the stairs, my room is on the right, in the upper right corner of the floor plan. The room next to mine is my father's office. Lisa's room is opposite, between the upstairs bathroom and our guest room.

Our parents' bedroom, with a private bath, is downstairs, on the main floor. Also on the ground floor we have the kitchen, a large living room and a toilet, of course.

What do you think of the house?

Looking forward to your next e-mail,

Yours, Oliver





The Caines' castle

Unit 4A

1 Oliver's home	A1-2	floo	rs
Look at the photos and floor plans on t What are they called in English? Which photo shows which type of buil			
A family house	Terraced houses	9th	attic / loft nineth
A block of flats (GB)	An apartment building (US)	8th	eighth
A cottage	A farm house	7th	seventh
An Office building	Houses in a small town	6th	sixth
		5th	fifth
Study the <b>floor plans</b> and read Oliver's Underline all the <b>rooms</b> he mentions a	,	4th	fourth
Which rooms are on the ground floor?		3rd	third
And which rooms are upstairs?		2nd	second
Compare your results with a partner.		1st	first
compare your results with a partner.		ajahar ajahar ajahar ajahar	ground floor
2 On the fifth floor	₩ A1-2		basement
Listen to Katja's <b>mp3 file</b> : Where does s	she live?		.1 . 1 .
🖸 In a flat (GB)	In an apartment (US)	on the left	on the right
□ In a family house.	□ In the centre.	on your left	on your right first floor
In a block of flats.	O Near the centre.	upstairs , , , , , , , , , , , , , , , , , , ,	ground floor
In a boarding house.	In a village.	downstairs	lower floor
On the floor.	Across the Danube.	next to	opposite
			opposite
Listen again: Where are the following ro	poms?	- Sum	14
The kitchen O is	□ on the left.	g	
The living room	O right in front.		Arm
The balcony 🛛	O on the right.	And A	
Katja's room 🛛	O on the top floor.	:	H SALES
Her mother's room 🛛	next to the kitchen.		
Her brother's room	D between the bedrooms.		
Bathroom and toilet 🔘 are	○ in the attic.	THE H	<b>EXERCIC</b>
Compare your results with a partner.			Pressent.
3 Where do you live?	A2		

Draw a floor plan of the flat or house you live in and fill in what the rooms are called in English. Present your drawing to a group of three or four and tell your colleagues how to get to your room. Write an **e-mail** to a friend abroad and tell him or her where and how you live (seven sentences). Use some of the phrases from above.

Old building, new facade

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## Eight to five













I wake up at quarter past six every day except at the weekend. The **fm4 morning show** on the clock radio is the kick that gets me out of bed.

I get up and take a shower ... get dressed and ready for work.

My mother has breakfast ready at a quarter to seven. We don't talk much in the morning ... do you?

I leave the house at five past seven to catch the train at 7.11 to Sankt Pölten, listening to the **morning show**.

I arrive at 7.26 and walk to the office. Work at echo media starts at eight with a meeting, so there is enough time for a cup of coffee.

I have lunch with one of the colleagues, about half an hour at around twelve noon, just time for a sandwich and juice, and the **fm4 reality check**.

We take an afternoon break for tea at the office around three. Office hours end at half past four, but sometimes we work longer, with **fm4 connected** via earphones ...

I try to catch the train at 16.59 which gets me to Melk at 17.18. On the way home I look out for people I know, at the café, to find out what's new.

We have dinner around half past six and after that I have time for myself: have a look at the paper, watch my favourite series on TV, visit my friends on Facebook or listen to **fm4 homebase**.

I try to be in bed by half past ten or quarter to eleven ...







twenty-four

## Unit 8A

A1-2

### **FM4 RADIO**

FM4 is a youth culture radio station focusing on non-mainstream music. It is bilingual, German and English.

The programming from 1 am till 2 pm is in English, including the current affairs-based **reality check**. Afternoon and evening shows are broadcast in German: following the FM4 'Native Speaker Principle' hosts and guests speak in their mother tongue (German or English).

The **news bulletins** from 6 am to 7 pm every hour on the hour are read in English; the news in German at 06.30, 07.30 and 08.30 and in French at 09.30 and 12.30.

FM4 represents the diversity of youth culture, including music and political analysis as well as general technology developments, games, film, art and literature.

Find FM4 on 103.8 and online at http://fm4.ORF.at



### **FM4 SHOW TIMES**



### 1 My days at work

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Look at the photos of Katja's workday and read her **diary entries**. Study the ways of **telling time** below and underline the words in the text. Then write the times next to the photos.

 2 Telli	ng the time		A1-2
06.00	six (o'clock)	six am (in the morning)	
06.15	six fifteen	(a) quarter past six	
06.45	six forty-five	(a) quarter to seven	
07.05	seven oh five	five (minutes) past seven	
07.11	eleven	eleven (minutes) past seven	
07.26			
08.00	eight (o'clock)		
12.00	twelve (o'clock)	twelve noon	
15.00	three (o'clock)	three pm (afternoon+evenin	g)
16.30	four thirty	half past	
16.59	four	one minute to five	
17.18			
18.30	six		
22.45	ten		to eleven.
24.00	twelve (o'clock)	twelve midnight	

Study the different ways of telling the time, then explain Katja's daily routine to a partner:



- Listen to the programme preview on FM4.
- What time is it? What day?
- At what time will FM4 shows be broadcast?
- Fill in the show times on the left.
- Do you listen to English language radio? Or watch TV?
- Which is your favourite show?

4 A day in your life

₽ A2

- Think of a typical day at school or at work.
- What do you do at what time?
- Make notes and tell your colleagues about it.
- Find out more about FM4 radio shows on the Internet.
- Write an e-mail telling an English speaking friend about the one you like best
- (50-100 words). Include the online link(s).

## Keep in shape

### Reaching for the sun

Healthy eating and physical activity go hand in hand. Regular physical activity is essential to keep in shape and improve physical and mental health. It can help to reduce risks of many diseases. And exercises are fun!



### 1 Reaching for the sun

- Look at the photo on the left:
- What is the young woman doing?
- And what is the text about?
- Read again and tick the right statements.

### Physical activities

- help you to stay in shape.
- O keep the doctor away.
- 🛛 are fun.
- O reduce risks of many diseases.
- O make you feel better about yourself.

### 2 Jumping Jack

A2

**A1** 

- Look at the photo on the left and connect the words to the appropriate parts of the body.
- Then read the instructions for physical acivities, match the photos and the texts and find the appropriate headline.

Fill in

sit-up, squat, push-up or jumping jack

Lie on your front. Lift and lower the body with your arms. Keep your body straight. This exercise is good for your chest, arms and shoulders.

Lie on your back. Put your arms behind your head or stretch them forward. Knees are bent. Raise your upper body toward your knees. Extremely good for your belly.



Stand upright, raise your arms to the front. Move the hips back and bend the knees to lower the torso. Then return to the upright position. Good for thighs, hips and buttocks.

Stand upright, feet together and arms at the sides. Then jump to a position with legs spread wide and the hands touching overhead. Jump again to the original position. Good for warming up and training the whole body.





## Unit 23A

3 Get moving			A2	•	
Read the instructions for t Connect the statements.	pasic exercises on the c	opposite page.		•	
Push-ups O		O shoulders.		•	
		O chest.		•	
Sit-ups 🛛		O buttocks.		•	
	are good for your	🛛 arms.		•	
	train your	O whole body.		•	
Squats 🛛		🗆 belly.		•	
		🛛 hips.		•	alaur-
Jumping jacks O		🛛 thighs.		•	

### Health and fitness

Read the text on the right. Mark what you already do with + and what you should do with ! Then listen to Katja and Oliver on Skype. What about their lifestyle? Connect the statements.

Katja 🛛	O gets enough sleep.
	forgets to drink enough water.
	O eats fruits and vegetables.
	U turns down fast food.
	O reduces fat and sugar.
	Cycles whenever possible.
	has a lot of friends.
Oliver 🛛	Itries out new activities.

Listen again and answer the questions. What are Katja's hobbies? Which activities did she try out?

🛛 basketball	C canyoning	C climbing
O cycling	O diving	□ geocaching
kite surfing	O mountain biking	O paragliding
O roller skating	O sailing	O skateboarding
O snowboarding	🛛 volleyball	O windsurfing

### 5 Health and fitness reloaded

What about your lifestyle? What can you improve?

Find information about health and fitness on the Internet.

Concentrate on one of the following aspects: fitness in general, sports, eating habits, or a positive view on life. Work in pairs and present your ideas to the class. You can also look for simple exercises to keep fit on YouTube that can be done in classrooms.

Present an exercise to the class and encourage your classmates to move! Write a summary of how you intend to keep fit (about 100 words).



### Easy tips for a healthy lifestyle

 $\mathbf{A2}$ 

 $\rho$  A2

Everybody wants to be fit, healthy, and live a long active life. Right? The secret to healthy living is making small changes: drinking enough water, being more physically active and having an optimistic point of view. Small changes lead to big results! Here are our tips:

Get enough sleep Eat breakfast Drink two litres of water a day Snack the healthy way Cut down on sugar and fat Take a daily walk Focus on your strong points Make social connections Find new activities Love your life



## London by bus







**Buses in Oxford Street** 



**Piccadilly Circus** 

sixty-four



**Houses of Parliament** 

- London buses are mobile monuments, tourist attractions in transit. A taxi is more direct and the tube (the underground) is quicker, but
- the slow pace of the bus is ideal to see London.
- A travelcard allows you to hop on and off at will.

Some of the best bus routes for shopping and sightseeing are the 94 from Notting Hill Gate east to Oxford Circus, and the 12 from Oxford Circus south and across the Thames.

Your first stop should be the **Notting Hill Coronet**, one of the oldest and grandest cinemas in London. From here it is a short walk to **Portobello Market** where you will find everything from antiques to second-hand clothes. The 94 then travels east along **Kensington Gardens** and **Hyde Park**, then along **Oxford Street**, home of the best and worst of London's shops. It stops in front of **Selfridges**, at 400 Oxford Street, one of the city's top department stores. At Oxford Circus you might want to visit Madame Tussaud's **Rock Circus** and pick up the number 12 bus. In **Regent Street** the 12 passes **Hamleys**, the world's largest toy shop, and goes on to **Trafalgar Square**. Along Whitehall have a look at the Government Buildings, and maybe visit **No 10 Downing Street**.

Get off before the 12 crosses Westminster Bridge for a walk around the **Houses of Parliament**; listen to **Big Ben** and visit **Westminster Abbey**. Across the River Thames take a ride on the **London Eye**, walk the cultural mile to the **South Bank Centre** and enjoy the view of **St Paul's Cathedral** from the **Tate Modern** Restaurant.



St. Paul's Cathedral and Millenium Bridge from the Tate Modern restaurant

## <u>Unit 25</u>A

**A1** 

A2



Westminster Abbey



Portobello Market



Bus no. 94



**Trafalgar Square** 

### 1 London sights

- Have a look at the **photos** on this and the opposite page.
- Discuss the sights with a partner.
- What do you know about them?

### The number 12 bus 2

Read the article from Time Out, the visitor's guide to London, and answer the following questions.

- What does it say about London buses?
- What are the number 94 and 12 bus routes good for?
- Where does the tour start?
- And where does it end?
- What does it take to get on and off when and wherever you want?
- Which of the sights in the photos can you see from the 94 and 12 buses?

### 3 It starts in Notting Hill



**A2** 

- Look at the map of London on the following pages and mark the number 94 and 12 bus route.
- Ask a partner to help you.
- When you have finished compare your results with the others, like this:

The 94	starts in Notting Hill.
lt	travels east along
	stops in front of
The 12	passes
	goes on to
	crosses

### A London quiz

Listen to the recording on the sightseeing bus. Which of the sights do they discuss?

- Take notes in your exercise book.
- Then think of questions to ask:



### My favourite sights

Find some more information on the Internet about the sights of London you like best and write a short text about them (about 100 words).

# Map of London





# Progress review

l can	Listening	l need more practice	Unit	Level
	understand simple phrases, questions and information relating to safety and recycling rules at the workplace.		19A	A1-A2
	understand simple phrases and basic information relating to shopping at a fashion shop, e.g. clothes, colours and payment.		20A	A2
	understand simple phrases and questions at a restaurant, e.g. ordering food and drink and paying the bill.		21A	A2
	understand general information and specific details in a discussion relating to films and genres.		22A	A2
	understand relevant information in a discussion about health and fitness.		23A	A2
	understand simple phrases, questions and information relating to local transport around town.		24A	A2
	understand words and phrases of announcements relating to London sights and shops.		25A	A2

l can	Reading	I need more practice	Unit	Level
	pick out the information I need from a memo about safety, recycling and etiquette at work.		19A	A1-A2
	understand information I need relating to British currency, fashion labels and colours, price tags and receipts.		20A	A1-A2
	pick out information about restaurant food and drink from a menu, from business cards and from the Internet.		21A	A1-A2
	understand relevant information in short film reviews, e.g. kind of film, actors, story etc		22A	A2
	understand tips for healthy living and follow instructions for physical exercises.		23A	A2
	understand key information in a short text and from the Internet about means of local transport in England.		24A	A2
	identify key information in a magazine report about sight- seeing in London and mark the route on a map.		25A	A2-B1

l can	Speaking	l need more practice	Unit	Level
	ask and answer questions about safety signs and safety gear, recycling, work wear and etiquette at work		19A	A2
	carry out a short rehearsed dialogue in a fashion shop, describe fashion items and deal with prices and exchange rates.		20A	A2
	carry out a short rehearsed dialogue in a restaurant, ordering food and drink and paying the bill.		21A	A1-A2
	participate in a discussion relating to films and actors/actresses I like and describe a film I want to see.		22A	A1-A2
	participate in a discussion about health and fitness and give instructions for some exercises.		23A	A2
	ask and answer questions about local transport in the area where I live and give a report about getting around in England.		24A	A2
	ask and answer questions about a sightseeing tour in London and describe some of the sights.		25A	A2

## Unit 19-25A

l can	Writing	I need more practice	Unit	Level
	write a note explaining policy on safety, work wear, use of energy, recycling and etiquette at my place of work.		19A	A2
	write a short text about a shopping trip, describing fashion items, prices and exchange rates.		20A	A2
	write a short review of a restaurant I like and describe the food and drink I had.		21A	A2
	write a short text about a film I have seen, what it was about, who was in it and how I liked it.		22A	A2
	write a summary of what I do to I keep in shape and describe some of the exercises.		23A	A2
	write a short report about local transport in the area where I live and work.		24A	A2
	write a short text about some sights along a sightseeing tour of London.		25A	A2

### Unit 25A 😡 A London quiz

Self assessment

Revise, for instance, your note explaining the policy on safety, work wear, recycling and etiquette at work (Unit 19A) and combine it with your report about local transport in the area where you work and make it into a memo for exchange students (Unit 24A).

Combine your text about a **shopping** trip (Unit 20A) with your **restaurant review** (Unit 21A) and the text about London sights (Unit 25A) so that they form a summary of a trip to London – or produce a summary of sights, shopping and eating out in the area where you live and work. The text about a film you have seen (Unit 23A) would also fit nicely. Don't forget to put a date on your text(s) and keep them in your **Portfolio**.



### Housework – a fair deal?

In Austria housework is still a woman's affair. Women spend an average of about five hours a day on shopping, cooking, washing, cleaning and childcare – while men contribute less than three hours.

Tasks	Men	Women		
	minutes	per day	per cent	
Cleaning	27	98	78.4	
Washing, ironing	15	21	58.3	
Cooking	32	77	70.6	
Shopping	26	34	56.7	
Childcare	11	33	75.0	
Gardening	16	15	48.4	
Repairs, maintenance	29	3	9.4	
Additional work	19	21	52.5	
Aggregate (total)	175	302	63.3	

According to United Nations statistics women don't fare much better in other countries. While professional household help is employed and paid for, a woman's work goes unpaid. It includes all the everyday jobs that keep a family going and a household running.

### Men should pull more weight!

Country	Average time spent at unpaid work (hours and minutes per day)		
	Women	Men	
Australia	5:13	2:52	
Germany	5:01	3:07	
Sweden	4:21	3:07	
United Kingdom	5:06	2:55	
Canada/USA	4:12/4:19	2:42/2:40	
Austria (?)			

Based on United Nations: The World's Women





## **A Housework Contract**

I agree to take a fair share of housework.

Household Tasks	Fair Share
O household cleaning	
O cooking meals	
O washing up	
O washing clothes	
O ironing	
O making the beds	
🖸 rubbish disposal	
O cleaning shoes	
O paying the bills	
O keeping accounts	
O maintenance, repairs	
O car wash and cleaning	
O gardening	
O taking care of pets	
Additional Tasks	
0	
0	
0	

## seventy-six

76

## Unit 29A

A1-2

A2













### 1 Housework

- Look at the **photos** on this and the opposite page.
- What are the people doing?
- What are the tasks called in English?
- Write the appropriate words below the photos.

### 2 UN statistics

- Read the excerpt from the United Nations Women's Report on the
- opposite page.
- How much time do women spend on cleaning, washing, ironing,
- cooking, shopping, etc?
- How many minutes per day?

Women	spend 98 minutes on	cleaning.
Men		washing.
My father	spends	cooking.
My mother		childcare.
	don't/doesn't do very much	housework.

How much time do men and women spend on housework in other countries? Do they get paid for housework?

- Fill in the data for Austria.
- Discuss the statistics with a partner and make notes.

### 3 Working together

- Look at the **Housework Contract** and listen to the interview with Monika and her family: her husband Tom, who is American, and their son Brian.
- First listen for the type of housework they discuss.
  - Then listen and keep scores:
  - Fill in M3 for Monika if she does the job all the time,
  - M2 if she does it most of the time,
  - and **B1** if Brian does it sometimes;
  - T1 if Tom does the job sometimes and
  - **B2** if Brian does it most of the time, etc.
- Then add up the scores (total) and compare your results with others in your class.

### 4 What about teamwork?



- Who does the housework in your family?
- What do you do around the house or in your flat?
- Go through the Housework Contract again and score yourself.
- Write a short **report** about the situation in your household:
- compare your results to the numbers in the UN report (about 100 words).

## News we remember



In the morning of 11 September two planes crashed into the twin towers of the World Trade Center in New York City. After a number of explosions, both towers of the World Trade Center collapsed. 2749 people died, among these many fire-fighters and police officers.

Austria became a Member State of the European Union together with Finland and Sweden. In a referendum 66.58% of the people in Austria voted in favour of joining the EU. It was the EU's fourth enlargement.

. . . . . . . . . . . . . .

The Berlin Wall is history: at midnight of November 9 the East German government announced that citizens of the German Democratic Republic were free to cross the country's borders. Crowds of East Germans crossed the checkpoints and climbed onto the Wall, celebrating a historic street party with West Germans on the other side.

After more than three hundred years of white rule, Nelson Mandela (1918-2013) became the first black president of South Africa. His party, the African National Congress (ANC) won 252 of 400 seats in the first democratic elections. *"It always seems impossible until it's done."* (*Nelson Mandela*)

### HEADLINES

A night that changed the world Nuclear disaster in Japan First steps on the moon Gold medal for Austria Terrorists attack U.S. Elected president of South Africa Welcome to Europe!



An earthquake recorded as 9.0 on the Richter scale set off a tsunami that sent walls of water washing over coastal cities in the north of Japan. Severe damage to two nuclear plants in Fukushima resulted in a nuclear disaster reaching Level 7 on the International Nuclear Event scale.

The spacecraft Apollo 11 successfully landed on the moon. It was the American astronaut Neil Armstrong who became the first man to walk on the Moon. As he put his left foot down Armstrong declared: *"That's one small step for man, one giant leap for mankind."* 

. . . . . . . . . . . . . . . . .

Unbelievable! In the dramatic final of the 42<sup>nd</sup> Alpine World Ski Championships in Schladming Marcel Hirscher fulfilled his dream. He won the slalom gold medal on the last day of the World Championship in his home country.

## Unit 33A

