



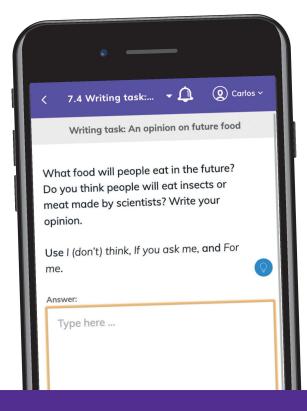
AMERICAN EMPOWER is a six-level general English course for adult and young adult learners, taking students from beginner to advanced level (CEFR A1 to C1). *American Empower* combines course content from Cambridge University Press with validated assessment from the experts at Cambridge Assessment English.

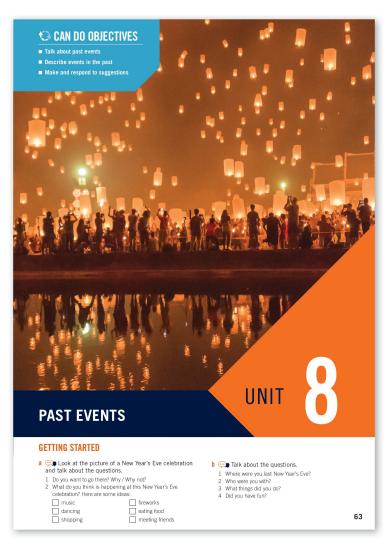
American Empower's unique mix of engaging classroom materials and reliable assessment enables learners to make consistent and measurable progress.

Content you'll love.

Assessment you

can trust.





Better Learning with American Empower

Better Learning is our simple approach where **insights** we've gained from research have helped shape **content** that drives **results**.

Learner engagement

1 Content that informs and motivates

Insights

Sustained motivation is key to successful language learning and skills development.

Content

Clear learning goals, thoughtprovoking images, texts, and speaking activities, plus video content to arouse curiosity.

Results

Content that surprises, entertains, and provokes an emotional response, helping teachers to deliver motivating and memorable lessons.



Personalized and relevant

Insights

Language learners benefit from frequent opportunities to personalize their responses.

Content

Personalization tasks in every unit make the target language more meaningful to the individual learner.

Results

Personal responses make learning more memorable and inclusive, with all students participating in spontaneous spoken interaction.

There are so many adjectives to describe such a wonderful series, but in my opinion it's very reliable, practical, and modern.

Zenaide Brianez, Director of Studies, Instituto da Língua Inglesa, Brazil

Measurable progress

1 Assessment you can trust

Insights

Tests developed and validated by Cambridge Assessment English, the world leaders in language assessment, to ensure they are accurate and meaningful.

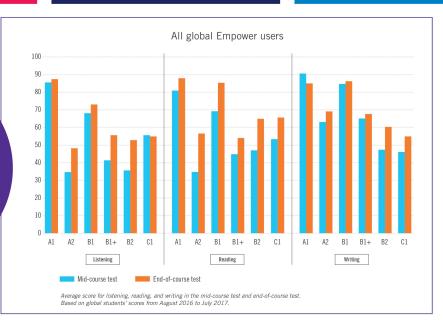
Content

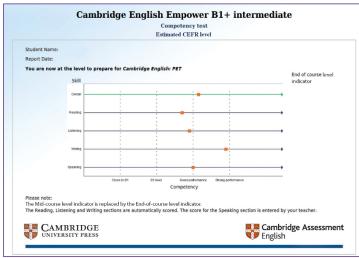
End-of-unit tests, mid- and endof-course competency tests, and personalized CEFR test report forms provide reliable information on progress with language skills.

Results

Teachers can see learners' progress at a glance, and learners can see measurable progress, which leads to greater motivation.

Results of an impact study showing % improvement of Reading levels, based on global Empower students' scores over one year.





We started using the tests provided with Empower and our students started showing better results from this point until now.

Kristina Ivanova, Director of Foreign Language Training Centre, ITMO University, Saint Petersburg, Russia

2 Evidence of impact

Insights

Schools and colleges need to show that they are evaluating the effectiveness of their language programs.

Content

Empower (British English) impact studies have been carried out in various countries, including Russia, Brazil, Turkey, and the UK, to provide evidence of positive impact and progress.

Results

Colleges and universities have demonstrated a significant improvement in language level between the mid- and end-of-course tests, as well as a high level of teacher satisfaction with *Empower*.

Manageable learning

Mobile friendly

Insights

Learners expect online content to be mobile friendly but also flexible and easy to use on any digital device.

Content

American Empower provides
easy access to Digital
Workbook content that
works on any device and
includes practice activities
with audio.

Results

Digital Workbook content is easy to access anywhere, and produces meaningful and actionable data so teachers can track their students' progress and adapt their lesson accordingly.



66 I had been studying
English for 10 years before
university, and I didn't
succeed. But now with
Empower I know my level
of English has changed.

Nikita, *Empower* Student, ITMO University, Saint Petersburg, Russia

2 Corpus-informed

Insights

Corpora can provide valuable information about the language items learners are able to learn successfully at each CEFR level.

Content

Two powerful resources – Cambridge Corpus and English Profile – informed the development of the *Empower* course syllabus and the writing of the materials.

Results

Learners are presented with the target language they are able to incorporate and use at the right point in their learning journey. They are not overwhelmed with unrealistic learning expectations.

Rich in practice

1 Language in use

Insights

It is essential that learners are offered frequent and manageable opportunities to practice the language they have been focusing on.

Content

Throughout the American Empower
Student's Book, learners are offered a
wide variety of practice activities, plenty
of controlled practice, and frequent
opportunities for communicative
spoken practice.

Results

Meaningful practice
makes new language more
memorable and leads
to more efficient
progress in language
acquisition.



2 Beyond the classroom

There are plenty of opportunities for personalization.

Elena Pro, Teacher, EOI de San Fernando de Henares, Spain

Insights

Progress with language learning often requires work outside of the classroom, and different teaching models require different approaches.

Content

American Empower is available with a print workbook, online practice, documentary-style videos that expose learners to real-world English, plus additional resources with extra ideas and fun activities.

Results

This choice of additional resources helps teachers to find the most effective ways to motivate their students both inside and outside the classroom.

Unit overview

Unit Opener

Getting started page – Clear learning objectives to give an immediate sense of purpose.

Lessons A and B

Grammar and Vocabulary – Input and practice of core grammar and vocabulary, plus a mix of skills.

Digital Workbook (online, mobile): Grammar and Vocabulary.

Lesson C

Everyday English -

Functional language in common, everyday situations.

Digital Workbook (online, mobile): Listening, Speaking, Reading, and Writing

Unit Progress Test

Review

Extra practice of grammar, vocabulary, and pronunciation.
Also a "Review your progress" section for students to
reflect on the unit.

Mid- / End-of-course test

Additional practice

Further practice is available for outside of the class with these components.

Digital Workbook (online, mobile)
Workbook (printed)

Components

Resources - Available on cambridgeone.org

- Audio
- Video
- Unit Progress Tests (Print)
- Unit Progress Tests (Online)
- Mid- and end-of-course assessment (Print)
- Mid- and end-of-course assessment (Online)
- Digital Workbook (Online)
- Photocopiable Grammar, Vocabulary, and Pronunciation worksheets

CONTENTS

Less	son and objective	Grammar	Vocabulary	Pronunciation	Everyday English
Unit	1 Hello!				
Gett	ing started Talk about countries an	d flags			
1A	Say your name and country	be: I / you / we	Countries	Sound and spelling: I'm, we're	
1B	Talk about people you know	be: he / she / they	Nationalities; this / these	Syllables and word stress	
1C	Meet and greet new people			Syllables and word stress; Stressed words; Intonation	Greeting people; Meeting new people
Unit	2 All about me				
Getti	ng started Talk about objects				
2A	Talk about your hometown	<i>be: it's / it's not</i> ; Possessive adjectives	Common adjectives; in / near	Sound and spelling: /h/ and /w/	
2B	Talk about possessions and common objects	Plural nouns; I have / you have; a / an	Common objects 1; Numbers 1	Sound and spelling: /s/, /z/, /ɪz/; Do you?	
2C	Ask for and give personal information			Stressed parts in questions; Intonation in questions	Asking for and giving personal information
Unit	3 Food and drink				
Getti	ng started Talk about the food in a	shopping cart			
ЗА	Say what you eat and drink	Simple present: I / you / we / they	Food 1	Syllables and word stress; Sound and spelling: /i/, /t/, and /at/	
3B	Talk about food and meals	Adverbs of frequency	Food 2; Time; What time / When?	Sound and spelling: /æ/ and /ɔ/	
3C	Order and pay in a café			Syllable stress; Stressed and unstressed words	Ordering and paying in a café
Unit	4 My life and my family				
Getti	ng started Talk about who people a	are and what they do			
4A	Talk about your life and ask about others'	Simple present: Wh- questions	Common verbs; study	Stressed words	
4B	Talk about your family	Simple present: he / she / it affirmative	Family and people; Numbers 2; How old?	Sound and spelling: /ð/	
4C	Ask and talk about photos			Sound and spelling: /ʧ/ and /ʤ/	Asking and talking about photos
Unit	5 Places				
	ng started Talk about an unusual n	nuseum			
5A	Describe a town	there is / there are:	Places in a town; a few, a lot of	there's / there are; Sound and spelling: /u/ and /ʌ/	
5B	Talk about hotels and hostels	there is / there are: negative and questions	Hotels	Sound and spelling: /ʃ/; Stressed syllables	
5C	Ask about and say where places are	e .		Emphasizing what you say 1	Asking and saying where places are
Unit	6 Work and routines				
Getti	ng started Talk about a job				
6A	Talk about people's jobs	Simple present: he / she / it negative	Jobs; work / job	Main stress in compound nouns; Sound and spelling: /ʃ/ and /ʧ/	
6B	Talk about daily routines and habits	Simple present: he / she / it questions	Daily routine; for, from to, until	Consonant clusters; Sentence stress	
6C	Make and accept offers			would; Emphasizing what you say 2	Making and accepting offers

Listening	Reading	Speaking	Writing
A conversation about who you are	Three convergations meeting	Who you are and where you're from	
A conversation about who you are	Three conversations meeting other students	Who you are and where you're from	
A conversation about people in pictures		People in a picture	
First day at work	An online profile	Greeting and meeting new people	A personal profile; Capital letters and periods Unit Progress Test
	Three posts: Our Homes	Homes and hometowns	My hometown; A friend's home
A conversation at the airport		Possessions; What's in the bag?	
Finding a new apartment	A personal information form	Asking for and giving personal information	A personal information form; Spelling Vunit Progress Test
A conversation about food likes and dislikes	Three families' weekly food: Food for One Week	Food likes and dislikes	
Three conversations about dinner	An article: <i>The Number One Breakfast in</i>	Saying the time; Meal times and what you eat	
In a café	A text message	Ordering and paying in a café	A text message; Contractions Vunit Progress Test
A conversation about work and travel to work	A blog: <i>Breakfast in Málaga and</i> Lunch in London	Work, home, and study	About you
Photos of famous people and their families	Photo captions; An International Family	Your family	
Talking about family photos	A photo caption	Photos	Photo captions; Word order Vunit Progress Test
A conversation about places in a town	An article: Very hot! Very cold!	A street in your town	On my street
A conversation at a hostel reception	A hostel review	Hotels and hostels	Questions about a town
Looking for a café	An email	Places in a town	About your town; and and but
 			Unit Progress Test
Four people talk about their jobs	A website: Jobs International	People's jobs	Questions about jobs
A conversation about taking photos at night	An article: A Good Night's Sleep	People's daily routines and habits	Questions about daily routines
A friend's birthday	An email about daily life	Offering to pay for food and drink	An email about daily life; because and also Unit Progress Test

Less	on and objective	Grammar	Vocabulary		Pronunciation	Everyday English
Unit '	7 Shopping and fashion					
Gettii	ng started Talk about the clothes in a	market stall				
7A	Talk about things you want to buy	this, that, these, those	Common object Prices	cts 2;	Sound and spelling: /b/, /p/, /g/, and /k/ Sound and spelling: this, that, these, and those	
7B	Talk about the clothes that people wear	Possessive 's; Review of adverbs	Clothes; Colors dark / light	5;	Sound and spelling: /ʃ/ and /dʒ/	
7C	Ask about and pay for things in a store				Connecting sounds	Going shopping
Unit	8 Past events					
Gettii	ng started Talk about your last New Y	/ear's Eve				
8A	Talk about past events	Simple past: <i>be</i>	Past time expr	essions	was / were	
8B	Describe events in the past	Simple past: affirmative	Free time activ	vities	Sound and spelling: /t/ and /d/	
38	Make and respond to suggestions				Sentence stress and intonation	Making and responding to suggestions
Unit 9	9 Vacations					
Gettii	ng started Talk about an interesting v	vacation				
9A	Talk about travel and vacation experiences	Simple past: negative	Transportation	; go	Sound and spelling: the letter <i>a</i> ; Sentence stress	
9B	Talk about past vacations	Simple past: questions	The seasons; The weather;	like	Sound and spelling: the letter o	
9C	Make and respond to requests				Syllables and spelling	Making and responding to requests
	10 Here and nowing started Talk about communicating	r onlino				
	Talk about your home	Present continuous: affirmative	The home; in i	on on	Sound and spelling: /tʃ/ and /θ/; Sentence stress	
10B	Ask where people are and what they're doing	Present continuous: negative and questions	Place phrases prepositions	with	Sound and spelling: /ə/; Main stress in questions	
10C	Ask for travel information		5 prepositions		Sound and spelling: /1ə/ and /eə/	Asking for travel information
Unit	11 Achievers					
Gettii	ng started Talk about a climber's exp	erience				
	Talk about people's lives	Object pronouns	Life events; Ye	ars	Sound and spelling: Numbers	
11B	Talk about things you know how to do	can for ability	Abilities; (very / pretty) v	well	can / can't	
11C	Talk about opinions				Stressed words; Consonant clusters	Talking about opinions
Unit	12 Plans					
	ng started Talk about a family vacation					
12A	Talk about future plans	be going to: affirmative and negative	Months and fu expressions; C numbers; The	rdinal	Sentence stress; be going to	
12B	Ask and answer about future plans	be going to: questions	Common verb		Sound and spelling: /v/ and /w/	
12C	Make and accept invitations				Sound and spelling: <i>oo</i>	Making and accepting invitations
	nemic symbols and gular verbs p. 103	Communication Plus p.	104	Grammar F	ocus p. 116	Vocabulary Focus p. 136

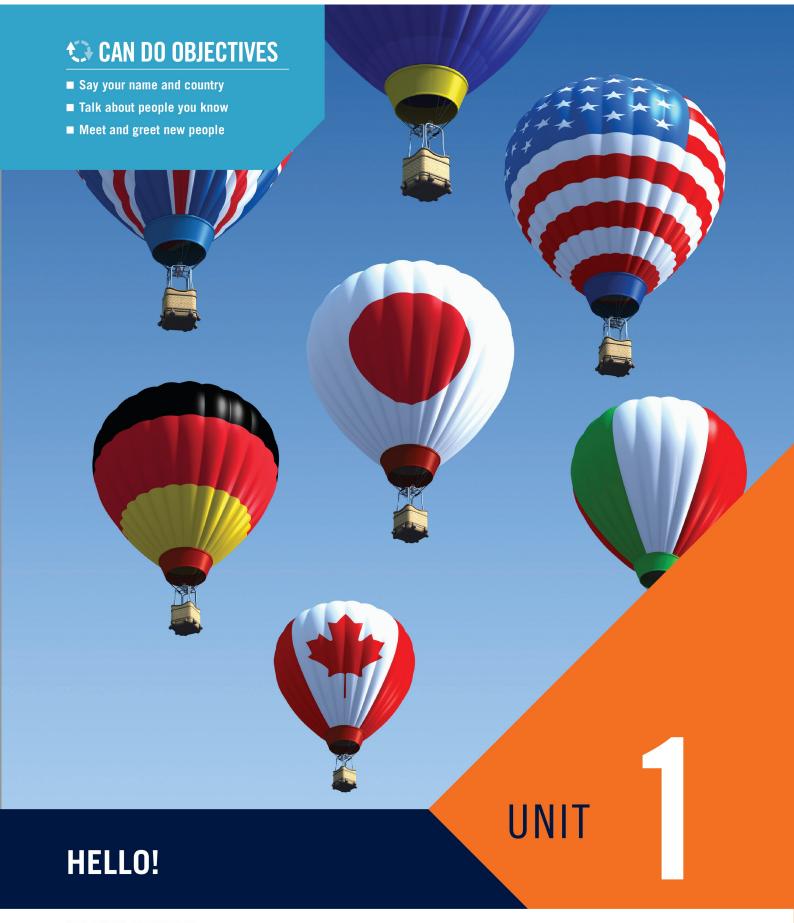
Listening	Reading	Speaking	Writing
A conversation at a home store	Places to go shopping	At a home store	
A conversation about old clothes	An article: They Make Colorful Clothes	The clothes you wear	A question about clothes
In a store	An advertisement and an email	Going shopping	An email reply to an advertisement; Commas, exclamation points, and question marks Unit Progress Test
Three conversations about past events	People who travel for work	Past events	Sentences about past events
Conversations about animal stories	A website: WILD Stories!	Yesterday's activities	Sentences about free time activities
Monday morning at work	A thank you note	Making plans	A thank you note; Writing short emails, notes, and texts Unit Progress Test
A conversation about a trip to Colombia	A website: Backyard Camping	A past travel experience	Sentences about your last vacation
A conversation about summer vacations	A blog post: New Year's Fun in the Big Apple	A past vacation	Questions about a past vacation
A trip to Mexico	An online post	Asking for help and responding	An online post about a trip; Making the order clear Vunit Progress Test
A monologue about an apartment	Text messages	Present activities	A text message to a friend
Five phone conversations about present activities	A message board: How much do you use your phone?	A phone conversation to make plans	A message board comment
At the train station	A message to a friend	A conversation about travel information	A message asking for information; Word order in questions Unit Progress Test
A conversation about Valentina	An article: <i>They Were the First!</i>	Past life events	Sentences about past life events
Tereshkova A conversation about a job description	An article: Amazing Humans	Your abilities	Questions about abilities
Out for dinner	An email to a friend	Interesting places to visit in a town / city	An email to a friend; Pronouns Unit Progress Test
Three conversations about summer vacation plans	A TV show review: Danger Zone	Your next vacation	Notes about vacation plans and everyday activities
Two conversations about weekend plans	An article: Only 4,000 Weekends in Your Life!	Your future plans	Questions about future plans
Making plans with a friend	Invitations and replies	Inviting a friend	An invitation and a reply; Paragraphs Vunit Progress Test
Writing Plus n 158			

Writing Plus p. 158

CLASSROOM LANGUAGE

D00.02 Listen and read.





GETTING STARTED

I'M FROM MEXICO

Learn to say your name and country

be: I / you / we

Countries

READING AND GRAMMAR

be: I / you / we affirmative and questions

a Dollon Listen. Then say Hi, I'm ... or Hello, I'm ... and say your name.





b 01.02 Read and listen to conversations 1-3. Match the conversations with groups of people a-c in the picture below.

C Complete the sentences in the chart.

I/we	you
I Camila. (= <i>I am</i>) We from Ecuador. (= we are)	you from the U.S.? How you?

- d Now go to Grammar Focus 1A Part 1 on p. 116.
- **e** Sound and spelling I'm, we're
 - 1 Doi.06 Listen to the sound of I'm and we're. a I am b I'm c we are d we're 2 Practice saying I'm and we're.
- f Practice the conversations in 1b.
 - 1 Work in pairs. Practice Conversation 1.
 - 2 Work in groups of three. Practice Conversation 2.
 - 3 Work with a new partner. Practice Conversation 3.
- g Practice the conversations in 1b again. Use your own name.



2 LISTENING AND GRAMMAR *be: 1/ you/ we* negative

a P01.07 Read and listen to the conversation. Choose the correct answers.

KELLY Are you Rubén? RUBÉN Yes, I am.

KELLY Hi, I'm Kelly.

RUBÉN Oh, hi. Are you a student here?

KELLY No, I'm not a student. I'm your

teacher!

RUBÉN Oh ... sorry.

- 1 Rubén is:
 - **a** a student. **b** a teacher.
- 2 Kelly is:
 - **a** a student. **b** a teacher.

b Complete the sentences in the chart.

Affirmative (+)	Negative (–)			
I <u>'m</u> a student. (= <i>I am</i>)	I'm a student. (= I am not)			
We from England. (= we are)	I'm a student. (= I am not) We're not from England. (= we are not)			

- **c** Now go to Grammar Focus 1A Part 2 on p. 116.
- d Read the sentences. Make them true for you.
 - 1 I'm a student.
 - 2 We're teachers.
- 4 I'm Laura.

- 5 We're from Tokyo.
- 3 I'm from the U.S.
- e Tell a partner your sentences in 2d. Are they the same?

3 VOCABULARY AND READING Countries

a DOI.09 Match the countries in the box with maps 1–8. Listen and check.

the United Kingdom / the U.K. China the United States / the U.S. Spain Japan Ecuador Quito Beijing • os Angeles Shanghai _London ● ∠ Barcelona Mexico City • Puebla

b © 01.10 Complete the sentences with the correct country. Listen and check.

- **OUR GROUP** Ilm Vilma. Ilm from Rio de Janeiro, in 1_ Hi, IIm Pablo. IIm from 2_____. I'm from Cuenca. Hello. I'm from Puebla, in 3_____, and my name's Camila. Hi, I'm Li. I'm from Beijing, in 4_____. But I'm not in Beijing now. I'm a student in Shanghai. Harumi 17:03 My name's Harumi. I'm from Tokyo, in 5_ I'm Michael. I'm from 6_ ____. I'm a teacher in London. I'm from Barcelona, in ⁷_____, and my name's Rubén. Hello. I'm a teacher, and my name's Kelly. I'm from New York, in 8_
- Now go to Vocabulary Focus 1A on p. 136.
- d Choose a city and a country in 3a. Write it on a piece of paper.

Puebla, Mexico

e Give your piece of paper to the teacher and take a new one. Try to find the student with the information on your piece of paper.

> Are you from Puebla? No, I'm not. I'm from Mexico City.

4 SPEAKING

Communication 1A

Student A go to p. 104.

Student B go to p. 106.

HE'S ECUADORIAN

Learn to talk about people you know

- 6 be: he / she / they
- V Nationalities

11 VOCABULARY Nationalities

a Do you know the people in pictures a-h? Ask your partner.

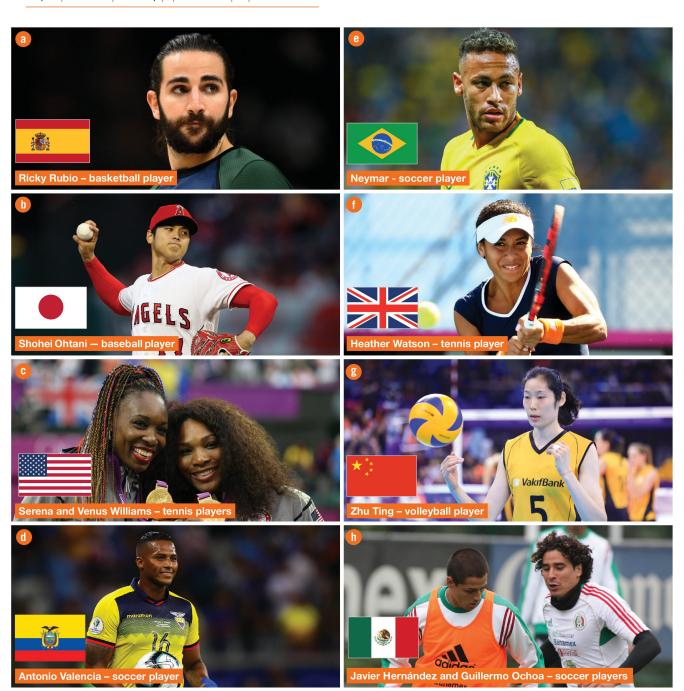
Do you know Serena and Venus Williams?

b Match the nationalities with pictures a-h.

A|mer|i|can Chi|nese Mex|i|can Ec|ua|do|ri|an Span|ish Brit|ish Jap|a|nese Bra|zil|ian

- C Out.12 Pronunciation Listen to the words in 1b. How many syllables are in each word?

 A mer | i | can = 4 syllables
- d **D**01.13 Listen and notice the stressed syllable.
- e Doi:12 Listen to the words in 1b again. <u>Underline</u> the stressed syllables. Then listen and repeat.
- f >>> Now go to Vocabulary Focus 1B on p. 136.



GRAMMAR be: he / she / they affirmative

- a DOI.15 Match 1-3 with a-c. Listen and check.
 - 1 Heather Watson is a tennis player.
 - 2 Shohei Ohtani is a baseball player.
 - 3 Serena and Venus Williams are tennis players.
 - a He's Japanese.
 - b They're American.
 - c She's British.
- **b** Complete the chart.

+	
she is he is they are	she's

- C >>> Now go to Grammar Focus 1B Part 1 on p. 116.
- d Write two sentences about the people below.
 - 1 Ricky Rubio2 Zhu Ting

3 Javier Hernández and Guillermo Ochoa

e Tell a partner your sentences in 2d. Are they the same?

3 LISTENING

a **Dol.17** Look at the photo below. Read and listen to Mia talk about the people on her vacation. Complete 1–6 with the words in the box.

Amei	rican Luis	Lucía	Colombian	Mexican	Anna
MIA	This is ¹		e's my friend	from Chica	igo.
NOALL		_	2		
NOAH	OK. And who				
MIA	This is ³	Не	's a teacher ir	n Brazil.	
NOAH	Is he Brazilia				
MIA	No, he's not	Brazilia	an. He's ⁴		
NOAH	Oh, really.				
MIA	And these ar	re mv f	riends ⁵	and Mate	90.
	They're mari	-			
ΝΩΔΗ	Are they Am				
MIA			erican. They'r	0 6	
IVIIA			encan. They h	c	
	- from Verac	cruz.			
	Tell a partne	r ahou	it two of you	ır friends	
	nationality a		_	ii iiiciias.	
vviiat	mationality a	are the	y:		0
					ASE.
				7	11/1
				181/10	

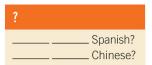
4 GRAMMAR

be: he / she / they negative and questions

a Complete the charts with the words in the box.

they 's not is are 're not she

+	
She's Spanish.	She Spanish.
They're Chinese.	They Chinese.



- b >>> Now go to Grammar Focus 1B Part 2 on p. 116.
- © 01.21 Complete the sentences. Listen and check.

1	Α	he Mexican?	3	Α	she Chinese?
	В	No,		В	No,
2		they		Α	they Brazilian
		American?		В	No,
	В	Yes,	5	Α	he British?
				R	Yes

d \bigcirc Practice saying 1–5 in 4c with a partner.



5 SPEAKING

Communication 1B Student A go to p. 104. Student B go to p. 106.

