



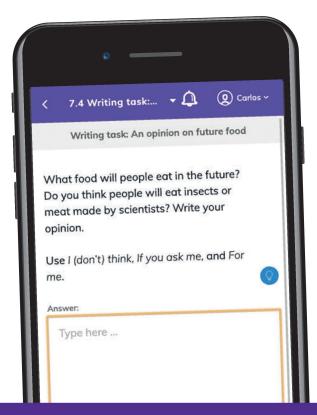
AMERICAN EMPOWER is a six-level general English course for adult and young adult learners, taking students from beginner to advanced level (CEFR A1 to C1). *American Empower* combines course content from Cambridge University Press with validated assessment from the experts at Cambridge Assessment English.

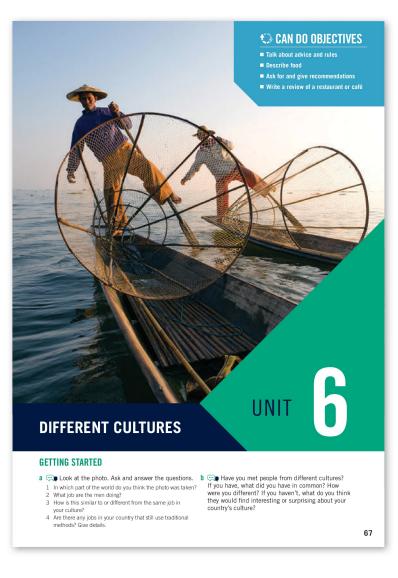
American Empower's unique mix of engaging classroom materials and reliable assessment enables learners to make consistent and measurable progress.

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.

The Ruins of **Tikal**:

If you're in Guatemala, you really must go to Tikal. It's a huge ancient city, built by the Maya civilizatic in the 5th century, and it's one of the world's most amazing sights.

Insider Tips

YOU SHOULD WEAR **GOOD WALKING SHOES**

Learn to talk about advice and rules

Modals of obligation Compound nouns

11 SPEAKING AND READING

- a Discuss the questions.

food people customs getting around cities and streets

- D Quickly read the article about CultureMee, an app for tourists traveling to other countries. Which of the things below does the app provide?
 "insider light" about the culture
 information about main tourist sites
 3 a history of the country
 detailed descriptions of famous buildings
 Islast of recommended hotels and restaurants
 Itips about how to behave in the country
 information about local attitudes and customs

CULTURE SHOCK? THERE'S AN APP





- C Read the article again. Decide if the sentences are true (T) or false (F). Find phrases in the text that tell you the answer.

- you the answer.

 The new app only gives cultural advice, not practical travel advice.

 C culturables has already been successful.

 John and Deels guidebook on East Africa didn't teil them everything they needed be know.

 John and Deels decided to interview ordinary people who John and Deels decided to interview ordinary people who Carlon and Deels and the people who come from the country they fall about.

 They would like people who use the app to contribute to it and immorals.

- a knowledge of something
 b suggested places to visit
 integral
 a additional, extra
 b central, essential

- 3 approach to a information about

- 4 at the heart of a feeling strongly about something b central to something 5 supplement a add to something a add to something b use instead of something 6 with authority a knowledgeable about something b having permission to talk about something b having permission to talk about something

2 VOCABULARY Compound nouns

a Read the information below about compound nouns, then <u>underline</u> the compound nouns in the title and introduction to the article on p. 68.

Compound nouns combine two words. We write some compound nouns as one word (e.g., Junchthme) and others as tow words (e.g., Junchthme) are usually formed by:
noun+noun (e.g., newspapen)
verb+-rig+ noun (e.g., washing machine)
noun+verb+-rig (e.g., ice skating)

- b Occ.01 Pronunciation Listen to the compound nouns from the article. Which part is stressed – the first of the second word? Practice saying the words. C Complete the compound nouns with the words in

book screen insect pack shop baseball tour walking

- 1 ____ guide 2 sun____ 3 souvenir ____ 4 ___ cap

3 LISTENING



d Read the travel tips for Tikal in Guatemala. Complete

e >>> Communication 6A ->> Student A: Go to p. 130. Student B: Go to p. 132.



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.

66 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.

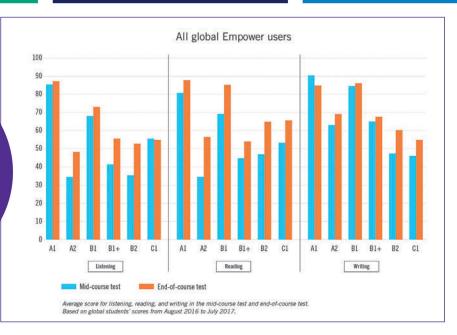
Content

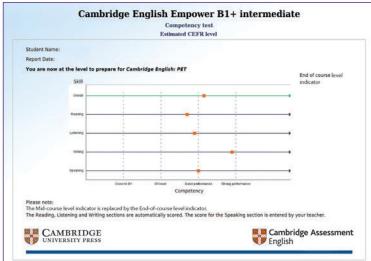
End-of-unit tests, mid- and endof-course competency tests, and personalized CEFR test report forms provide reliable information on progress with language skills.

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

1 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

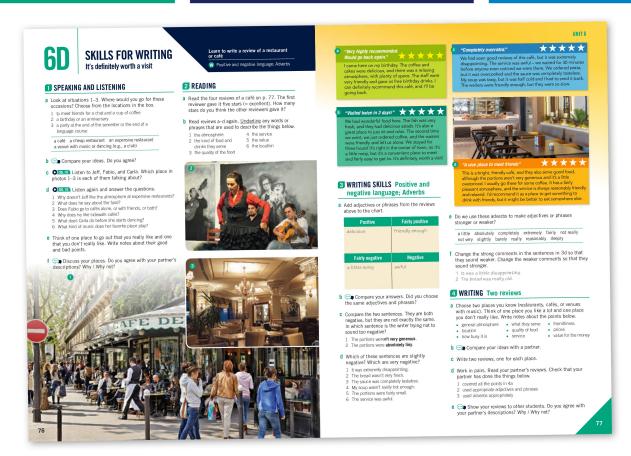
It is essential that learners are offered frequent and manageable opportunities to practice the language they have been focusing on.

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 and Speaking

Unit Progress Test

Lesson D

Integrated Skills – Practice of all four skills, with a special emphasis on writing.

Digital Workbook (online, mobile): Reading and Writing

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

	on and objective	Grammar	Vocabulary	Pronunciation	Everyday English
	1 Talk				
Getti	ng started Talk about communication	on			
1 A	Talk about friendship and	Subject and object	Friendship and		
	communication	questions	communication		
1B	Describe experiences in the present	Simple present and present continuous	Gradable and	Sentence stress: gradable and extreme adjectives	
1 C	Give and respond to opinions	present continuous	extreme adjectives	Word groups	Giving and responding to
1 D	Write a guide				opinions
Revi	ew and extension More practice		WORDPOWER yourse	lf	
	2 Modern life				
	ng started Talk about the workplace)			
	Talk about experiences of work	Present perfect and	Work	Present perfect and simple past:	
	and training	simple past		I've worked I worked	
2B	Talk about technology	Present perfect and present perfect continuous	Technology	Sentence stress: main verb / auxiliary verb	
2C	Make and respond to suggestions			Sentence stress	Making and responding to suggestions
2D	Write an email giving news				
Revi	ew and extension More practice		WORDPOWER look		
	3 Relationships				
	ng started Talk about relationships				
ЗА	Talk about a friendship	Narrative tenses	Relationships	Linking sounds	
3B	Talk about families	used to, usually	Multi-word verbs	Sentence stress: multi-word verbs	
3C	Tell a story			Stress in word groups	Telling a story
3D	Write about someone's life				
Revi	ew and extension More practice		WORDPOWER have		
Unit	4 Personality				
	ng started Talk about people				
4A	Describe people and their abilities	Modals and phrases of ability	Ability	Stress with modal verbs	
4B	Describe feelings	Articles	Personality adjectives		
4C	Offer and ask for help			Intonation in question tags	Offering and asking for help
4D	Write an informal online ad				
Revi	ew and extension More practice		WORDPOWER so and	l <i>such</i>	
Unit	5 The natural world				
Getti	ng started Talk about endangered a	nimals			
5A	Talk about the future	Future forms	Environmental issues	Sound and spelling: a	
5B	Talk about if and when	Present and future real conditionals	The natural world	Consonant clusters	
5C	Give reasons, results, and examples			Voiced and unvoiced consonants	Giving reasons, results, and examples
5D	Write a discussion essay				
Revi	ew and extension More practice		WORDPOWER problem	m	

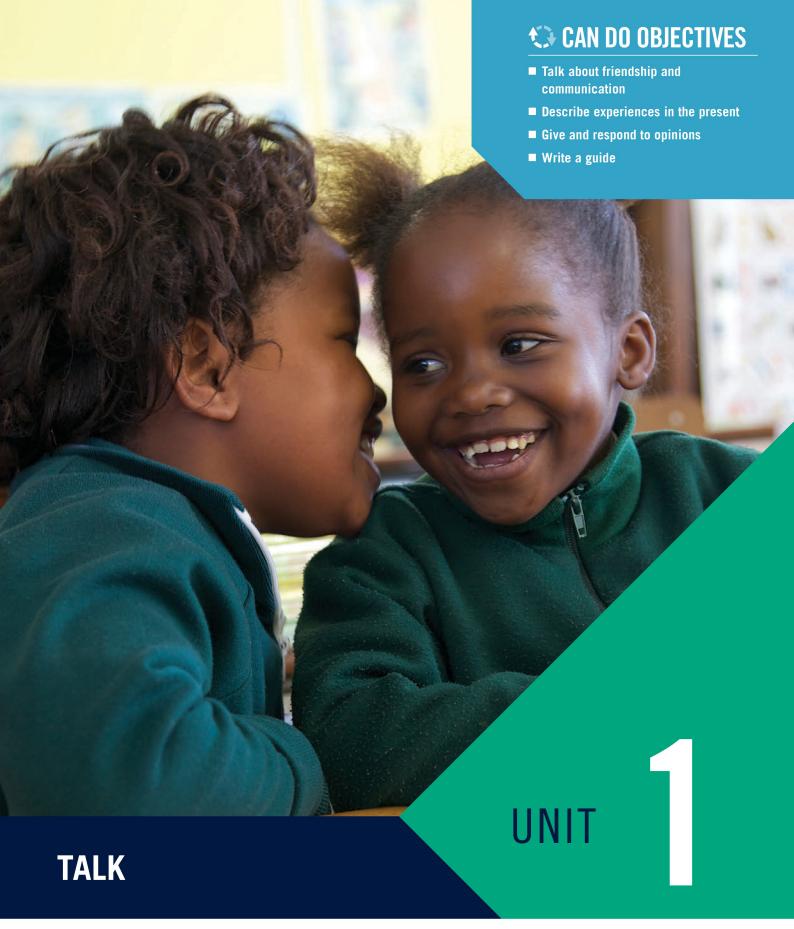
Listening	Reading	Speaking	Writing
Three monologues: Online friendships	Article: "But Are They Real Friends?"	Things you have done recently	
	Article: "Can You Really Learn a Language in 22 Hours?"	Learning a foreign language	
What to cook?		Giving and responding to opinions; Using <i>me too / me neither</i>	Unit Progress Test
Conversation: learning vocabulary	Article: "What Kind of Learner Are You?"	Ways of learning vocabulary	A guide Introducing a purpose; Referring pronouns
Radio show: likeability	Article: "Not the Best Interview I've Ever Had!"	Work and training experiences	
	Article: "What's Your Favorite App?"	Interviewing classmates about technology use	
A problem		Making and responding to suggestions; Sounding sympathetic or pleased	Unit Progress Test
Conversation: life changes	An email about a new job	Life changes	An informal email Adding new information
	Article: "60 Years and 1,000 Miles: How a Word Game Brought Two Unlikely People Together"	The story of a friendship	
Two monologues: being a twin	Article: "Twin Tales"	Family traditions	
A mistake		Reacting to what people say; Telling a story	Unit Progress Test
Conversation: great-grandparents	An email about how great-grandparents met	A member of your family	A biography Describing time
Radio show: successful people	Article: "What Happens to Talented Children When They Grow Up?"	Becoming successful at something	
Two monologues: personality types	Article: "Why the World Needs Introverts"	Describing a person	
Asking for help		Question tags; Offering and asking for help	Unit Progress Test
Three monologues: websites	Three online ads	Using the Internet to buy and sell things	An informal online ad The language of ads
Conversation: an environmental	Web page: The Whitley Fund	Predictions about the future	
project	for Nature		
Interview: inventions inspired by nature	Article: "Animals Have Adapted to Survive Everywhere"	The best place to experience natural beauty	
Talking about possible jobs		Reasons, results, and examples; Giving yourself time to think	Unit Progress Test
Monologue: rescuing whales	An essay about water pollution	A quiz about whales	A discussion essay Organizing an essay; Signposting language

	on and objective	Grammar	Vocabulary	Pronunciation	Everyday English
	6 Different cultures				
	1g started Talk about different cultu				
SA.	Talk about advice and rules	Modals of obligation	Compound nouns	Word stress: compound nouns	
B	Describe food	Comparatives and superlatives	Describing food	Sound and spelling: $/\int/$ and $/t\int/$	
C	Ask for and give recommendations			Sounding interested	Asking for and giving recommendations
D	Write a review of a restaurant or café				
evie	ew and extension More practice		WORDPOWER go		
	7 House and home		<u> </u>		
ettii	ng started Talk about ideal houses				
'A	Describe a building	Modals of deduction	Buildings	Modal verbs: final /t/ sounds	
В	Describe a town or city	Quantifiers	Verbs and prepositions	Sentence stress: verbs and prepositions	
C	Make offers and ask for permission			Sounding polite	Making offers and asking for permission
D D	Write a note with useful information				
≀evie	ew and extension More practice		WORDPOWER over		
Jnit 8	8 Information				
ettii	ng started Talk about an interesting	news story			
BA	Talk about podcasts	Reported speech	Sharing information	Sound and spelling: /g/ and /k/	
3B	Talk about what other people say	Verb patterns	Reporting verbs		
3C	Generalize and be vague			Sound and spelling: /h/ and /w/	Generalizing and being vague
BD	Write an email summary of a news story				
Revie	ew and extension More practice		WORDPOWER in/on +	noun	
	9 Entertainment				
Gettii	ng started Talk about street entertain				
9A	Talk about movies and TV	The passive	-ed / -ing adjectives	Sound and spelling: final -ed in adjectives	
9B	Give extra information	Defining and non- defining relative clauses	Music; Word- building (nouns)	Relative clauses: pausing; Word stress	
9C	Recommend and respond to recommendations			Showing contrast	Recommending and responding
)D	Write an article				, G
	ew and extension More practice		WORDPOWER see, look	k at, watch, hear, listen to	
	10 Opportunities				
	ng started Talk about different kinds		0 1 4 1 1	0 1 1	
	Talk about new things it would be good to do	Present and future unreal conditionals	Sports; Adjectives and prepositions	Sentence stress: would	
I OB	Talk about imagined past events	Past unreal conditionals	Expressions with do, make, and take	Sentence stress: would and have	
OC	Talk about possible problems and reassure someone			Sounding sure and unsure	Talking about possible problems and reassuring someone
10D	Write an email with advice				
Revie	ew and extension More practice		WORDPOWER Easily co	onfused words	
	nunication Plus p. 127	Vocabulary Focus p. 13		Grammar Focus p. 144	

Listening	Reading	Speaking	Writing
Three monologues: culture shock	Article: "Culture Shock? There's an App to Deal With That"	Describing different cultures	
Radio show: vending machines in Japan	Blog: "Hungry Adventures"	Describing a special meal	
A special gift		Asking for and giving recommendations; Expressing surprise	✓ Unit Progress Test
Three monologues: special occasions	Reviews of a café	Places to go out	Two reviews Positive and negative language; Adverbs
	Web page: "A More Personal Place to Stay"	Describing buildings	
Conversation: comparing life in a town and a city	Web page: "Five Reasons Why Small Towns Are Better Than Cities"	Talking about where you live	
Visiting a friend's family		Making offers, requests, and asking for permission; Imagining how people feel	✓ Unit Progress Test
Conversation: a vacation in Florida	Article: "Top Five Things to Do in and around Miami" A note	A recent vacation	A note with useful information Offering choices
Podcast: Pod-on-Pod	Article: "Thinking of Making a Podcast? Just Give It a Try!"	Giving opinions about podcasts	
Interview: fake reviews	Article: "The Restaurant That Wasn't There"	Describing experiences using reporting verbs	
A job interview		Generalizing; Being vague	Unit Progress Test
Monologue: a news story	A news story	Air travel	An email about a news story Summarizing information
Conversation: movie trailers	Article: "To Binge or Not to Binge"	Recommending a movie or TV show	
Three monologues: musical experiences	Article: "The Three Best Music Festivals You've Probably Never Heard Of"	A musical experience	
Planning an evening out		Recommending and responding; Asking someone to wait	Unit Progress Test
Two monologues: live music	A blog about staying at home	Live vs. recorded music	An article about a form of entertainment Contrasting ideas; The structure of an article
Conversation: trying new activities		Taking new opportunities	
	Article: "Searching for Serendipity"	A past event that made life better	
Asking for a promotion		Talking about possible problems and reassuring someone; Changing the subject	✓ Unit Progress Test
Monologue: volunteering	A web page about volunteering; Emails giving advice	Volunteering	An email with advice Advising a course of action

Phonemic symbols and Irregular verbs p. 164

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GETTING STARTED

- **a** Dook at the photo and answer the questions.
 - 1 Where do you think the girls are?
 - 2 What do you think the girl on the left is saying? Why do you think that?
 - 3 How do you think the other girl feels? Why?
- **b** Discuss the questions.
 - 1 Do/Did you talk a lot in class in school or in college?
 - 2 Do you talk a lot when you are with your friends? What about with your family?
 - 3 Do you think you should change anything about the way you talk (e.g., talk more, less, more loudly, more quietly)? Why / Why not?

1A

WHO LIKES MY POSTS?

Learn to talk about friendship and communication

- G Subject and object questions
- V Friendship and communication

1 SPEAKING AND VOCABULARY

Friendship and communication

- a Discuss the questions.
 - 1 How do you usually meet new people face-to-face or online? Why?
 - 2 Are your online friendships different from your other friendships? How?
 - 3 What kinds of things do you talk about online? Is this different from most of your face-to-face conversations? Why / Why not?





- **b** Match the words in bold in sentences 1–6 with definitions a–f.
 - 1 Social media is a great way to **get in touch** with old friends you haven't seen in a while.
 - 2 It's really difficult to **express your feelings** online because you can't look people in the eye.
 - 3 When her brother, Mike, was in the hospital, Susanna **reached out** to all his friends to come and visit him.
 - 4 It's easier to **interact with** people online because you can think about what you want to say before you write it.
 - 5 With good friends, you often don't have to **put** how you feel **into words** because you just understand each other.
 - 6 It's not a good idea to **give your opinion** in an online discussion because it's written. If you change your mind, you can't get rid of what you wrote.
 - a to communicate with and react to a person or people
 - b to say or write what you think or believe about something
 - c to contact someone by phone, email, or text message
 - d to try to communicate with a person or group of people, usually to help or involve them
 - e to talk about your emotions
 - f to explain a feeling using language
- C Do you agree with sentences 1–6? Why / Why not?
- d Now go to Vocabulary Focus 1A on p. 133.

2 READING

a Read the article and find out if it has similar ideas to the ones you talked about in 1a.



You've probably heard it before, right? "Facebook and Instagram friends aren't the same as the real thing." People from generations that didn't grow up with online friendships criticize younger adults who say they have a lot of online friends. They don't think friendships that are made online are as real or as meaningful as face-to-face ones. But it looks like they may be wrong.

Researchers at the University of California have come to the conclusion that online friendships have the same qualities as those in the real world. In a study, the researchers looked at exchanges between online friends and observed the same kinds of behaviors that exist in face-to-face friendships. Online friends share experiences and interests, express their feelings, and reveal things about themselves. Sometimes they offer each other practical help, and they can keep each other company at any time of the day or night.

Another way that face-to-face and online friendships are similar is that they take time to develop. You can't just go online hoping to find a friend – it's not as simple as that. Experts say that you need to build online friendships carefully, and they offer the following advice:

- Join a discussion or community that talks about something you're interested in.
- Make sure it's an app or website where you can exchange ideas and information – not one where you just follow what other people say.
- Write a clear and honest profile of yourself. Make it interesting and use a friendly tone.
- Don't expect to find a friend immediately it can take time.

And when you do find a friend ...

- Take things one step at a time, but make sure you keep in touch.
- Share things about your life, but not very personal things, and try to build trust.

- h Read the article again. Are the sentences True (T) or False (F)? Correct the false sentences.
 - 1 Some older people don't think online friends are true friends.
 - 2 Researchers say there are many differences between face-to-face and online friendships.
 - 3 Online friends can be available to interact with day and night.
 - 4 You will find online friends very quickly.
 - 5 To help an online friendship develop, share some details about yourself and your life.



Here's a checklist of questions you can ask yourself as you explore the world of online friendships:

1	Is it easy to use the app/website?	Ш	
2	Is this a community I want to join?		
3	Are there people I want to communicate with?		
4	Am Linterested in replying to posts?		

- 5 Are the posts friendly and honest?
- 6 Do other people like or reply to my posts?

- **C** Discuss the questions.
 - 1 Do you think the advice in the article is good? Why / Why not?
 - 2 What problems can happen as a result of online friendships? What are the benefits?
 - 3 Do you think people express their feelings more or less carefully online? Why?
 - 4 Do you think it's easier to find someone you have something in common with in the real world or online? Why?

3 GRAMMAR Subject and object questions

- **a** Look at the questions and answers and <u>underline</u> the correct words in the box.
 - 1 Q: What do experts say about making friends online?A: You need to build online friendships carefully.
 - 2 **Q:** Who **thinks** online friendships aren't real?
 - **A:** People from generations that didn't grow up with online friendships.
 - a The answer to question 1 is the *subject / object* of the verb in **bold**. Question 1 is a(n) *subject / object* question.
 - b The answer to question 2 is the *subject / object* of the verb in **bold**. Question 2 is a(n) *subject / object* question.

/ (1	e the questions below subject (6) of
ob	oject (0) questions?
1	Who do I give this to?
2	What happened to your leg?
3	Which of these books do you want to borrow?
4	Who gave you the flowers?
5	Which car uses less gas?
6	What did he say to you?

h Are the questions below subject (S) or

- c Now go to Grammar Focus 1A on p. 144.
- **d** Make subject (S) or object (O) questions with the words below. You may need to change the verb or add *do*, *does*, or *did*.

1	Who / call / you / yesterday? (S)
2	Who / you / last / text? (O)
3	What / you and your friends / talk about? (O)
4	What / make / you and your friends / laugh? (S)

5 Which of your friends / you / see / every day? (0)
6 What / post / last / make / you laugh? (S)

e Ask and answer the questions. Try to ask follow-up questions.

4 LISTENING

- a pliscuss the questions.
 - 1 Do you think online friends can become face-to-face friends? How can this happen?
 - 2 What are the advantages and disadvantages of this change in friendship?
- b 01.05 You are going to hear Chris, Alex, and Kelly talk about online friendships. Listen and put a name with each photo.

1 _____



2 _____



3 _____



c 01.05 Listen again and complete the information in the chart

	Chris	Alex	Kelly
Friend's name			
Common interest			
Met – yes or no?			
What have they done together?			

d Which of the three speakers would you like most as an online friend? Why?

5 SPEAKING

- **a** Check (✓) the things you have done recently. Write notes about the experience.
 - met someone new face-to-face
 - met someone new online
 - met someone face-to-face who you first met online
 - met an old friend you hadn't seen in a long time
 - posted a strong opinion on social media or a
 - discussion board
 - posted a video story on social media
 - created a playlist of your favorite music
 - started a new job/course
- **b** Look at the experiences your partner checked and write three questions to ask them.

met someone new
Who was it?
Where were you?
What did you talk about?

c Ask your partner about their experiences. Try to ask follow-up questions.

1B

I'M USING AN APP FOR LEARNING ENGLISH

Learn to describe experiences in the present

- G Simple present and present continuous
- W Gradable and extreme adjectives

11 SPEAKING

Dy bannee diu Guten Tag Gouden Dai Salut

Сәлем! Bonjour Halito Salute

Hallo Håfa ådai Ç'kemi Guuten takh

a Discuss the questions.

1 How many languages can you say "Hello" in?

2 How many languages can you order a meal or have a simple conversation in?

Héébee Bon die! Servas Tungjatjeta

3 What language are you best at (apart from your own)?

Ola Ahoj Bitaw Góðan dag Hoi

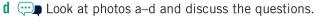
b Choose one idea below and continue using because. Salud Hola / Buenos días Bon dia Write your idea.

Learning a new language is like ...

- making a new friend
- going on a long journey
- · being a child again
- growing plants in a garden
- · learning a musical instrument.

Learning a new language is like being a child again because you feel like you are starting from the beginning and everything is new.

c Page Read your sentences to each other. Do you agree with each other's ideas?



1 What are the different ways of learning a language in the photos? 2 What are the advantages and disadvantages of each way of learning a language?

