

UNIT 1: I AM

VIDEO: Skateboarding in Ethiopia p. 11

Narrator: People of different ages have different hobbies. A lot of kids like to skateboard. Sean is older, but he loves to skateboard, too! He's from America, but now he lives in Addis Ababa in Ethiopia. His favorite hobby is skateboarding. He runs a neighborhood skate park with another man named Michael. But why do they do this? Here's why: A lot of young people in the area also love skateboarding. But there wasn't a good place for them to skate. And so, Sean and Michael made a safe place for skaters to meet.

Sean: They're skating every day, and every weekend. A lot of people meet, like 40-plus people, just to skateboard.

Narrator: The park is called Ethiopia Skate. It provides skateboards, too. The group has around 150 young members of different ages. Michael is a doctor, and he also loves skateboarding. He wants to help people, and he can do that here. He believes the park can change the lives of these kids.

Michael: There's a lot of potential to be able to make a difference in a lot of kids' lives.

Narrator: At Ethiopia Skate, kids learn to skate. But they also come here to be themselves. The group is friendly and kind. The sport is fun to do alone, but it's more fun with other people. The kids can feel like part of a team. Skateboarding helps people meet and make friends. In fact, there are many skateboarding groups around the world.

UNIT 2: YOUR JOB FUTURE

VIDEO: A Dream Job p. 31

Narrator: Being a pilot is a dream job for many people. Pilots travel to many different places. They're usually good with computers, and they're good at science. It's an exciting job.

Josh: Just got to find my way to the crew room now.

Narrator: Josh wants to be a pilot. He needs to learn a lot of new things. Today, Josh lands a plane with passengers on board for the first time. His training captain, Adam, helps him learn how to land a plane.

There is a lot of technology he needs to find out about. A pilot's job is never boring. When Josh lands the plane, he turns off the autopilot and flies the plane on his own.

Josh: You're looking down the runway and you're thinking, "Right, I've got to get this right."

Narrator: Adam gives some advice.

Adam: Don't forget to look outside as well, Joshua, so you get the visual picture.

Josh: Understood.

Narrator: The landing is a little bumpy.

Josh: On that first landing, I was thinking, "Can I do this?"

Narrator: He still needs to grow and learn more skills before his next flight. But he gets to try again. Josh takes his second flight a few months later. This time, his dad is on board, so he wants to try hard and do a good job.

Josh's Dad: Hello!

Josh: All right, Dad? Welcome to the, uh . . .

Josh's Dad: Welcome to the big world!

Narrator: Josh and the training captain work together. After this landing, Josh is satisfied!

Josh's Dad: Nice landing! I'll give you a ten for that one!

Narrator: It's a success! Josh's dream is happening. He is becoming a pilot. It's very exciting.

Josh: Doing the thing I dreamt of since I was a kid . . . to do something you want to do every day is . . . is fantastic.

UNIT 3: UNUSUAL PLACES

VIDEO: Welcome to Bukchon Village p. 51

Welcome to Bukchon Village—an area in the center of Seoul, South Korea. Bukchon Village is a traditional neighborhood with narrow streets and beautiful houses. These houses are called *hanoks*. They are traditional Korean-style houses, and they are very popular with tourists.

Visitors come to Bukchon Village to experience traditional Korean culture. You can see how people lived in the past. You can walk around the streets and

see the beautiful hanoks, as well as small museums and cultural centers. Most of Seoul is modern and busy—with traffic and loud music and crowded streets. But this village is very different.

Bukchon Village also has many art galleries, craft stores, and small restaurants that serve delicious Korean food. You can try dishes like *bibimbap*, *kimchi*, and *bulgogi*, or get a cup of traditional Korean tea at one of the village's tea houses. Don't forget to bring your camera and take lots of pictures. Anywhere you go, there's always a great chance to get a beautiful picture.

One thing to remember: People actually live in these houses. That means it's important to be polite and not be too loud. But still, think about this: The people here *now* live in the same houses that their ancestors lived in. The houses connect people to their history!

Bukchon Village is a great place to explore and learn about Korean culture. Whether you're interested in traditional buildings, or art, or food, you can find something to enjoy in this special village. If you ever come to Seoul, be sure to visit Bukchon Village and experience all that it has to offer!

UNIT 4: THE GOOD AND BAD OF TECH

VIDEO: Digital Tourism p. 71

Narrator: Technology helps us communicate with people, by phone, text message, or email. But technology can also help us learn about places around the world. Patrick Karangwa is very good with a camera. He's taking pictures of life in Rwanda in Africa. He wants people from all over the world to see them. Why is he doing this? Because many people can't see Rwanda in real life. Patrick likes to travel and see new places. He often looks at pictures of other countries on Google Maps. But there are not many photos of his home country on the Internet. He wants to show people what his country is like. And so, he takes photos and creates virtual tours online.

Patrick: I realized that this technology—we could do it and it was affordable.

Narrator: With Patrick's virtual tours, people can walk down the streets of Kigali. But their tour is online. Patrick's tours help people learn about his country. And tourists can look at the beautiful sites anytime.

And this happens in other places, too. Ol Pejeta wildlife park in Kenya also uses technology. It shares photos of the places in the park with people around the world.

Richard: One of the ways we're trying to be innovative is looking at virtual ways of bringing wildlife to people's homes, and to their television sets and to their telephones.

Narrator: Sammy, a park ranger, records the elephants while they are drinking and eating. He can tell people about their personalities and how they act. The park hopes to make extra money to help the community and the park. It is exciting to learn about new places and visit them virtually. Where do you want to travel on a virtual tour?

UNIT 5: TAKE A RISK

VIDEO: Malaika Vaz: Risk and Reward p. 91

Narrator: Malaika Vaz is a National Geographic Explorer and filmmaker. She also dives, pilots planes, windsurfs, and rides horses, among other activities.

Malaika: I work with big predators very often as part of my work as a wildlife filmmaker, everything from tigers to sharks. We recently filmed with Asiatic lions. We were very close to many lions. Working with wild animals is always a risk. But we have the skills to do this safely and always respect their space. And the lions were very calm. Seeing them up close was pretty incredible.

People can learn to live with wild animals. The biggest reward is when people watch our films and fall in love with wildlife and want to protect it. We don't want any animals to go extinct or disappear.

I do risky adventure sports because I learn and get new skills with every adventure. I become more confident and get to explore oceans, mountains, and forests with each adventure. Then I take this knowledge and work on telling the story of these outdoor places through my films.

I want to do as much as I can every day—to have new adventures and experiences. But I do know this life is not for everyone. Still, I think everyone can add some adventure to their life. Start with small risks: try a new sport, eat a different kind of food, voice your opinion in class, or try speaking to someone you've never spoken to before. You can take small risks that have

big rewards—new skills, new knowledge, and new friends.

UNIT 6: DO YOUR PART

VIDEO: Choices p. 111

Part 1

Last year, I visited many places in this country. I saw many amazing things. I never knew it was like this. Many places in the country look like this. What do people in the rest of the world think when they see this country? What about future generations? How are they going to feel when they see these places? I'm going to remember these places forever. It was important to travel here. Now, I look at this land in new ways. This is the real country. It's difficult to describe and amazing to see. I'm never going to forget it. I ask myself, *Is this going to change?* The choice is ours.

Part 2

Last year, I visited many places in this country. I saw many amazing things. I never knew it was like this. Many places in the country look like this. What do people in the rest of the world think when they see this country? What about future generations? How are they going to feel when they see these places? I'm going to remember these places forever. It was important to travel here. Now, I look at this land in new ways. This is the real country. It's difficult to describe and amazing to see. I'm never going to forget it. I ask myself, *Is this going to change?* The choice is ours.

UNIT 7: LOST AND FOUND

VIDEO: Dinosaur Detective p. 131

Nizar Ibrahim: I'm going to take you on a journey back in time. I'm not talking about 500 years, 2000 years, no. I'm taking you back in deep time, to a lost world of African dinosaurs, a place that is far more bizarre than any other ecosystem we know of. The Sahara is a magical place—both beautiful and frightening, peaceful and cruel, almost like a world of its own. Today, this is a sea of sand, but a hundred million years ago this place was a huge river system. When I was about 25 years old, I began a fieldwork project to collect fossils in the border region between

Morocco and Algeria. People told me that I'm crazy. But I think, in science, you sometimes have to be crazy. I think you need people to push the boundaries; I mean, that's what science is about. People thought I would never find anything significant. Well, we found a few things. This is the actual site where a partial skeleton of Spinosaurus was found. Let's see if we can find something new. I never fully understood the concept of deep time until I found an ancient piece of riverbed in the Sahara, little pebbles, and a dinosaur tooth. And all these objects were arranged in the same direction of flow. This scene just came to life in my mind: a dinosaur upstream, losing a tooth, and the tooth is just rolling on the riverbed, it's carried downstream and it suddenly gets stuck in this little sand dune, in the river. I had, in my hands, a snapshot of time, from a time when humans were absent on our planet.

Excerpt for Exercise B

I never fully understood the concept of deep time until I found an ancient piece of riverbed in the Sahara, little pebbles, and a dinosaur tooth. And all these objects were arranged in the same direction of flow. This scene just came to life in my mind: a dinosaur upstream, losing a tooth, and the tooth is just rolling on the riverbed, it's carried downstream and it suddenly gets stuck in this little sand dune, in the river. I had, in my hands, a snapshot of time, from a time when humans were absent on our planet.

UNIT 8: INNOVATIVE IDEAS

VIDEO: The Science of Sleep p. 151

Narrator: We all sleep. In fact, we spend one-third of our lives sleeping. But why do we sleep? When we sleep, our bodies rest, but our brains are active. So what's happening in the brain? Scientists around the world want to find out. Let's look at two experiments. Dr. Stickgold is a sleep scientist. He wanted to answer the question: Does sleep help us learn and remember things? So, he did an experiment. Two women, Jennifer and Jemiah, took a test on a computer. They typed the numbers 4-1-2-3-4 as many times as they could. Jemiah did a second test a few hours later. But Jennifer slept for a night. Then she took her second test the next day.

Let's look at the results. Jemiah had the same result on the second test. She didn't improve. But Jennifer did much better. She typed the numbers faster and got a better score.

Dr. Stickgold: It's a huge improvement.

Narrator: What was the doctor's conclusion? Jennifer's brain worked better after sleep. From this experiment, we can see that sleep helps us remember and learn better. But what else does it do?

Dr. Wright is *also* a sleep scientist. He did an experiment with a group of healthy volunteers. His question was this: Does sleep change how much we eat? The first week of the experiment, the volunteers slept for 9 hours every night. But in the second week, they only slept 5 hours a night. During the two weeks,

the scientists observed what happened. They noticed a change in the people's eating habits. They ate more during the second week. Their meals were bigger, and they ate more snacks. In fact, the volunteers gained weight during the second week.

Why did this happen? Scientists believe the brain sends messages to tell us when to stop eating. But when we are tired, these messages don't work. From this experiment, we can see that sleep helps us stay at a healthy weight.

In conclusion, we know that sleep is important. It helps us learn, remember, and eat better! So start tonight. Make sure you get enough sleep for a healthy and happy life.