

Your favourite website: It has to be the Beeb: <http://www.bbc.co.uk>

A gadget you can't live without: I'm not sure if it's really a gadget, but I definitely can't live without my bicycle.

Something you'd never throw away: My travel diaries

Who or what inspires you? I live in a small coastal town called Hayama, an hour south of Tokyo. There is a path behind my house which leads up through a forest to a hilltop clearing. From there you can see right across Sagami Bay to the mountains of Hakone and beyond that to Mt. Fuji. I like to walk up there at dusk and watch the last rays of sunlight catch the ocean. On clear days, the sun sets behind Fuji-san, a conical shadow in the orange sky. It is truly inspiring.

Useful teaching tool: Pico projectors are tiny projectors you can connect to a smartphone or tablet. I have four of these devices, so students can form groups and make mini-presentations from their own smartphone. They can project photos, favourite websites or apps, or give simple PowerPoint presentations to their group. I've found this methodology enormously successful.

Your favourite lesson: "Say the Opposite"; it's the one activity I've come up with that works in every class, whatever the level, whoever the students. I'll explain it in my presentation if anyone is interested.

Your favourite bit about your talk: Getting emails from other teachers after the talk telling me that handouts and teaching ideas have worked well in their classes.

A lesson you've learnt while teaching: Imagine you are one of the students; would you be enjoying the class?