**American Empower Documentary Video Text Alternative**

**UNIT 1**

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| **Visual** | **Audio** |
| Sindhutai Sapkal (Mai) leading children, laughing with boy and sitting in a group. | This is Sindhutai Sapkal. She’s Indian and she lives in Pune, a city in the west of India. |
| Mai sitting in a group and interacting with children. Mai is hugged by her two grown-up children. | People call her Mai. Mai means “mother” in her language, Marathi. They call her Mai because she has 1,400 children! |
| Various shots of children. | They’re not really Mai’s sons and daughters. Mai helps poor children with no parents. She gives them food and a home. |
| Mai with dancing children. | The children all have Mai’s family name. They can stay with her until they get a job or get married – like a real family! |
| Posters on wall. | Mai is well known for her kind work. |
| Mai writing in a book and then leading children around trophy room | Many people want to know about her life and her children. She speaks in India and many countries around the world. |
| Mai with trophy and certificate. | Mai also has a lot of awards for her work. |
| Mai and children looking at trophies. Children leaving class. People studying in their bedroom. | People give Mai money to help her children. Mai uses the money to give the children a safe home and a good education. |
| Mai seated talking to a woman. Mai meeting people. | Some of Mai’s children are now doctors and lawyers. Others work at universities. Many of the children help Mai with her work. |
| Man taking a selfie with Mai. A woman hugging and kissing Mai. | Mai’s family says she is very warm and kind. |
| Women cooking and men working. Mai seated with children | She now has four homes for people in need. More than 400 children and 150 women live there. Mai has helped thousands of people. She says her children will help more people in the future. |

**UNIT 2**

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| **Visual** | **Audio** |
| A London Zoo sign. A zookeeper with penguins. | Every year at London Zoo in the United Kingdom, the zookeepers start the New Year in the same way. |
| A zookeeper with goats, camels, jellyfish looking at a spider web. | They count the animals. There are more than 700 different kinds of animals at London Zoo, and more than 19,000 animals. Camels, jellyfish, and spiders – the zookeepers need to count them all. |
| Tigers and a zookeeper with a baby crocodile. | Every year many new animals are born at the zoo. |
| Zookeeper with praying mantis. | The numbers of some animals can change very quickly. Last week, the zoo had eight of these praying mantises. This week they have more than 150. |
| Camels. A zookeeper with meerkats. | Some animals are easy to count. But some are more difficult. Meerkats are fast. It’s not easy to count them when they move around! |
| Zookeeper with penguins. | Some zookeepers know the animals very well. This helps them to count. Suzanna Matyasova sees the penguins every day. She knows all their names and their faces. |
| A penguin keeper being interviewed. | “To me I can even, kind of, have a look at their face and say OK this is Lolo, and this is Jeff, and this is Dingle.” |
| Zookeeper weighing penguins and a frog. Zookeeper measuring a giraffe and weighing an okapi. | In August, the zookeepers have another important job to do. They need to weigh the animals to find out how heavy they are. They also measure the animals to find out how long or tall they are. The zookeepers use food to help move the animals. |
| Zookeeper weighing squirrel monkeys on a hanging scale. | But, weighing some animals is difficult! Squirrel monkeys like to play together. The zookeepers need to weigh one monkey, not five! |
| Zookeeper weighing squirrel monkeys with a scale on the ground. | The squirrel monkeys also look the same. The monkeys have microchips so the zookeepers know which one they are looking at! |
| Zookeeper measuring lions and tigers. | With dangerous animals, the zookeepers need to try other things! They use meat to bring the animals to the right place. Jae Jae the tiger is about two and a half meters long. |
| Zookeeper weighing a tarantula. | The information they get tells zookeepers how healthy the animals are. |
| A scientist working on a laptop. Some tigers. | London Zoo shares all its information with other zoos and scientists. They use the information to help save animals around the world. |

**UNIT 3**

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| **Visual** | **Audio** |
| Various mountain landscapes | These are the Altai Mountains in Western Mongolia. There isn’t much water here and there aren’t many trees. |
| River in an open plain | In winter, the temperature is often minus thirty degrees – or colder! |
| Five riders approaching with eagles | It’s a difficult place for people to live, but some people know how to live here … |
| Close-up of two eagle hunters | … the Kazakh eagle hunters. Kazakh eagle hunters use these big birds to help them catch animals. |
| Gazelle + fox cubs + eagle with prey | Animals can see a long way in the Altai Mountains, so it’s difficult for people to hunt here. But golden eagles can catch food easily. |
| Three eagle hunters + close-up of one hunter | The Kazakh Eagle hunters use the golden eagles to catch animals for them. |
| Two hunters with a horse | They started using eagles more than 1,000 years ago. |
| Hare + fox + wolf | The eagles catch hares, foxes, and sometimes wolves for the hunters. |
| Eagle hunter in furs | The people use the animals’ fur to make warm winter clothes. |
| Hunter squatting beside his eagle | The eagle hunters teach the eagles to hunt for them. |
| Upward panning shot of eagle from + hooded eagle | They only use female eagles because they are big, strong, and very good at hunting. |
| Hunter riding with eagle | They ride on horses and their eagles ride with them. |
| Man holding his eagle | The eagles are very important to the Kazakhs. |
| Eagle being petted | They become part of the family. |
| Footage of gers (tents) and camels | Kazakh eagle hunters live in tents called *ger*. They move three times a year. |
| Livestock footage – goats, cattle, sheep + boy riding horse outside a ger + tops of gers | They keep animals – usually sheep, goats, and yaks. And they all ride horses. The eagles stay in the family’s home when it is cold. |
| Close-up of eagle + eagle in flight | The hunters keep one eagle for about 10 years. Then they let her go so that she can have babies. |
| More shots of hunters | Today, there are about 70 families of eagle hunters near the Altai Mountains. |

**UNIT 4**

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| **Visual** | **Audio** |
| Couple getting street food + man in red cap grilling food | Street food! It’s a delicious part of city life … |
| Woman making street food | There are street food sellers in every country. |
| Food being cooked over flames + close-up of food cooking | Their food is fast, fresh, and delicious. |
| Food being thrown in burning pan | You can watch them make the food in front of you. |
| Woman buying a snack + man holding up some kind of mollusc | Local people eat their local street food every day. But, for tourists, these dishes are new and exciting. |
| Two shots of women cooking street food | So, what are we waiting for? Let’s find out about some great street food … |
| Two men cooking street food + pastels being dipped in hot oil + man brushing and folding pastels + pastels in hot oil + two shots of people with pastels | We’ll start in Brazil. Brazil is famous for pastels. A pastel is made of a thin pastry filled with many different kinds of food. Brazilians fry the pastel and serve it hot – and they eat them day and night! |
| Cheese puffs filling a jar + man eating one of them + man cooking cheese sticks on the beach | Cheese is in a lot of Brazilian street foods. These are *pão de queijo*, or cheese bread. And this is *queijo coalho* – cheese on a stick. People often eat it on the beach. |
| Street market in Morocco seen from above | Now, let’s go to North Africa, to the busy markets of Morocco. |
| Closer shot of food being prepared at the market + container of snails + snails being cooked and served | There are many different kinds of street food here. One famous dish is *babbouche*, or snail soup. They cook large snails with herbs and spices and serve it in bowls. |
| Sausages being cooked | Or if you don’t want snails, there’s *merguez*. These sausages are made of beef and lamb. They’re hot and spicy! |
| Thai street market | A world tour of street food is not complete without a visit to Thailand. |
| Papaya salad | There are so many dishes to try here, like *Som Tam*, a spicy green papaya salad, ... |
| Omelet being cooked + close up of omelet and rice | … or *Kai Jeow*, an omelet with rice and chilies, which is great for breakfast. |
| Pad Thai noodles being cooked | But the most famous dish is *Pad Thai* – fried egg noodles with seafood or chicken, peanuts, chilli, lime, and fish sauce. Delicious! |
| Pad Thai noodles being eaten | So, which country’s street food would you like to try? |

**UNIT 5**

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| **Visual** | **Audio** |
| Havana waterfront | Havana, the capital city of Cuba, is very different from most cities. |
| Havana street + 1950s cars | There aren’t any advertising signs. And there are no international coffee shops and restaurants. |
| Colorful streets x 2 | The buildings are old, colorful, and beautiful. |
| Colorful cars | On the streets, there are a lot of colorful old cars from the 1950s. |
| Grand Havana buildings x 2 | The Capitol Building stands next to the theater – *Gran Teatro de la Habana Alicia Alonso*. |
| Four shots of the fine arts museum with colorful star-shaped signs | Near the Capitol, there’s one of Havana’s many museums – the National Museum of Fine Arts. Here, you can see art from around the world. |
| Old Havana street | This is Havana’s old town. |
| Havana square | There are many squares or “plazas” here. |
| *Plaza Vieja* square x 2 | This is *Plaza Vieja*. The rich people of Havana lived here 500 years ago. |
| Covered shopping gallery | There are shops, small museums, and art galleries here. |
| Cuban guitarist | As you walk around Old Havana, you see a lot of musicians. |
| Cuban musicians | The music of Havana is famous for bringing together Spanish guitars and African drums. |
| Street performers on stilts | There are often street performers in Old Havana, too. |
| Old fort x 2 | This fort is called *Castillo de la Real Fuerza*. It’s very old. The city built it in 1577. |
| Modern art outside (high perspective) | Not everything in Havana is old. |
| Modern art outside (closer shot) | In the quiet neighborhood of *Jaimanitas*, you can see an amazing sight. |
| Montage of modern art (three shots) | A Cuban artist, José Fuster, decided to make modern art from his home and his neighborhood! |
| Havana waterfront at sundown x 3 | As the sun goes down in Havana, people meet at the seafront – the *Malecon*. Here there’s a seven-kilometer walk along a sea wall. |
| Old cannon + speeded up night shot of Havana | At 9 p.m., they fire the cannon at the *Morro-Cabaña* Fortress. That means it’s the end of the day in Havana. |

**UNIT 6**

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| **Visual** | **Audio** |
| Family tree animation | Many people want to know about their family tree. They want to know which countries their family came from. |
| Album of black and white photos | They want to know the history of their family. |
| Speeded-up shot of man in library | In the past, people looked at old documents in places like libraries to find out information about their families. |
| On-screen search + man with laptop cheering | But these days it’s easy to get this kind of information. |
| Young woman using laptop | Websites have information about different families. |
| Computer animation of DNA + three generations of a family | And DNA testing can tell you a lot of information. It’s very popular in the U.S., where families come from many different cultures. |
| Girls in a hammock + senior looking at old photo | Adopted children and people with long-lost family members often want to find their family. |
| Montage of the two sisters working at the supermarket | Lisa Fretwell and Carla Westburgh are half-sisters. After their parents separated, they didn’t see each other for 30 years. They found each other on the Internet. They both work for the same supermarket in different parts of London! They have a lot in common! |
| Couple using a laptop | Sometimes the Internet can’t help you. You need luck. |
| Joanne and John looking at photo album + Joanne riding a forklift | Joanne Milroy looked for her long-lost cousin John for many years. She looked for him on social media and on websites, but she didn’t find him. Joanne works at an Amazon warehouse in the U.K. |
| Montage of parcels being moved around the Amazon warehouse | One day she saw the name “John Pownell” on a list at work! That was her cousin’s name! She asked her coworker to introduce them. |
| Joanne and John walking and talking | She met John and asked him some questions about his mother and father. He was her cousin. |
| Joanne and John looking at photo album | John only lives about 15 kilometers away from Joanne. They are very happy to be family again. |
| Animated globe + family looking through photos | A small world brought Joanne and John together, but the Internet and DNA testing are helping more people to find their families today. Is there a family member you would like to find? |

**UNIT 7**

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| **Visual** | **Audio** |
| Man in open-top car + couple in open-top car | The Great American Road Trip is a very popular vacation. Many tourists go on a road trip in America every year. |
| 3-D US map + freeway from above + open road in desert + woman in mountains + map with pins | It's easy to see why. There are 50 states in the U.S. and 4,071,000 miles of road. That’s a lot of road! With so many amazing places, where do you start? |
| 3-D US map (route to be added) | One route you can drive is down the East Coast, across the country to the West Coast, and then up the West Coast. Let’s follow this route. |
| Forest and coast from the air + lighthouse | Start in Maine, a state in the Northeast, and drive along the coast to Penobscot Bay with its beautiful lighthouses. |
| George Washington bridge + Manhattan skyline | Go south to New York and cross the George Washington bridge. You will see the world-famous Manhattan skyline. |
| Mountain road + mountains | Travel through the Appalachian Mountains – also called the Smoky Mountains. |
| Bridge over clear blue ocean | You can’t miss a trip around Florida’s beautiful coastline. |
| Road through tropical forest + alligators | When you drive through the Everglades National Park, watch out for alligators! |
| Speeded-up night shot of New Orleans + musicians in the French Quarter | Next stop is New Orleans in Louisiana. The French Quarter is the place to go for great live music and delicious food. |
| Welcome to Texas sign + cowboy with lasso + dancers | Then drive west through Texas. Try being a cowboy or a cowgirl while you’re there! |
| Red car in Grand Canyon x 2 + view over canyon | Don’t miss the Grand Canyon in Arizona. You’ll never forget these views. |
| LA street from the air + palm trees from below + Hollywood sign | When you get to Los Angeles, California, you can visit the city’s film studios and see the world famous Hollywood sign. |
| Driving on Pacific coast + bridge and coastline | After that, you can drive up the Pacific coast … |
| Golden Gate Bridge x 2 | … to San Francisco with its magnificent Golden Gate Bridge. |
| Portland sign + Seattle | Finish your trip in Portland, Oregon, or just keep going – all the way to Seattle, Washington. |

**UNIT 8**

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| **Visual** | **Audio** |
| Soccer players + fast car + big house + soccer players training | When you think about soccer players’ lives, you usually think of money, expensive cars, and big homes. But these players don’t have any of these things. They are all homeless. |
| Line of people and tents + homeless person sitting | Around the world, 100 million people are homeless and 1.6 billion people don’t have a safe or healthy place to live. Their lives are dangerous and difficult. |
| More scenes of soccer training | Soccer is one way to help. There are soccer organizations for homeless people in 74 countries around the world. |
| Boys playing soccer + girl with soccer ball + kids playing soccer in the street + foot on ball | Why soccer? Well, it's many people's favorite sport. They played it when they were young. They played it when they were at school. They played it on the streets. And, of course, it’s a cheap sport to play. |
| Soccer players emerging from changing room and training + player laughing and talking + player being helped from the field + player receiving treatment | Playing soccer can help homeless people improve their health and make them feel happy. They learn to work in a team. The experience can help them to get a job. |
| Fans carrying flags | Every year, there is a Homeless World Cup. It’s in a different country every year. Around 500 players from more than 50 countries around the world play at the Homeless World Cup. |
| People playing “street” soccer | The game they play is called “street soccer.” There are four players on a team. Each match is only 14 minutes long. It’s fast and very exciting. There are teams for men and women. |
| Players lined up in front of fans + soccer match in action | 80,000 people come to watch the games and millions of people watch the games online around the world. |
| Fans parading in front of castle and through park | The top teams come from Mexico, Brazil, and Chile. But the game is about much more than winning – it’s about improving people’s lives. |
| Soccer players celebrating and playing | And not only the World Cup players' lives. Street soccer clubs around the world have worked with more than 100,000 homeless people. For the homeless, street soccer really can make a difference. |

**UNIT 9**

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| **Visual** | **Audio** |
| Chinese New Year drummers + dragon dancers + fireworks | Chinese people around the world celebrate Chinese New Year or Spring Festival. The festival is 3,800 years old – and it’s very colorful! |
| Woman dusting + person sweeping | Before the festival, people need to clean their houses. This takes away last year’s bad luck. The cleaning stops on New Year’s Day. They don’t want to clean away the New Year’s good luck! |
| CNY display at a mall + family shopping | It’s also very important to go shopping for new clothes. On New Year’s Day everybody wears new clothes from head to toe. |
| Family rushing to hug + old woman eating | The most important part of Chinese New Year is for families to come together. |
| Family meal + chicken dinner | On New Year’s Eve, families eat a special meal. The food they eat is different in different parts of China – and around the world. |
| Various people making dumplings | In the North, they usually eat dumplings at New Year’s. It takes a long time to make the dumplings, so the family spends time together. |
| Children receiving and holding red envelopes | The children in the family get little red envelopes. The envelopes have money in them. |
| Lion dancing on stage and in busy street | Many traditions at Chinese New Year come from a traditional story. It’s about a monster called the *Nian*. In the story, the *Nian* comes at New Year. It eats people and farm animals in the night. But the *Nian* is afraid of the color red, bright light, and loud noises. |
| Putting up red decorations + girl with decorations | So at Chinese New Year, people put red paper on the doors and walls of their homes. |
| People setting off firecrackers | And they use loud fire crackers to make the *Nian* go away. |
| Lion dancing | The *Nian* looks like a lion. At New Year’s, many people watch the lion dance in the street. |
| Bright lanterns and performers on stage | The last day of the Spring Festival is the lantern festival. . |
| Row of fish lanterns | The lights of the festival are very bright. |
| More lanterns | The *Nian* will not come here this year! |

**UNIT 10**

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| **Visual** | **Audio** |
| Baby | We need to hear before we learn to speak. |
| Baby and dad + baby and mum | When we are babies, we hear the sounds of our first language. Then we try to make the sounds. |
| Young girl in yellow | So what happens when you can’t hear? |
| Boy gazing out of window | Deaf children can be very lonely. |
| Mother signing to child | 90% of deaf children’s parents can hear. They often don’t know how to communicate with their children. |
| Children signing + women signing | Deaf children learn sign language at schools around the world. |
| Children signing | Not many people know sign language, so deaf children can usually only speak to other deaf people. |
| Senior learning to sign | These children are helping to change that.  Source audio: “That’s my name … (laughter)” |
| More seniors learning to sign | They’re teaching sign language to a group of seniors. Seniors are often lonely, too. They often miss communicating with other people. |
| Senior doing an interview while woman signs | Source audio: “I love to meet these young people. Loved it. Because I was teacher for many, many years and to be again with young people is a great joy to me.” |
| Children in playground signing | Deaf children can meet a lot of friends at school. |
| Friends on a sofa signing | But when deaf people are older, they often don’t have hearing friends. |
| Close-up of hands signing | They can feel different from hearing people. |
| Friends at home signing | And if you can’t speak, it’s difficult to do a lot of jobs. |
| Soccer coach (Ben) signing with kids | This soccer coach, Ben Lampert, has help to do his job. |
| Ben with interpreter | He has help to talk to the children. |
| Ben doing an interview | He says he loves teaching children. |
| Ben teaching a class to sign | He also teaches the class sign language. |
| Ben coaching soccer | He teaches deaf and hearing children together. |
| Kids playing soccer + soccer ball | Sign language gives deaf people a way to make friends, to work, and to play. |
| Mother and son signing + woman signing | Not many hearing people know sign language now, but many children around the world say they would like to learn. |

**UNIT 11**

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| **Visual** | **Audio** |
| Cell phone with earbuds + CD Walkman + Cassette Walkman + record player | Before smart phones and Spotify, there were CDs. Before CDs there were cassette tapes. And before tapes there were vinyl records. |
| Black and white footage of record player | From 1900 to 1980, vinyl records were how most people listened to music. |
| People shopping for records + people paying for records | Now people are buying vinyl records again. |
| Man looking at records in a store + woman listening to a record and singing + interior of record store | Why? Well some people want an object, not a digital file. They want to hold their favorite music and look at the beautiful album art. |
| Man looking at records in a store +Adele record sleeve + Bruno Mars | Today you can buy albums from famous musicians like Adele, Lady Gaga, and Bruno Mars on vinyl, but just a few years ago you couldn’t. |
| Amoeba Music exterior + record store window + SisterRay sign + people browsing and buying records + record store day window sign | A group of record store owners in the U.S. decided to have a Record Store Day – a day for musicians, record store owners, and customers to get together. The idea was a big success. |
| People browsing records | Today Record Store Day happens at record stores in many different countries like Poland, Mexico, Australia, and the U.K. |
| Yellow “Exclusive” sign + people in a record store + close-up of record sleeve + people lining up outside record store | On record store day, special vinyl records go on sale. There are new and old albums on vinyl. And customers line up to buy them! |
| Man speaking to camera | Source audio: “I love music. I love physical music. I love having an actual object.” |
| DJs at record store event + spectators at an event and musicians on stage | There are also special events on record store day – musicians play live music in the stores and DJs spin records. There are low prices and musicians sign records. |
| Various scenes at record store days | It’s clear from the crowds at Record Store Day that a lot of people love vinyl records. And why not? Maybe vinyl is still best. |

**UNIT 12**

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| **Visual** | **Audio** |
| New Zealand flag | Welcome to New Zealand! |
| Map of NZ islands + snow-capped mountains + beach + hot spring and geyser + boiling mud + man walking near a volcano | There are two main islands here – the North Island and the South Island. The North Island has tropical rainforests and beaches. There are geothermal landscapes with hot springs, boiling mud, and even volcanoes. |
| Blue seas and coast + speeded-up shot of waves on the beach + mountains reflected in water | In the South Island, you can see wild coastlines. There are even mountains in the sea. |
| Lizard + parrot + fern + tree | New Zealand is home to all kinds of animal and plant life. Nature lovers should see the world’s largest tree, the kauri, in the North Island. |
| Kiwi bird | And look for the kiwi, too. It’s New Zealand’s national bird. |
| Mountains + dolphins + seals + whale | The South Island is the best place to see New Zealand’s amazing sea life. Dolphins, seals, and whales often swim in these waters. |
| Penguins | And three kinds of penguins visit the coast here. |
| Maori blowing into conch shell | The Maori were the first people to discover New Zealand. They came here in boats around 800 years ago. |
| Long boat + totem pole + man singing + totem pole + rock carvings | This is a Maori boathouse in the North Island. Today 15% of New Zealanders are Maori. New Zealand is the only place in the world where you can experience Maori culture. |
| Speed boat ride + waterfall rafting + ski lift + bungee jumpers | If you love sports and the outdoor life, you will enjoy New Zealand. Try rafting down a waterfall in the North Island or skiing and bungee jumping in the South Island. |
| Kayaking + hiking | There are amazing places for kayaking and hiking, too. |
| Sunset shots | New Zealand. It’s a special place – a land where you can get away from the crowds and feel like you are the only person in the world. |