# American Empower Upper Intermediate Student’s Book Audioscripts

## Contents

[Unit 1 4](#_Toc86955373)

[Track 01.03 4](#_Toc86955374)

[Track 01.09 6](#_Toc86955375)

[Track 01.11 7](#_Toc86955376)

[Track 01.14 9](#_Toc86955377)

[Track 01.15 9](#_Toc86955378)

[Track 01.18 9](#_Toc86955379)

[Track 01.19 10](#_Toc86955380)

[Track 01.22 11](#_Toc86955381)

[Unit 2 12](#_Toc86955382)

[Track 02.01 12](#_Toc86955383)

[Track 02.10 13](#_Toc86955384)

[Track 02.11 14](#_Toc86955385)

[Track 02.13 15](#_Toc86955386)

[Track 02.15 16](#_Toc86955387)

[Track 02.17 17](#_Toc86955388)

[Track 02.18 17](#_Toc86955389)

[Unit 3 19](#_Toc86955390)

[Track 03.01 19](#_Toc86955391)

[Track 03.02 20](#_Toc86955392)

[Track 03.06 21](#_Toc86955393)

[Track 03.07 22](#_Toc86955394)

[Track 03.09 23](#_Toc86955395)

[Track 03.10 24](#_Toc86955396)

[Track 03.13 24](#_Toc86955397)

[Track 03.15 25](#_Toc86955398)

[Track 03.16 27](#_Toc86955399)

[Unit 4 29](#_Toc86955400)

[Track 04.04 29](#_Toc86955401)

[Track 04.05 30](#_Toc86955402)

[Track 04.09 31](#_Toc86955403)

[Track 04.12 33](#_Toc86955404)

[Track 04.13 34](#_Toc86955405)

[Track 04.15 34](#_Toc86955406)

[Track 04.16 35](#_Toc86955407)

[Track 04.17 35](#_Toc86955408)

[Track 04.18 36](#_Toc86955409)

[Unit 5 39](#_Toc86955410)

[Track 05.04 39](#_Toc86955411)

[Track 05.08 39](#_Toc86955412)

[Track 05.11 41](#_Toc86955413)

[Track 05.12 42](#_Toc86955414)

[Track 05.17 43](#_Toc86955415)

[Track 05.19 44](#_Toc86955416)

[Unit 6 46](#_Toc86955417)

[Track 06.01 46](#_Toc86955418)

[Track 06.08 47](#_Toc86955419)

[Track 06.11 47](#_Toc86955420)

[Track 06.16 48](#_Toc86955421)

[Track 06.17 50](#_Toc86955422)

[Track 06.18 51](#_Toc86955423)

[Track 06.20 51](#_Toc86955424)

[Track 06.23 52](#_Toc86955425)

[Unit 7 54](#_Toc86955426)

[Track 07.05 54](#_Toc86955427)

[Track 07.06 55](#_Toc86955428)

[Track 07.10 56](#_Toc86955429)

[Track 07.11 57](#_Toc86955430)

[Track 07.14 58](#_Toc86955431)

[Track 07.15 59](#_Toc86955432)

[Track 07.17 60](#_Toc86955433)

[Unit 8 61](#_Toc86955434)

[Track 08.01 61](#_Toc86955435)

[Track 08.03 63](#_Toc86955436)

[Track 08.07 64](#_Toc86955437)

[Track 08.10 64](#_Toc86955438)

[Track 08.11 65](#_Toc86955439)

[Track 08.13 66](#_Toc86955440)

[Track 08.14 66](#_Toc86955441)

[Track 08.16 67](#_Toc86955442)

[Unit 9 69](#_Toc86955443)

[Track 09.03 69](#_Toc86955444)

[Track 09.07 71](#_Toc86955445)

[Track 09.09 72](#_Toc86955446)

[Track 09.11 73](#_Toc86955447)

[Track 09.15 74](#_Toc86955448)

[Track 09.16 74](#_Toc86955449)

[Unit 10 76](#_Toc86955450)

[Track 10.03 76](#_Toc86955451)

[Track 10.05 77](#_Toc86955452)

[Track 10.06 78](#_Toc86955453)

[Track 10.10 79](#_Toc86955454)

[Track 10.11 79](#_Toc86955455)

[Track 10.15 80](#_Toc86955456)

[Track 10.17 81](#_Toc86955457)

## Unit 1

### Track 01.03

**Chloe** What’s that book you’re reading?

**Amelia**  It’s about astronomy – black holes, planets, the big bang …

**Chloe** Hmm, not exactly a light read, but I suppose you like that kind of thing. Personally, I like to relax when I read.

**Amelia** It’s just I read this article online the other day.

**Chloe** Uh-huh?

**Amelia** It was about this physicist. She discovered these things called pulsars which are like … well, they’re an incredible kind of star.

**Chloe** Uh-huh ... She?

**Amelia** Yeah, yeah, her name’s Jocelyn Bell-Burnell. She’s a respected physicist. Well, that’s the thing, that’s what got me interested. There aren’t many women working in that area.

**Chloe** But hang on, she discovered these stars?

**Amelia** Yeah, she was a postgraduate student at the time, but the guy who was her supervisor got all the credit.

**Chloe** You’re kidding?

**Amelia** No, he won the Nobel Prize.

**Chloe** So who did you say this woman was?

**Amelia** Jocelyn Bell-Burnell.

**Chloe** But I’ve never even heard of her.

**Amelia** Well, no. That’s the point. On this website it talks about … well, it’s got a whole lot of information on people like her … you know, people who work behind the scenes and don’t get the credit or don’t become famous. It was really interesting.

**Chloe** Yeah, I bet there are a lot of people like that.

**Amelia** I mean, she really is an inspiring woman. Even when she was in high school, they weren’t going to let her join the science class …

**Chloe** When was this?

**Amelia** Back in the 1950s.

**Chloe** Really? Even in the 1950s?

**Amelia** Yeah. And then at the end of the year, she made it to the top of her class! And when she was doing her PhD and made her amazing discovery, she had a young child and was having to manage a whole lot of things in her private life, too. I mean, she was really determined, but in a quiet way. And then, when the newspapers wanted to interview her, they didn’t want to know about her research; they just asked a lot of stupid questions about her height, her clothes, that kind of thing.

**Chloe** That’s terrible, isn’t it? So is that a biography of her that you’re reading?

**Amelia** Well, no, it’s just a book about astrophysics.

**Chloe** Astrophysics? Just? So you’re going to become … what? **Amelia**scientist or something?

**Amelia** Well, no … I don’t know. The thing is … after I read the article, I found an interview with Jocelyn Bell-Burnell online. And she was talking about how even today there still aren’t many women who go into science and become scientists.

**Chloe** So now you want to go back to college and get a physics degree?

**Amelia** Maybe. But, you know, why not? I’ve always been good at science, and I used to really enjoy physics.

**Chloe** But are you really prepared to study and put in all that effort?

**Amelia** Yeah, I think I am.

**Chloe** Well, you’re motivated, that’s for sure. And stubborn …

**Amelia** But I’m still thinking about it … doing some reading, that kind of thing.

**Chloe** Well, actually … good for you. Why not make a change – take a risk? I admire that.

**Amelia** Yeah. Actually that’s what she says in the interview: “Be prepared to take a risk – you’ll probably surprise yourself.” And she said something else very simple about women wanting to be scientists: “Go for it!” And I thought, yeah, why shouldn’t I?

### Track 01.09

**Interviewer**  So Alison, you went to find out about the 30-day challenge. What is it and how does it work?

**Alison**  Yes, I went to a one-day seminar about it. The basic idea is that, according to psychologists, 30 days is about the time it takes to really develop a new habit because that’s how long it takes for our brains to shift to a new direction. Usually if we try something new, we give up after about a week or two because our brain hasn’t adapted. So the idea of the 30-day challenge is, you choose something you want to do, like drink less coffee, for example, and you keep going for exactly 30 days.

**Interviewer** So, if you manage to do it for 30 days and you feel good about it, you’ll probably stick with it, is that the idea?

**Alison** That’s right, yes. But the other thing about it is that 30 days isn’t a very long time. 30 days goes by pretty quickly anyway. So if you decide to do something completely new – let’s say you decide to get up every morning to watch the sun rise – maybe you wouldn’t want to keep it up for your whole life, but it might be fun to do it for just 30 days. So it’s also a chance to try something different, and if you’re successful it’s great, but if it doesn’t work out, it doesn’t matter too much.

**Interviewer** I see, so it’s not just about giving up bad habits. The idea is really that you try out something new.

**Alison** Yes, definitely. There were people at the seminar, for example, who’d written a poem every day for 30 days, and someone else tried to cook a different meal every day. So it’s a chance to do something you’ve always wanted to do or maybe something new that you’d never thought of doing.

**Interviewer** It sounds like a lot of fun, if you have time for it.

**Alison** Yes, well you can either do something that doesn’t really get in the way of your life, like writing a poem – you can do that in your lunch break, it’s easy. Or you can take time out and try something you’ve always wanted to do, like paint a picture or climb a mountain or something. Obviously to do something like that you need to make an effort and, of course, you have to give yourself a time limit of 30 days.

**Interviewer** So, it sounds like you think it’s a good idea.

**Alison** I think it’s a great idea, yes. I came away convinced!

**Interviewer** So, are you planning to try the 30-day challenge yourself?

**Alison** Yes, in fact I already am. I decided to put my car keys in a drawer, and I’m going to ride my bike everywhere for 30 days, even if it rains.

**Interviewer** And how’s it going so far?

**Alison** Really well. I’m finding it much easier than I expected.

**Interviewer** And when did you start?

**Alison** Um … this morning.

**Interviewer** Well, stick with it, Alison, and good luck. Now, Alison’s only just started, but next up on the Life and Style podcast, we’re going to talk to a few more people who’ve been doing the 30-day challenge. They’re all about halfway through, and no one has dropped out so far …

### Track 01.11

**Interviewer** What made you decide to become a vegetarian, Sofia?

**Sofia** Well, for a long time now, I’ve been trying to eat less meat, partly for health reasons. I think vegetables are better for you.

**Interviewer** Didn’t you ever think of being a vegetarian before?

**Sofia** Yes, but I always thought I’d miss meat too much. The idea of being a vegetarian for 30 days was really good, because I could give it a try and then see how I feel.

**Interviewer** And how do you feel? Are you finding it difficult?

**Sofia** No, I feel really good. Actually, I don’t miss meat at all, so I think I’ll easily manage the 30 days, and I might try to keep going longer.

**Interviewer** Carla, why did you decide to draw something every day?

**Carla**  Well, I’ve never been very good at drawing, but I’ve always thought I’d like to start drawing things around me. It’s one of those things that you think about doing, but you never actually do.

**Interviewer** What have you drawn pictures of so far?

**Carla** All kinds of things. At the beginning, I drew objects around me at home. Then I went out on my lunch break and started drawing things outdoors, like yesterday I drew a duck in the park – that was really difficult!

**Interviewer** So do you feel like it’s been worthwhile?

**Carla** Oh yes, definitely. I’m still not very good at drawing, but it’s been a lot of fun, and it’s very relaxing.

**Interviewer** Steve, what language did you decide to learn?

**Steve**  Well, I thought I’d choose a language that isn’t too different from English, so I decided to try Italian.

**Interviewer** Isn’t it difficult to keep it up?

**Steve** Yes, it is. I’ve had to be very strict with myself. I’m using a book with online support, so I usually try to cover one lesson a night.

**Interviewer** And who do you practice with? Or are you just working alone?

**Steve** Well, there’s an Italian restaurant nearby and I’m friends with the owner, so I go there and I talk to him. That’s another reason I chose Italian.

**Interviewer** And do you think you’ll keep going after the 30 days?

**Steve** Maybe, or I might try a different language every month. I’m thinking of trying Japanese next.

### Track 01.14

**PART 1**

**Susana**  Hey, Emma. That was a really interesting class. There’s so much to learn, though. I’m going to try and get all my homework done tonight.

**Emma**  Oh, not me. I’m going out tonight. I’ll do mine later. You study too much, Susana! Do you want to grab a bite?

**Susana** Sorry, I can’t. I have to go now. It’s my first day at my new job!

**Emma** Oh, that’s right, at your friend’s café. Well, good luck! Oh, by the way, when is that assignment due?

**Susana** Friday. I’ve got to run, I’ll be late. See you tomorrow.

**Emma** Bye!

### Track 01.15

**PART 2**

**Susana** Hi, Tomás. I’m just on my way to the café to work.

**Tomás**  Oh, OK …

**Susana** I’m sorry I can’t talk now. I’m running late.

**Tomás** That’s OK. Do you want to come over tonight? I wanted to work on our presentation. It’s due next week.

**Susana** I’d like to, but I have other homework to do tonight.

**Tomás** OK. Never mind. Well, good luck with your first day at work.

**Susana** Thanks. I’m sure it’ll be fine.

**Tomás** Don’t spill coffee on anyone!

**Susana** I’ll try not to. Oh, have to run. Here comes my bus. No time to talk now. See you tomorrow. Bye.

### Track 01.18

**PART 3**

**Dave**  OK, so what was I showing you? The food. The sandwiches are over here. The most important thing is, don’t touch the food. Always remember to use these tongs to pick up food. And what else? Oh, the espresso machine. Uh, the coffee goes in here, the cup down there, and you press this button. Is that clear?

**Susana**  OK, I think I’ll remember that.

**Dave** Another thing to remember is the tables – they’re all numbered. It starts with number one over there and goes to 15. OK, did you get that?

**Susana** Yes, sure. I mean I can count to 15!

**Dave** Hah – I still get them mixed up myself and I own the café – I should know the tables! OK. Think you’ve got everything?

**Susana** Yeah. I think I got the hang of it.

**Dave** Great. You’ll do well. I’m really glad you’re working here.

### Track 01.19

**PART 4**

**Tomás**  Large cappuccino please, with an extra shot.

**Susana**  With an extra…oh, Tomás! I wasn’t expecting to see you.

**Tomás** I was just passing by. How’s it going?

**Susana** There’s a lot to learn, but I think I’ll be OK. Dave, is it OK if I take my break now?

**Dave**  Sure.

**Susana** I’ll make a coffee for both of us.

**Tomás** Are you sure that’s OK?

**Susana** Yeah, it’s fine. You came at a quiet time. So, what did you want to talk to me about?

**Tomás** Er, our assignment?

**Susana** The presentation?

**Tomás** Yes, our presentation!

**Susana** Of course. We need to start working on it.

### Track 01.22

**Gina** Most people at work think my boss, Michaela, is an inspiring woman who’s had an amazing career – we work for a public relations company. She always looks very busy, and people find that impressive, but I find her to be a little arrogant, to tell you the truth. The other day, we were having a performance review meeting – she was reviewing me – and in the middle of the meeting her cell phone rang. She answered the call and just ignored me! When she finished the call, she then spent a long time writing a text message on her phone while I was just sitting there – waiting. When she’d finished, she didn’t apologize or anything and just said, “OK, what were we talking about?” Maybe I’m being too sensitive, but she didn’t seem to care about our meeting – or me – and was far more interested in her phone call and message. I really think people should turn off their phones during meetings. I was pretty upset, to be honest.

**Derek** For years, I resisted joining any kind of social media. Don’t get me wrong – I’m no technophobe – I use IT all the time. I shop online, I read news online, I do most of my banking online. But social media? It just seemed like a waste of time. You know, people putting all this information about themselves online. I mean, I didn’t feel like I needed to see a lot of photos of people I’ve never met and probably never will meet having a good time. However, my niece Emma really wanted me to join Facebook. She said I was the only one in the family not signed up and it’s a great way for us to keep in touch. So she came to my house and showed me how it works and how you can restrict the kind of contact you have. I own a small firm of accountants, and she pointed out that joining LinkedIn was a good way for me to network and get more clients. I could see her point. So in the end I joined both. And she was right. Social media is great for keeping in touch and finding out what’s happening. I’m pretty careful about the way I manage it, so my Facebook friends are real friends – people I know in the world – and I don’t post much stuff. But we got a very cute puppy and … well … I just had to share.

## Unit 2

### Track 02.01

**Abby** So, when are you off to California?

**Rob**  End of next week. I can’t wait to get away.

**Abby** I definitely loved it when I went there last year. So, what do you have planned?

**Rob** You know – the usual things – Los Angeles first. I’ll definitely go to Malibu.

**Abby** Great.

**Rob** And one thing I want to try while I’m there is surfing. I know there are some amazing schools you can go to.

**Abby** Yeah, there are a lot.

**Rob** I’ve always wanted to learn how to surf, and I’ll finally get to do it – you know, with real waves! So cool!

**Abby** That’s a great thing to do – I went to one of those schools.

**Rob** And was it good? Did you learn a lot?

**Abby** Yeah – yeah I did. But … but you have to be careful in the water there. Actually, I got into some trouble once.

**Rob** What, in the water?

**Abby** Yeah, when I was first learning to surf, I went out one time by myself. I was trying to catch this wave, but I slipped off my board, and stupidly, I’d forgotten to attach a leg rope from my ankle to the board.

**Rob** So you lost the board?

**Abby** Yeah, I tried to get hold of it, but it got swept away by the wave.

**Rob** So what did you do – just swim to the shore?

**Abby** Well, sort of. I started swimming against the current, and I realized that I wasn’t getting anywhere. Then very gradually I got the feeling I was being pulled out to sea.

**Rob** You were caught in a current?

**Abby** Yeah, and when I realized this, I began to panic. So I waved to get someone’s attention. Luckily, a lifeguard had already seen that I was in trouble. And he came to rescue me in his lifeboat.

**Rob** I bet you were glad to see him!

**Abby** Yeah! But the idea of being carried out to sea is really frightening. I don’t think you could survive very long. I’m a strong swimmer, but even so …

**Rob** Yeah, I think you’d start to really feel the cold in the water.

**Abby** Well, I was wearing a wetsuit. But they say if you get caught in a current you shouldn’t try and swim against it. The thing is, the water there is ocean, not sea. The waves are really powerful.

**Rob** Hmm, maybe I won’t try it after all.

**Abby** Surfing, you mean?

**Rob** Yeah.

**Abby** No, honestly you’ll love it. It really is the most amazing feeling. I just had a bad experience. I got myself a new surfboard, and as soon as I had some lessons with good instructors and knew what I was doing, it was great. It’s just you and the board, and you have this incredible sense of freedom. And when you catch a wave at the right time ...

**Rob** Yeah, you’re right, it sounds amazing.

**Abby** Yeah, it’s fantastic. Oh, but, just watch out for sharks.

**Rob** Yeah, I’ll … wait, watch out for what?!

### Track 02.10

**INTERVIEWER**  Miles, tell us about the story. What happened?

**Miles** Well, one day in the winter of 1997, in eastern Siberia, one of the wildest and most natural habitats for tigers on Earth, a hunter named Markov came across a Siberian tiger. He shot the tiger and wounded it and then took part of the dead animal that the tiger was about to eat. Of course, the tiger wasn’t happy. It attacked and killed Markov, but it didn’t do this immediately. It waited 48 hours before attacking. In other words, it remembered what had happened and carefully planned the attack. So while Markov was away hunting, the tiger found its way to his hut in the forest and broke in through the door. The tiger then took Markov’s mattress outside and laid on it, waiting for him to return. When Markov finally appeared, the tiger dragged him into the forest and ate him, leaving only his boots. They found the boots later and figured out what had happened.

**Interviewer** So these are very dangerous animals, obviously.

**Miles** Yes, very dangerous if you make them angry. They’re also not just any tiger; they’re the largest species of cat on earth. The Siberian tiger is a very impressive animal. They can be up to four meters long and they weigh more than 550 pounds. They can jump about ten meters if they need to. So imagine a creature that’s as active as a cat and has the weight of an industrial refrigerator – that’s what a Siberian tiger’s like! …

### Track 02.11

**Interviewer**  … So what happened next?

**Miles** Well, a group of men hunted the tiger down and killed it.

**Interviewer** I suppose they had to, didn’t they?

**Miles** I don’t know, did they?

**Interviewer** What do you mean?

**Miles** Well, when you read the story, you’re not sure whose side you’re on, the tiger’s or the humans’. As the author says, the tiger’s response is “logical,” and the tiger is “just trying to be a tiger,” and it’s a human who interferes with that.

**Interviewer** So in a sense, it’s the humans who are dangerous, more than the tiger?

**Miles** In a way, yes. We think of tigers as dangerous, but of course we’re not at risk because of tigers; they’re at risk because of us. There are over 7 billion humans, but only a few thousand tigers remain in the wild, so they really are an endangered species, and that’s mainly because of us hunting them and living in their habitat and taking away their natural food. What’s interesting is that humans and tigers hunt the same animals and share the same environment, and they’ve done this in Siberia for years, but they don’t normally disturb each other. There is no record of a tiger hunting a human being. But if you make the mistake of attacking a tiger, you’re in trouble.

**Interviewer** So is that the message of the story – leave tigers alone?

**Miles** Well, yes, and don’t make a tiger angry, certainly, or it will take revenge.

**Interviewer** Miles, thank you. You heard Miles Holman talking about the book The Tiger by John Vaillant …

### Track 02.13

**PART 1**

**Maya** Oh, Esther, this is a nice restaurant, isn’t it? I haven’t had Korean barbecue before!

**Esther**  Well, Maya, I hope you like it.

**Maya** Of course I will – it’s good to try new things. Oh, here it is already … that meat isn’t cooked, is it?

**Esther** No, silly, we cook the meat on this grill.

**Maya** Oh. Of course.

**Esther** Maya, could you give me a hand with this plate, please?

**Maya** Sure.

**Esther** Could you hold it a little closer, please? There, thanks.

**Maya** Wow! It cooks quickly, doesn’t it?

**Esther** Well, the grill is really hot.

**Maya** Do you need all that sauce?

**Esther** Oh yeah, Korean food is bold and spicy. There … I think that looks done, don’t you?

**Maya** Mmm. Let’s eat!

**Esther** So what do you think? Tasty, right?

**Maya** Yes, it’s delicious, isn’t it? And spicy!

### Track 02.15

**PART 2**

**Esther**  Hi, Maya. Come on in.

**Maya**  Wow! What an amazing apartment, Esther!

**Esther** Thanks. It’s all right, I guess.

**Maya** Can I have a look? Oh, you have a great view.

**Esther** Well, after you walk up five floors … I hope you’re hungry. Have a seat.

**Maya** I am. I just came from the gym.

**Esther** You’re so good about working out!

**Maya** Well, it just helps me to relax, you know.

**Esther** I think cooking helps me relax! OK, so this is a new recipe I tried. It’s Korean fried rice.

**Maya** Looks delicious. Hmm … and it is!

**Esther** Oh, good. I’m glad you like it.

**Maya** Ooh, it’s spicy, isn’t it?

**Esther** I guess so. I’m used to it.

**Maya** So, do you cook a lot?

**Esther** Yeah, it’s kind of a hobby. But it’s more than a hobby; I’d like to do it professionally someday.

**Maya** You’d be great at that! You should do it.

**Esther** Oh, thanks. I hope it works out.

**Maya** Well, this is great.

**Esther** Really?

**Maya** Yes. Like, I would definitely order this in a restaurant. You really managed to get it just right.

**Esther** Aw, thanks. Oh, I just realized I don’t have anything for dessert!

**Maya** That’s OK. You know … there’s an amazing ice cream place down the street.

**Esther** There is?

**Maya** Yeah! You haven’t been to Two Scoops? Oh, we have to go. It’s my treat. Come on...

**Esther** I love that you know where the best places are! Let’s go.

### Track 02.17

**Luiza**  I spent a year in Vancouver in Canada. I loved the National Parks there – they’re very special environments full of rare and protected plants and animals. This one particular day I’d been exploring in the Pacific Rim National Park when I got in trouble in the forest. I’d been to see this waterfall. It was a very easy walk from the main trail – less than an hour. On the way back, I saw what I thought was a shortcut that would get me back to the main trail more quickly – a big mistake. After a couple of hours, I realized that I was going around in circles and I wasn’t getting anywhere. I’d gotten completely lost. I was beginning to get worried – that’s for sure. All I had to eat was an energy bar, and I had nothing to drink. Well, I waited until later in the afternoon because then I knew the sun would go down in the west, and I knew roughly I should be going in an easterly direction. And I had a little luck – I came across a stream with fresh water. I followed the stream for a while, and I came to an open area – a kind of a clearing. I knew that eventually people would start looking for me – I’d told the forest ranger when I would be back, and I was more than four hours late. And I knew it’s better to sit in one place where you can be seen. So I was sitting quietly and thinking about how I could spend the night in the forest, and I suddenly had the strange feeling I was not alone.

### Track 02.18

Luiza I looked around the clearing and on the edge of it I saw a bear looking at me. I knew that you shouldn’t run away or show fear. I stood up and said in a clear voice, “I have a right to be here” and moved slowly backward without looking at the bear in the eyes. I could sense the bear watching me. I tried to keep calm but inside I was really panicking. I was terrified. Suddenly, it started moving – thankfully it was away from me. It just disappeared back into the forest. I didn’t know if I should stay where I was or keep moving. But then I could hear a helicopter in the distance coming toward me. I thought it might be looking for me. I jumped up and tried to see it, but it flew away before I could get its attention. It was so frustrating. But about fifteen minutes later it flew back and I was ready. I took off my jacket and turned it inside out – the lining was red and easy to see. This time they saw me and waved back. About a half an hour later rescuers arrived and guided me out. What I couldn’t get over is the fact that I was only ten minutes away from the main trail.

## Unit 3

### Track 03.01

**Narrator**  Don’t make mistakes in front of your teacher.

**Teacher** I don’t really think that’s the case. Teachers prefer students who try hard, you know, make an effort. It doesn’t matter if you make mistakes. In fact, it’s OK if you do because if we know what your mistakes are, we can help fix them.

**Narrator** Children learn faster than adults.

**Teacher** I guess you could say that children aren’t as busy as adults – they probably have less going on in their lives. And that helps. They’re less distracted and, you could say, a little more open to learning. But adults – well, they often have really good motivation. They can be very focused, and they’re really eager to learn. So this motivation can make them faster learners than children.

**Narrator** Practice every day in order to make progress.

**Teacher** Well, in my experience you can practice too much! It’s actually better to take two or three days off each week. The thing is, our brains need some rest. It’s like muscles when you’re doing physical exercise – you need to rest them. So we need to rest our brains when we’re learning and practicing something new.

**Narrator** If something seems too easy, you must be doing it wrong.

**Teacher** Yeah, a lot of people believe this, but I think the opposite is true. In reality, if it’s easy, it probably means you’re doing it right. But if something’s difficult or it’s a physical activity that’s causing you pain, then you could be doing something wrong. Learning doesn’t always need to be hard!

**Narrator** Long practice sessions are best.

**Teacher** It’s much better to have shorter practice sessions. You have to remember that most people get tired after about fifteen minutes and need a short break. The thing is, though, during the fifteen minutes of practice, you should really concentrate on what you’re doing – really focus. You’ll benefit more that way.

### Track 03.02

**Sebastian** Ever since I was first able to read I’ve loved comic books and graphic novels. I just think it’s an extraordinary way of telling a story. I’ve read literally thousands of them. At the same time, I discovered I was really good at drawing. When I was about eight years old, I started copying some of the pictures in comics, and even my parents were surprised by how good my copies were. It wasn’t long before I started making up my own stories. All of my friends were also really into comics, but none of them tried to come up with their own stories. But they really liked reading mine, so I’d share the comics I wrote with them. This was helpful because it gave me a good idea of what worked and what didn’t. I studied design in college and then got a job as a graphic designer. But all the time I was writing and drawing my own comics – comics for adults and children. I’ve just signed a contract with a major comic book publisher in New York, and I can now give up my job as a graphic designer. I think my career is beginning to take off … well, I hope to do really well. Ten thousand hours? You bet. I’ve probably spent more time than that, but I loved every minute of it.

**Alma** I’m a chemist and I’ve been lucky enough to get a research position at a university. I love chemistry because it’s all about the things that make up the world we live in. I find it fascinating. It’s funny, whenever I say that I’m a chemist, one of the first things people mention is the periodic table of elements – you know, all the symbols for the different metals and gases. They can never figure out all those symbols. Well, I used a system where the letter or letters can be memorized by repeating a series of words that start with the same letters that represent each element. One colleague pointed out that this wasn’t a very scientific way of remembering these elements. In fact, some scientists look down on this kind of thing, but it works for me. I find all these ways of making your memory stronger really interesting, and I think making associations to help you remember is really useful. I have to remember so much information in my research work, so I want to look into these techniques in more depth.

**Henry**  I’m a musician – I play saxophone in a band. We’re just about to go on a tour, so we’re practicing full-time to get ready. We have so much to do before the tour – so much that it’s getting us all down a little. Apart from needing to practice playing together, we have to write some new songs and learn others. I read about this idea of learning different things at different times of the day, so we decided to try it out and see if it’d help. So now we focus on writing new material in the morning, and we also use that time to learn the words and music of some classic songs we want to play – actually studying the notes and remembering the words of songs. After lunch we play together – you know, do the physical learning. And I have to say it’s working pretty well. We’re putting in a lot of work, and we feel we’re using the time well. The songs are getting easier to remember, and I think our playing in the afternoon is tighter – we’re producing a better sound. The only problem is that some days we get a little carried away in the afternoon and keep playing into the evening, which means we stay up late and aren’t very productive in the morning!

### Track 03.06

**Peter**  This week on The Book Show we’re talking about David Epstein’s book The Sports Gene, in which he claims that many sports professionals are so good simply because they’re lucky enough to have the right genes. According to him, top athletes and other sportspeople are simply different from the rest of us. With us is athlete Barbara McCallum, who is a professional runner and trainer. Barbara, you’ve read the book. Do you think Epstein is right – is it all about having the right genes?

**Barbara** Well, I think he’s right that genes are important. And, of course, we all know that many Kenyans are tall and thin, and also as the book says they live at a high altitude – 1,000 meters – so they have more red blood cells. So these things are important. But I think there’s much more to it than that.

**Peter** You’ve lived in Kenya as well.

**Barbara** Yes, I’ve lived in Kenya, I’ve trained with Kenyan runners, and I’ve also worked with Kenyan children. And there really are a lot of very good runners in Kenya. But it’s not just about having long legs. They also have a culture of running, everyone runs, even small children, so they have this background, they all see themselves as runners, as good runners. And if you’re poor in Kenya, becoming an athlete is a way to change your life, so everyone wants to be a runner.

**Peter** And they run in bare feet. Does that help?

**Barbara** Yes, it does. It gives you a much better running technique, so that’s important, too. So yes, I think it is partly genetic, but it also has to do with other factors, like having a lot of practice, encouragement to run, believing in yourself, and also learning to run in the right way.

**Peter** So could I run as fast as a Kenyan?

**Barbara** Well, yes, you could, but you’d have to start early in life and you’d have to get very fit.

**Peter** Well, I haven’t run anywhere for years, so maybe it’s a little too late to start.

**Barbara** Absolutely not; it’s never too late. Start training now and you’ll be amazed at what you can achieve.

### Track 03.07

**Peter** Thank you, Barbara. Well, also with us now is Marta Flores. Marta, you’ve been playing tennis since you were a child, and you’ve been a professional player for ten years.

**Marta**  Yes.

**Peter** You’ve also read the book. Do you think he’s right? Are some athletes naturally better? Or is it a question of technique and practice, as Barbara says?

**Marta** Well, yes, I’ve been thinking a lot about this recently. I used to think that it was mainly practice and technique that were important. You know, if you practice a lot, if you get fit, if you improve your technique, then you’ll win. But after reading this book, I’m not so sure. For example, I’ve played maybe 50 serious matches this year. And I’ve won about half of them. If I think about the people who beat me, they all have certain things in common physically. Short bodies but longer arms, for example.

**Peter** Like you.

**Marta** Well, yes, I suppose so! And very good eyesight, obviously. And mostly aged 18 to 25. And these are things that you can’t really change. So yes, there is something in it.

**Peter** So sports aren’t as fair as we like to think?

**Marta** That’s right, and that’s really what he’s saying in this book. When we watch the Olympics, for example, we think it’s a fair competition between equals, but it isn’t. We’re watching a competition between very different types of people who have different natural advantages. So there will be people who need to train very hard to get where they are and others who don’t need to train so much, and there will be some people who can naturally finish 40 seconds ahead of all the others, and so on. So fairness in sports doesn’t really exist.

### Track 03.09

**PART 1**

**Martin**  Lucas, we should have a party sometime. I was thinking of a dinner party …

**Lucas**  Great idea! How about next weekend? There’s not a lot going on, and I get off work early on Friday.

**Martin** Um, yeah. This weekend would be good. Who should we invite?

L Oh! I can invite my coworker Alexis.

**Martin** I think you’ve mentioned her before.

**Lucas** You’ll like her. She’s super funny.

**Martin** Great, you should invite her. Anyway, as I was saying – about the dinner party. We should keep it to six people, plus us, so eight total.

**Lucas** Oh, really?

**Martin** That way we don’t have to cook a huge amount of food.

**Lucas** Well, yeah, good point. I don’t even like to cook. I can make nachos or something …

**Martin** Why don’t I do the cooking? So, to get back to the guests: we’ll each invite three people.

**Lucas** Three? Hmm, OK. Let me think … Alexis, and … who else …?

### Track 03.10

**PART 2**

**Lucas** So, Martin, about the party … actually, I just had an idea! We should have more people over for dinner.

**Martin** Well, I don’t know. I’m not sure it’s a good idea to have a big party.

**Lucas** But it’ll be fun!

**Martin** But we don’t have a big enough table. We can only fit eight.

**Lucas** Oh, yeah, I guess. Uh, how does it sound if we don’t sit down to eat?

**Martin** Lucas, we’re having a dinner party. Of course we’re going to sit down to eat. So, to get back to the food, I’m happy to cook for eight people. But you’ll need to let me know if the people you invite are vegetarian or anything.

**Lucas** Hmm, I wonder what Alexis eats …

**Martin** Just let me know. I think we should cook things that everybody can eat, don’t you agree?

**Lucas** Oh, yeah. OK. I can let you know.

### Track 03.13

**PART 3**

**Lucas** So, as we were saying, if we just invite three people each …

**Martin** We’ll have to invite your sister.

**Lucas** Really?

**Martin** We have to invite her.

**Lucas** OK. I guess we could sit her next to your friend Bill.

**Martin** But he never says anything.

**Lucas** Exactly. Neither does she. They make a perfect pair.

**Martin** Who else? What about the other people you work with?

**Lucas** Hmm – I can think of a few people. You know, another idea would be to have more people and not serve dinner!

**Martin** I’d really like to have the dinner party.

**Lucas** Don’t you agree that it’d be easier not to cook so much?

**Martin** But I would like to cook.

**Lucas** OK, that’s fine.

**Martin** Maybe we could all go out after the dinner party. How does that sound?

**Lucas** Hmm, well, actually, my friend Jason, the DJ, will be playing downtown. We could go see his show.

**Martin** Yes, and we could always invite more people to meet us there.

**Lucas** Good idea! The afterparty! I bet Alexis would be up for that …

### Track 03.15

**Reporter**  This is Marco Forlan reporting from the multi-million dollar Market Street Sports Complex. It’s huge – it has so many different areas for different sports – tracks for running and cycling. It even has its own indoor snow slope. It’s been up and running for a year now, so I’ve come down to see just how much use it’s getting. So, Lizzie, you haven’t been doing this long, have you?

**Lizzie**  No, just over six months.

**Reporter** And before that?

**Lizzie** Well, nothing. I was one of those people who was pretty hopeless at sports in school. In baseball, I could never catch the ball very well, and I couldn’t throw it far enough. And I’ve never been a fast runner.

**Reporter** So you were always last to be picked for a team?

**Lizzie** Yeah, that was me! Everyone else was so much more talented, and they looked down on me. But I wanted to do some kind of exercise, and, to be honest, I almost don’t consider this a sport – it’s just something I used to do to get to school. I train four days a week now and do a mix of track and open road. It’s my favorite part of the day.

**Reporter** And in the future?

**Lizzie** Next month I’m going to compete in a race. It’s just a small local one, but it gives me a goal to aim for. I’ve been training pretty hard for the past six months now. I train here on the track, but also on the open road.

**Reporter** Good luck with your race. Hey, Barry – that was a really impressive jump.

**Barry** Thanks.

**Reporter** So how long have you been doing this?

**Barry** Just over a year. I took it up after I recovered from a foot injury. You see, I used to run marathons, but now I find it really uncomfortable to run long distances.

**Reporter** And did you get started here at the complex?

**Barry** Yeah that’s right. In the beginning I was just having fun – you know … And then I realized I was really good at it. What I enjoy is … it’s mostly about skill and the way you use your whole body – it’s not just about strength.

**Reporter** And have you ever tried it out in the open?

**Barry** Yeah, last winter I went to France and had my first attempt on real snow. I met a lot of amazing people there including a few professionals. They told me that I have a naturally good style.

**Reporter** Any plans for the future?

**Barry** I’m going to compete in some championships this winter, and I’ve just bought myself this new board. I just wish we had real mountains here.

**Reporter** That’s a great looking board. Have fun! That looks like a lot of fun, Patricia.

**Patricia**  Yeah, it’s fun and it’s great exercise.

**Reporter** So you’re new to the sport?

**Patricia** Yeah, I started about nine months ago.

**Reporter** How did you get into it?

**Patricia** I took it up because I wanted something for myself. You see, I’ve spent the past six or seven years taking my two children to different sporting events. They’re older now and can get to sports practice on their own. So, I had to figure out what I’d like to do.

**Reporter** How did you decide?

**Patricia** Well, I was always athletic, but I wanted to try something new. And I wanted a sport that would get me fit, and this certainly does. Once I’d looked into different options – the choice was easy.

**Reporter** This is a fairly new sport here …

**Patricia** Yeah.

**Reporter** So how is it different from doing it outside in nature?

**Patricia** Well, there are certain paths you can take depending on your skill level – and they can change the path to keep it interesting – and challenging.

**Reporter** That sounds interesting. And how often do you practice?

**Patricia** Once a week and then sometimes on the weekend I go with friends to a nice cliff outside somewhere. I enjoy the social side of things, and it’s fun to try my new skills in nature. I just hope my kids will take it up someday, too- then we can do it together!

**Reporter** Well, I hope you can enjoy it as a family someday.

### Track 03.16

**1**

**Male**  Oh, no. There’s glass all over the floor.

**Female**  Well, you dropped it so I think you should clean it up.

**Male**  I can’t, I have to go. Couldn’t you do it? Please?

**2**

**Teacher** What does “potential” mean?

**Student**  Um, I don’t know. I’ll have to look it up. I’ll tell you in a minute.

**3**

**Male** Did you manage to learn Spanish?

**Female**  Yeah, it was easy. I picked it up in about six months. But I never really learned the grammar.

**4**

**Female** I think we should talk about having longer lunch breaks. Thirty minutes is much too short.

**Male**  Yes, I agree. Why don’t you bring it up at the meeting tomorrow?

## Unit 4

### Track 04.04

**Host** Monica, we often hear stories about lottery winners who were unhappy or who spent their money unwisely.

**Monica**  Yes, that’s true, you often read about lottery winners whose lives got worse after winning. For example, the Griffiths family recently – that was a big story. They won $1.8 million on the lottery, and they spent it all on houses and cars and I don’t know what else. And they ended up losing all their money, and soon after that their marriage broke up – it was a very sad story. And you do certainly hear stories like that.

**Host** So does suddenly having a lot of money really influence people’s behavior? Or are these just isolated or unusual cases that make a good story?

**Monica** They’re just isolated cases; in fact, winning doesn’t usually have a negative influence on people. Of course, people like to believe that winning money leads to disaster because that makes them feel better about not winning. But the idea that winning a lot of money causes misery is actually a myth; it’s simply not true.

**Host** There have been studies done on this, haven’t there?

**Monica** Yes, that’s right. According to most studies, suddenly having a lot of money is just as likely to have a positive effect on you as a negative effect. And most people don’t in fact spend all their money.

**Host** Can you give us some examples?

**Monica** Yes. For example, a recent study looked at how much of their money people spent if they won the lottery. And it found that people spent a lot in the first five years, but very few people spent all the money in their lifetime, only about 2–3%. So most people do spend a lot, but they save a lot as well. And then there was an interesting study in California, and they measured how happy people are as a result of winning the lottery. And they found that people get very happy when they win, which isn’t surprising, but as they adjust to the idea of being rich and go back to normal again after a few months – they end up feeling just the same as before. So over the long term, getting richer doesn’t actually affect how happy you are, you just stay the same … but with more money, of course.

**Host** So, if you’re happy anyway, you’ll stay happy even if you get rich, is that the message?

**Monica** Yes, that’s right. Money won’t make you happy, but it won’t stop you from being happy, either. And studies have also shown that it depends on how you spend the money. So people who buy a lot of things, like clothes or houses or cars, are often not very happy. As soon as you have a car, you want a better car and so on, so that doesn’t make you happy for long. But spending money on experiences usually results in longer-term happiness.

**Host** Experiences?

**Monica** Yes, for example, going on a vacation of a lifetime or doing something you’ve always wanted to do. That’ll make you happy while you’re doing it, and it’ll make you happy later because you also have good memories of it. So it’s a better way to try and be happy.

**Host** OK, so there we have it. When you win that $5 million, forget the cars and the new house, and go for a long vacation instead.

### Track 04.05

**Alfonso** For me, the thing that’s changed my life the most is having a baby. Things are just completely different now. We used to go out a lot, we used to travel as well, we’d go somewhere different every year. We both had good jobs and we had a small apartment in town, so we didn’t need to worry about money very much. But now of course the baby’s the most important thing, so I’d say I’ve become a little more cautious than I used to be. I used to be an adventurous person; I used to take all kinds of risks without thinking much about it. Whereas now I think more about having a family, having a home, having a steady job, things like that. Sounds terribly boring, doesn’t it, but it doesn’t feel boring!

**Dragana** A very big change in my life was going abroad to study. I grew up in Croatia in a fairly small town, and I attended a university there. But then I had the chance to go to Berlin for a year to study. And of course I had a good time there, and I made new friends, but I think it also changed the way I look at life. Before I went, I was shy and not very self-confident and I had a protected life, I suppose. Then in Berlin, I had to look after myself and also adapt to a new culture, of course. And as a result of being there, I think I no longer see everything from a Croatian point of view but more internationally, so I’m much more open to different ideas than I used to be – I hope so, anyway.

### Track 04.09

**Miranda** I think the hardest part of drama school was actually getting into it. The audition process took forever. First of all, we had to perform two scenes from plays - one modern, one from Shakespeare. Then we got called back to do the scenes again. I was supposed to prepare a song as well, but they forgot to let me know. So I just sang the first song that came into my head – I can’t even remember what it was. After that, there was a workshop for a day where they made us work on new scenes from plays and do movement and voice classes. After all of that, I felt really lucky to get selected. There’s no doubt the training was very thorough, I mean, we did everything – the usual voice and movement classes, but also specialized things like learning how to pretend to fight on stage – I really enjoyed those classes. The tutors were all very different – some were really strict and tough. For example, we had a movement teacher, and in her class, we weren’t allowed to talk or use our voices in any way. That was really difficult. But our voice teacher was really relaxed – she was cool. During my second year, I went through a difficult time because I wasn’t sure if acting was what I really wanted to do. I mean, drama school is a huge sacrifice. The training sort of swallowed my life – like, I lived it every single moment of the day. I kind of felt like I wasn’t having what you’d call “a normal life” for a 20-year-old. The school was really flexible about this, and they let me take a couple of weeks off to make up my mind. I decided to keep going and I’m glad that I did. I graduated last year and I have an agent, and I just got a small part in a production at the Royal Shakespeare Company. So I guess you could say I’m on my way …

**Fred**  I got into a soccer academy when I was eleven years old. I was playing at my local club and a scout from a professional club saw me and invited me to play in a trial game. I was really excited about this. My parents had their doubts – they were worried about me not having a normal childhood – but they could see this was a pretty unique opportunity, so they let me do it. My dad was really happy about one thing – we were allowed to see all the club games for free. But I don’t think any of us really understood just how difficult a commitment it would be. My mom and dad were more or less forced to act as my chauffeurs, and they had to drive me to practice three times a week and then to a game every Sunday. I had to do this and keep up with my school homework at the same time. And that meant I often wasn’t allowed to go out and play with my friends when I wanted to. Still, in the academy we had the best coaches, and there’s no doubt that my playing got so much better. We also used to watch videos of games all the time and analyze the strategies of the different players. I enjoyed this a whole lot more than I thought I would. In fact, one of the coaches once told me that this is one of the reasons why I stood out from some of the other boys in the academy. It’s a really competitive environment, and at the end of every year, there were some boys who were forced to give it all up because they didn’t get invited back the following year. I had one friend, Jack. We started at the same time, but when we turned 16 and it became possible for some of us to earn a salary, Jack wasn’t selected. And it was like the previous five years were all for nothing. And he was like my best friend and I really missed him. I did get selected though, and now I have a full professional contract, so things are pretty good. Did I have a normal childhood? No, probably not. I kind of regret that, but then I’ve been given an opportunity, haven’t I? I guess you can’t have it both ways.

### Track 04.12

**PART 1**

**Karen**  OK, so Zack and Jenna, how did our social media do this past week?

**Jenna**  All right, let’s have a look at some of the most successful posts. People liked the photos with models. Those posts got more likes than others.

**Zack** Yeah, look at the way the light is hitting the model in this shot.

**Karen** Nice.

**Zack** We posted a couple of action shots. And they got the most likes of all. Like this shot of a hiker in the foreground.

**Jenna** And here’s a similar shot of the hiker, but from a different angle. We got 200 new followers from this post! We got the same response with this wide- angle shot of a model riding a mountain bike. The image is a little out of focus, so it looks like he’s going really fast.

**Zack** The light was really good for that one. And we used a filter.

**Jenna** And, finally, we posted some close-ups of the products: here’s a close-up of the bikes, and here’s one with some bright-colored water bottles in the foreground. And an extreme close-up of the tires.

**Zack** But it turns out, the close-up shots of these products got the least likes. So, that’s it.

**Karen** OK, great. Thanks, Jenna and Zack. Good work. Hmm, too bad no one likes the product shots there, they had sharp details and clear colors. OK, for next week, let’s upload more action shots to our feed. Get photos of people using the new products – the new hats and shoes – in exciting situations. OK? Use more filters. We want to increase our numbers of followers and shares!

### Track 04.13

**PART 2**

**Jenna** That went well.

**Zack** Yeah.

**Jenna** It was fun. So, more action shots for the next set of posts.

**Zack** Yeah, action shots. So difficult.

**Jenna** Oh, I don’t know, they’re not that difficult. It’s action, so it’s exciting!

**Zack** Yeah, maybe you’re right. But the photoshoots take so long. And the model has to do the same thing – the jump, the pose, whatever – over and over to get a good shot.

**Jenna** Don’t worry, I’ve got some great ideas for our new products: the hats and those shoes. I’ll do the photoshoot.

**Zack** You will?

**Jenna** Sure. I’ll do the shoot, and you can edit the photos. Got to go now. Bye!

**Zack** Later.

### Track 04.15

**1**

**A** I thought the goalie was useless. He was the weakest player on the team.

**B** Really, do you think so? I thought he played really well.

**2**

**A** Fifty dollars for fish and a salad! That’s way too much.

**B** I’m not sure about that. It doesn’t seem that expensive.

**3**

**A** Did you see that senior economists earn an average of $**1**00,000 a year? That’s a lot!

**B** I know what you mean, but on the other hand it’s a very challenging job.

**4**

**A** She’s having a fancy costume party on her birthday. How boring!

**B** Oh, I don’t know. I think we could have a really good time.

**5**

**A** It was a very boring movie. I thought it was too long.

**B** Maybe you’re right, but I enjoyed some parts of it.

### Track 04.16

**1**

**A** I thought that was a really interesting lecture.

**B** Oh, I don’t know. It wasn’t that interesting.

**2**

**A** I think photography is a very difficult subject.

**B** Oh, I don’t know. It’s not that difficult.

**3**

**A** Look at that tree. It’s so unusual.

**B** Oh, I don’t know. It’s not that unusual.

**4**

**A** I thought the questions on the test were incredibly easy.

**B** Oh, I don’t know. They weren’t that easy.

### Track 04.17

**PART 3**

**Jenna** Hey, Zack. I uploaded the photos. Want to see them?

**Zack**  Ah great, thanks, Jenna.

**Jenna** The photoshoot went really well. We took a lot of photos.

**Zack** There aren’t too many, are there?

**Jenna** Um, well … no. I only put the best ones into a folder. So you can just edit those.

**Zack** OK. Good thing I’m more into the photo editing than you are.

**Jenna** You can say that again. I hate it.

**Zack** By the way, my fiancée Elizabeth and I were planning the details of our wedding last night.

**Jenna** Oh, yeah?

**Zack** And we thought – if you’re interested – we’d love for you to take our wedding photos.

**Jenna** Me? Are you serious?

**Zack** Yeah, why not?

**Jenna** Well, I’m not … I don’t think I’m really a wedding photographer.

**Zack** Oh, don’t be silly. You’ll be great. Will you do it? Please?

**Jenna** Well, yes, if you want me to. But we’ll probably have to do a lot of action shots.

**Zack** Great. Elizabeth and I jumping and climbing mountains in our wedding clothes!

**Jenna** Yeah. And we can do all the close-ups we want! The cake and things …

**Zack** Yeah, product shots. OK, I better get these photos edited!

### Track 04.18

**Nick** My name is Nick and I’m from California, in the U.S. I got a job teaching English in a town called Katowice in Poland. When I first went there I was very lucky, because I stayed with a family who didn’t speak English, so I was really forced to speak Polish. It was very difficult at first; I couldn’t understand a word. But because I learned Polish, I very quickly got to know a lot of people. I think a key to understanding a country is to learn the language – without that you only ever meet the people who speak English, and you can’t ever get to know the culture. Another thing is that people often go to places that are beautiful to look at, and that’s fine if you’re a tourist. But to live in a place, I think what it looks like is the least important thing. People are much more important. For example, I come from a very beautiful old beach town in California – it looks great in photographs, but there’s not much going on there. Where I was in Katowice, it’s just a big industrial town, nothing special about it, but the people were very friendly and welcoming so I very quickly felt at home there and I had a really good time. I was supposed to stay there for three months but I ended up staying for a year!

**Jean** My name is Jean and I’m from France. I work for a large engineering company, and I went to work in Oman, in the Gulf, for a year. And I had a very good time there. I had a good salary, so I ate out a lot and, on weekends I went diving and swimming and went on trips to the mountains or the desert. It’s a very beautiful country. So, as I say, I had a good time there, but I don’t feel I ever really got to know the culture. I never got under the surface of it, so as a result I remained an outsider. People were very friendly, very hospitable, and I spent some time with the local employees who worked with us – we often went out together. But I suppose because the culture is very different and I was working hard every day, it was easier to spend time with other foreigners, so my friends were mostly Europeans. I know it’s not a good excuse, but it’s what most foreign visitors do – they end up in a group of expatriates and have their own lifestyle, and that results in them being like a separate community. Maybe I should have tried harder to learn Arabic; I did try to learn some, but I never learned to speak it well enough to have a real conversation with people.

**Eva**  My name is Eva and I’m from Colombia. I got a chance to live in Toronto in Canada for a year to work for my company – I didn’t have to go there, but I chose to go because I thought it would be interesting. And it was a great experience. And, of course, at the beginning it was all new and exciting, and there was so much to see, so many places to go out. I’m from a small town in Colombia, so it was a huge difference. The most difficult thing, I think, was getting to know people. I think in a big city everyone’s busy with their own life, you know, everyone’s in a hurry. It was really hard to meet people and make friends. Also, because it’s really cold in winter, nothing goes on outside in the street; everyone does things indoors in their own homes and that’s a really big difference. Sometimes you walk down a street and you think, where is everyone? And it was so cold, that really affects your mood, it makes you just want to stay indoors and as a result I felt pretty lonely sometimes. So yes, it was a good experience, I’m very glad I went there, but I was also glad to come back home again and see all my friends.

## Unit 5

### Track 05.04

Many people get scared when they fly, and they’re sure the plane’s going to crash, but in fact it’s one of the safest ways to travel. The odds of a plane crashing are only about one in a million, and obviously they’re much less if you use an airline with a good safety record. It’s very unlikely that your plane will crash, but even if it does, you’ll probably be fine, because 95% of people in plane crashes survive. If you sit at the back of the plane or over the wing, near the exit, your chances get even better. So, if you’re worried about getting on that plane, don’t be, because you’ll almost certainly survive the trip. You’re more likely to have an accident in the car going to the airport – your chances of having a car accident are 1 in 8,000. So the safest way to travel is to take a train to the airport and then fly.

More good news is that you have a good chance of living to be 100, especially if you don’t worry too much. According to a recent report, in richer countries of the world, women who are 25 now have a 1 in 4 chance of reaching their 100th birthday – men of 25 only have a 1 in 6 chance, which is not quite as good. But the chances are getting better all the time, so a girl born now has a 1 in 3 chance of living to 100 and a boy has a 1 in 4 chance. Of course, this depends on what country you’re in. In some countries like Japan, the chances are even higher, and modern medicine could make the chances higher still during your lifetime.

So, that’s the good news. You probably won’t die in a plane crash and you, or at least your children, could live to be 100. But the bad news is, you almost certainly won’t win the lottery. The chances of winning a big prize in the lottery are only about 1 in 18 million – so that’s extremely unlikely.

### Track 05.08

**Martha** I leave next Monday.

**Joe** That’s exciting.

**Martha** It sure is – this time next week I’ll be settling into my accommodations.

**Joe** So, I mean, what is it you’ll be doing? From what I understand … well, you’re going down there to keep your eye on some penguins. Is that it?

**Martha** Well, I suppose that’s one way of looking at it!

**Joe** Yeah, but, you know, what will you be doing on a daily basis?

**Martha** Well, I’m not entirely sure, but I think I’ll be doing similar things every day. It’s more or less a question of observing the penguins – counting them, taking photos, checking tags on some of them – that kind of thing.

**Joe** OK – so, just kind of standing around in the cold?

**Martha** Yes, well, that’s the downside of the job. That and the attacks.

**Joe** What? From polar bears?

**Martha** Um … at the South Pole? No, from penguins.

**Joe** You mean those sweet little birds can attack you?

**Martha** Oh yes, they’re full of attitude – if you get too close.

**Joe** And will they be waiting for you when you get there?

**Martha** Well, of course – they know I’m coming.

**Joe** Very funny. So, there they are – Mr. and Mrs. Penguin about to play happy family and …?

**Martha** Yeah, so, by the time I arrive the penguins will already have found mates and then, by the middle of November, each penguin couple will have laid two eggs.

**Joe** You just watch them sit on their eggs? That must be … “really interesting.”

**Martha** I’m sure they’ll do something to keep me entertained.

**Joe** And then?

**Martha** Well, by the end of December, most of the chicks will have arrived, and then after about three weeks, we put metal tags on them.

**Joe** Unless you get attacked by those nasty, aggressive parents.

**Martha** We have our methods of defense.

**Joe** Sounds scary. OK, this is all very interesting, but, I mean, why? Why’s it useful to know what these penguins do? It sounds like they kind of do the same old thing year after year.

**Martha** Nothing wrong with predictable – we scientists like that – but sometimes there can be changes, like maybe there are fewer chicks or maybe the parents aren’t able to feed the chicks and not as many survive. This can tell us a lot about what’s happening in the Antarctic ecosystem.

**Joe** Like what exactly?

**Martha** Ah, I’m a scientist – I never jump to easy conclusions.

**Joe** That’s no fun.

**Martha** But, in a general sense, if there are changes in the number of penguins or changes in their behavior, this can tell us that there has been a change in the climate of some kind. It’s part of the evidence – the bigger picture, if you like. The work I’ll be doing is just a small part in a big project that’s been going on for some time. But because Antarctica is such an unspoiled environment, the changes that take place there can tell us a lot about what’s happening on the rest of the planet.

**Joe** And you get to hang out with those cute little penguins.

**Martha** Yeah, well … it’s just one big penguin party.

**Joe** Sounds pretty cool to me.

### Track 05.11

**PART 1**

**Sara** That was a great TV show!

**Alex** I really enjoyed it. How about you, Daniel? You’ve been quiet. Is something wrong?

**Daniel** Yeah. My rent is going up next month. I won’t make enough to afford this place anymore. I need to do something to make more money … or move.

**Sara** Hmm. Could you get another job in the evenings or weekends? Servers make fairly good money.

**Daniel** It’s an idea, but I’m not sure I’d have the time.

**Alex** And it’d be a lot of work.

**Daniel** Hmm, I’d need to work at a good restaurant. And try to not drop the food! On the other hand, the extra money would mean I could stay … I don’t know.

**Sara** Anyway, time to go. Are you ready, Alex?

**Alex** Yes, coming. Bye Daniel.

**Daniel** Wait … that friend of yours … tall guy …

**Sara** Jim?

**Daniel** Jim. Isn’t he looking for a roommate and a room to rent?

**Alex** Oh, I’m not sure. I’ll ask him.

**Daniel** Thanks. Bye.

### Track 05.12

**PART 2**

**Sara**  Bad day?

**Daniel**  I’m still worried about my rent. I haven’t figured out how to make more money.

**Sara** Well, you have time to figure something out.

**Daniel** I know, but I don’t want to lose that apartment. Or have to look for a new one.

**Sara** No, of course you don’t. I understand. Alex had an idea today.

**Daniel** Yeah?

**Alex** Well, you mentioned my friend Jim, and I haven’t asked him about it yet, but what do you think about getting a roommate? You have that small room that you use as your art studio; You or someone else could stay in it. Share the bathroom.

**Daniel** I have thought about it. I’m not sure, though.

**Sara** Of course, the trouble is, you’d have to find a roommate. And live with them!

**Daniel** Yes, but the good thing is, I could keep the apartment.

**Sara** Or maybe you could just rent the room out sometimes. You know, like a vacation rental. You live near downtown, so there’s a demand …

**Daniel** I don’t know, it’s a big risk … The problem is, you never know who’s going to rent it!

**Sara** I think it’s an exciting idea. You might meet interesting people from around the world.

**Daniel** Seriously?

**Alex** Yeah. And another advantage, you won’t have a roommate all the time.

**Daniel** I guess it’s a possibility.

### Track 05.17

**PART 3**

**Alex** Hey, Daniel. Are you still thinking of turning your apartment into a vacation rental?

**Daniel**  Well, I don’t know if it’s a good idea.

**Alex** Yeah, I get it.

**Daniel** Hey, is your friend Jim still looking for a room to rent?

**Alex** Oh, yeah. Sorry, he found one.

**Daniel** Too bad.

**Alex** Well, how about asking for a raise at your current job?

**Daniel** Ugh. I just got one and it was too small.

**Alex** Oh, uh, well, how about looking for a better job? One that pays more.

**Daniel** Hmm, that might be worth a try … The problem is, it takes time to find a job. And I need money now.

**Alex** Well, you can look for a job, and in the meantime, do something else to get money. For instance, you’ve made some great art. Maybe you can sell some of your paintings.

**Daniel** That’s not a bad idea.

**Alex** Sara could help with that ... her sister owns a café.

**Daniel** What? How would that help?

**Alex** Well, maybe she can display your paintings in the café. And then customers might buy them.

**Daniel** Oh, yeah. I’ve seen art at cafés before. Hmm, I guess that’s a possibility …

**Alex** Or maybe she needs people to work at the café … You can do both: sell art and coffee!

**Daniel** That’s more like it. I’ve got to do something!

**Alex** I’ll talk to her tomorrow.

**Daniel** That would be great. Thanks.

### Track 05.19

**1** Troubled time for beekeepers in the U.S. A report says beekeepers throughout the country are worried that the numbers of bees have dropped by more than 40% this year. Scientists say that pesticides used in fields have caused the decline in numbers. Bees are important not only to beekeepers but also to farmers, as they need bees to pollinate their fruit trees.

**2** Air pollution is getting better, but it’s still not great. Although air pollution levels worldwide have fallen over the last 50 years, many cities still suffer from high levels of smog, according to a report out today. For people living in cities, the only protection against smog is to stay indoors or wear a mask over their faces. The smog is caused mainly by burning coal to heat apartments and by exhaust fumes from traffic on the roads.

**3** You thought you had a fish on the line, but, no, it’s a plastic bottle. A new report says that only 9% ofplastic is recycled. That means that the rest ends up in the ground or in the sea, where it is dangerous for birds, sea animals, and fish. The report says that over 8 million tons of plastic ends up in the sea every year, and it will take more than 400 years to disappear.Scientists predict that by 2050, the sea will contain more plastic than fish.

**4** Is our planet on fire? The past several years have seen a dramatic increase in fires, which have destroyed millions of square kilometers of rainforests worldwide. Many of these fires are wildfires that started due to dry weather conditions. But often fires are started intentionally in order to clear forest for land, either to grow crops, such as soybeans and palm oil, or for keeping cattle. About 19 million acres of forest are lost every year - this is equivalent to 27 soccer fields every minute.

## Unit 6

### Track 06.01

**Dia** Because I was traveling on my own, I decided to reserve a spot on a bus tour. I thought it’d be fun and, you know, it would be easy to meet people and hang out with them in the evenings. Well, that was true – I made friends easily. But the tour itself … well, I’d never do it like that again – not ever. The problem is the people organizing these tours try to include too much in the schedule. It’s overwhelming. Some days you have to be up, packed and ready to go by about 7:30 a.m. And all the time they’d say, “Remember to do this, remember to be back at such-and-such a time.” I mean, I was on vacation – this felt like being in the army! And they never allowed enough time to visit places. I remember visiting the incredible Guggenheim Museum in Bilbao - I was so excited because I studied architecture in college and wanted to stay all day at one of the most famous buildings in the world. Instead, the tour guide said they would leave without me if I didn’t get on the bus. Before going to the next place, I decided to leave the tour. A woman I became friends with on the tour decided to join me. We went to Pamplona to run with the bulls – we could hear the bulls right behind us! We continued traveling through Spain and then went to Portugal. It was much better to do things on our own. I didn’t like the way the trip started, but by the end, it was a vacation with new friends and great adventures.

**Bernie** I worked in London one winter, and then I got together with three other friends, and we bought this old van from a South African couple and we took off together to travel around Europe. We had a great time and there were only a couple of times when we disagreed about what we’d do. The only thing is finding your way around these European cities and getting from one place to another, it’s … well, it’s a nightmare really. I mean, we had guidebooks and maps and things, but often what we read about didn’t match reality. And there are so many cars and people. Driving in Paris was really hard work. It’s such a big city with really narrow streets! On the second day there, we were driving down a road and I noticed all these people waving their arms at us. We were driving in the wrong direction on a one-way street. We were only there for three days and we didn’t really know where to begin. We went to the Louvre to see the Mona Lisa and all that. But the painting’s in this room, and there were all these people there with their phones taking a photo – without looking at the painting. And, actually, I couldn’t really see it at all. Sometimes I’d see other tourists on some kind of tour and it all looked nice and organized for them, so I guess you get to see more that way and you don’t waste a whole lot of time trying to work things out. Next time I go away, I might try going on a tour of some kind.

### Track 06.08

**Ana** Last year we wanted to get away for a week, so we decided to go trekking in the forests of Malaysia. We thought it would be cheaper to catch a train to the airport rather than go by taxi. But we were not happy to discover that the trains weren’t running on time. We arrived at the check-in desk very late and barely managed to catch our flight. The flight took 17 hours because we stopped over in Dubai for a couple of hours. By the time we got there, we were exhausted and not really in the mood for trekking.

### Track 06.11

**Interviewer** With us this week is Professor William Barnett, who is a specialist in languages that are dying. Professor Barnett, first of all, how many languages are there in the world? It must be more than the number of countries in the world?

**Professor** Oh yes, many more. There are about 200 independent countries in the world but we think there are around 7,000 different languages.

**Interviewer** 7,000? that’s 14% of the world’s population. So these languages are very big, and they’re doing fine. In general, the languages that are widely spoken are increasing while the languages that are spoken by smaller groups of people are declining.

**Interviewer** And is this something to worry about?

**Professor** It certainly is, yes. The number of languages spoken in the world is decreasing very, very quickly – roughly one language every two weeks – that means that about 25 languages are lost every year. The situation is deteriorating because of globalization – people have more contact with each other, and they start to speak English or Spanish or Chinese instead of their own language, and their own language dies out. We think that over the next 100 years about half of the world’s spoken languages will die out. That means 3,500 languages will disappear completely in about a hundred years.

**Interviewer** Yes, that’s serious. Is there anything we can do about it?

**Professor** Well, one thing we can do is record the languages and find out more about them. Most “small” languages are spoken in certain regions of the world – we call these “language hotspots.” These are areas that have a lot of different languages, but each language is spoken by very few people. In one part of Northern Australia, for example, there are around 135 tribal languages, but they’re all in danger of disappearing. So we’re focusing on areas like these, and we’re writing the languages down and recording the voices of the last remaining speakers. So it may not be possible to revive the language, but at least we can try and preserve it for future generations.

### Track 06.16

**Interviewer** Professor Barnett, your job is to try to preserve endangered languages. Does it really matter if small languages die out and bigger languages take over? Why is it so important?

**Professor** Well yes, it does matter; it matters very much. First of all, of course it matters to the people who speak that language. Your language is part of your identity. Imagine if English died out and no one spoke it anymore, how would you feel?

**Interviewer** OK, that’s on a personal level. But what about for the wider world? Is it really important?

**Professor** Well, yes. If we lose a language, we’re losing a part of human culture; there’s all that knowledge that the language contains. It’s like losing a painting or a building. Every language has its own way of seeing the world.

**Interviewer** What do you mean by that? Could you give an example?

**Professor** Well, one example, it’s very well-known, is a language called Inupiaq; it’s spoken in northern Canada. Now they have over 100 different ways to describe sea ice. It’s unique to that language; you couldn’t translate that into English. And you can find examples like this in every language – every language has a different way of looking at the world.

**Interviewer** OK, I can see that, but isn’t it a good idea if everyone learns a global language, say English or Spanish or whatever? Then they can talk to other people. That’s what language is for, surely?

**Professor** Yes, of course it’s a good idea, but that’s not the point. People often think you have to give up your own “small” language to learn a “big” language, and in the past that often happened, but in fact you don’t have to do that. You can keep your language and learn the big language – in other words, teach children to be bilingual.

**Interviewer** So, do you think it’s really possible to stop languages from dying out?

**Professor** Yes, I think it is if we want to enough, and it’s already being done by people all around the world. One important thing we can do is change attitudes, especially in children, make them feel proud of their own language, because unless children want to speak their own language, the language dies. And another thing is, we can use technology. We can record people speaking the language, and we can create apps and games to help kids practice the language, for example. I think that’s really important because it gives a feeling that the language is something modern and fun, and something for young people to learn.

### Track 06.17

**PART 1**

**Maddie**  So, Lena, if we leave early afternoon on Friday…

**Lena** I need to check with José, though.

**Maddie** Do you think it’ll be a problem?

**Lena** Well, it’s asking a lot, Maddie.

**Maddie** He won’t mind, will he?

**Lena** No, but it means he’ll have to get off work early and everything.

**Maddie** True. But he’s your brother.

**Lena** Yeah. Let me see … Hey, José?

**José** Yes, Lena.

**Lena** Do you mind if I ask you a favor?

**José** No. What is it?

**Lena** I know this is a big request and I’m sorry to ask you this, but we – that is, Maddie and I – were hoping you could help us move into our new apartment … on Friday afternoon.

**José** So you want me to move all of your heavy furniture and stuff?

**Maddie** Yes, please. It’s too much for us to do alone. Would you be able to help?

**José** Of course. Just tell me what you need me to do.

**Lena** Are you sure you don’t mind using your new truck?

**José** No. That’s fine. I’m happy to help.

**Lena** Thanks, José.

**Maddie** Thank you. That’s really nice of you. So, the other thing is, will you be able to fit our stuff in your truck?

**José** Oh, um, I think so. We’ll just have to make a couple trips.

**Maddie** We really appreciate it.

**José** And if it doesn’t fit, I can always ask my friend Matt to help with his truck.

**Lena** Do you think it’ll be a problem?

**José** It’s not a problem.

**Lena** Thanks so much, José!

**Maddie** We’re so grateful!

### Track 06.18

**Lena**  Hey, José?

**José**  Yes, Lena.

**Lena** Do you mind if I ask you a favor?

**José** No. What is it?

**Lena** I know this is a big request and I’m sorry to ask you this, but we – that is, Maddie and I – were hoping you could help us move into our new apartment … on Friday afternoon.

**José** So you want me to move all of your heavy furniture and stuff?

**Maddie** Yes, please. It’s too much for us to do alone. Would you be able to help?

**José** Of course. Just tell me what you need me to do.

### Track 06.20

**PART 2**

**Matt** Hi there, José.

**José** Hi, Matt.

**Matt** So, do you want to go to the game on Friday?

**José** Sorry, I can’t. I just told Lena I’d help her and a friend move. They’re moving into a new apartment together.

**Matt** No problem – how about the game on Saturday, then?

**José** That works. It’s a day game, right?

**Matt** No, a night game.

**José** Even better.

**Matt** Do you want a hand on Friday?

**José** Do you mind? I know you’re usually busy.

**Matt** I’m more than happy to help out.

**José** Your truck would really help. I think they have a lot of stuff!

**Matt** No problem.

**José** Great, thanks. They’ll really appreciate it.

**Matt** And if they don’t have a lot of stuff, maybe we can still make it to the game on Friday!

**José** Right! Tickets are on me.

### Track 06.23

**Alex**  So where did you go?

**Katia** We went camping in the Grand Canyon. It was amazing, a real experience. But before that, we drove through the Mojave Desert – that’s a big salt desert, just salt for miles and miles.

**Alex** Wow, amazing.

**Katia** And we saw cowboys, didn’t we, Julián? Where was that?

**Julián**  I don’t know, some town near there. It was like a cowboy show; they had a shootout.

**Alex** You mean like a gunfight? For show?

**Katia** Yeah, that’s right. Then we stopped for something to eat, and we were really lucky because it was getting late and we had nowhere to stay, but the owner of the restaurant was really nice, wasn’t he?

**Julián** He let us camp behind the restaurant.

**Katia** Yeah, the people were really friendly, weren’t they?

**Julián** Yeah. It wasn’t very comfortable, though.

**Alex** Why not?

**Katia** We couldn’t blow up the air mattress. It had a hole in it.

**Julián** So we slept on the ground. It was really uncomfortable.

**Katia** Anyway, the next day we saw the Grand Canyon.

**Alex** Oh, that must be incredible.

**Katia** It is. It’s breathtaking. I’ve never seen anything like it.

**Alex** Did you walk through it, or what?

**Katia** No, we just drove around it. Around the south rim, that’s where the best views are. And we camped there, too.

**Julián** We were lucky to find a place. It was peak season.

**Katia** Yeah. So, anyway, then we watched the sunset over the Grand Canyon. Pretty amazing. And the next day we got up at 4:45 and saw the sunrise.

**Alex** 4:45?

**Julián** Oh, it was worth it. It looks completely different at dawn. Um, what else did we do?

**Katia** We saw a condor.

**Julián** Oh yes, they’re really rare apparently. There are only around 300 birds left in the wild. Really impressive birds.

**Alex** Mm, sounds great.

**Katia** And then we went on to Las Vegas.

**Alex** Wow, Las Vegas? Hope you didn’t lose all your money!

## Unit 7

### Track 07.05

**Male** So, what exactly is a smart city?

**Female**  Well, it can be all kinds of different things, but there are two basic ideas. One is that the city uses technology to improve the quality of life of the local residents, so that they can live more slowly and with less stress. And the second one is that the city itself reacts to problems, sort of like a living person would.

**Male** Can you give me some examples?

**Female** Yes, London is a good example. They have a system where they monitor cars driving into the city center and automatically charge the driver for the time the car spends there. So it cuts down on traffic congestion and pollution, but it also means the driver doesn’t have to stop and buy a ticket or look for money – so it saves time, too. And to use the public transportation system, you just need a single card, and you can go everywhere with it. So you don’t need to spend time standing in line for tickets. And in Mexico City, they are fighting air pollution and traffic congestion by not only using building materials that eat smog, but they are also building fewer parking spaces. This is to encourage people to give up their cars and use public transportation or ride bicycles. They also have thousands of public bicycles for people to use.

**Male** So the main point of smart cities is to improve the environment?

**Female** Yes, but it can take many different forms, it’s not just about traffic congestion. For example, there’s a new city in the U.A.E. called Masdar. It’s in the middle of the desert and the whole city is powered by solar panels, and public transportation is electric. So it’s a 100% sustainable city – it uses zero energy, and there’s no air pollution. There’s another new city called Songdo in South Korea, which is planned around a central park to encourage time spent in green spaces and using more public transportation. So from all the residential areas there’s a fifteen-minute walk across the park to get to work and people can also use the park on their lunch break. They also have many green buildings and recycle garbage to make electricity.

**Male** So it’s not just about the environment. It’s about urban development in general?

**Female** Yes, exactly.

**Male** And do you think this is how cities will be in the future?

**Female** Oh, I’m sure of it. The technology is there already. We’re all connected now on the Internet, so the next step is to connect the people with the city – and it’s already happening very quickly.

### Track 07.06

**Daniela** I love my smart city, Bogotá in Colombia. Since 1974, busy city streets have been closed off to traffic every Sunday from 7 a.m. to 2 p.m. for Ciclovía. This event makes the city center a pedestrian zone so that people can ride their bikes everywhere and spend more time outside. Ciclovía is now celebrated in many cities around the world, but it started here and is an inspiration to celebrate clean air and exercising outside. Bogotá also has a rapid bus system that covers 75% of the city. People are encouraged to take public transportation more, drive less, and ride bicycles more. We still have problems with air pollution and congested traffic, but I hope Bogotá continues to make progress as a smart city of the future.

**Richard** I don’t think you have to design a city to make it a nice place to live. I live in Bangkok, the capital of Thailand. In some ways it’s a very chaotic city; there are cars everywhere, a lot of traffic jams and noise, and there are very few green spaces where you can sit, so if you want peace and quiet, forget it! But I love living here. It’s so full of life, and there are people everywhere. On the street where I live, there are numerous ordinary apartments plus a few hotels, there’s a very good vegetable market, there are various restaurants, and there are people selling things in the street. So there’s everything you need, plus nonstop traffic, of course. They are working on adding high speed public transportation, but it has a long way to go before traffic congestion gets better. Even if it isn’t a “smart city” yet, it’s very exciting to live here!

### Track 07.10

**Antonia** As with most things in life, I started small. Not long after I bought this apartment, I suddenly decided that the cabinet in the kitchen was ugly. It was modern and beige and I couldn’t stand it. A few days later, I found this absolutely gorgeous, old wooden cabinet from the 1920s in a secondhand store. I pulled out the original cabinet and replaced it with the one I found. And then everything looked wrong. I also discovered that the original fireplace and chimney were covered up and underneath were these lovely, old red bricks. The cover had to come off. Then the paint job looked just awful … and so it went on. Now, I have a beautiful home-style kitchen. I’m really satisfied with that. But I wasn’t at all satisfied with the layout of the dining room and the living room. They were two very small rooms. And I thought – just imagine – knock down the dividing wall and I could have this wonderful open living space. So, one weekend, I got busy and the wall came down! I still have some work to do there. Then there’s the bedroom … I haven’t had time yet … and the bathroom needs major attention. OK – I admit it – I’m addicted to renovation. I can’t help myself. I love doing these things myself. Getting it done by a professional isn’t nearly as much fun. But, hey, there are worse things to be addicted to, and my apartment’s looking better and better every day!

**Rob** You see, behind our house, there was a kind of storage room and a garage. And there was also a small alley between the two. They’re the kinds of places where we keep things we no longer use. But I suddenly had this great idea. What if I knocked down a few walls and made the storage room and garage one big area – a playroom that the kids could use as their space. I got a friend of mine who’s an engineer to have a look and make sure it was possible – I mean, I didn’t want the house to fall down! And he said, sure, no problem. And I’ve helped a lot of friends and family do this kind of thing in the past – like, I have a pretty good idea about what to do. So, I had this great weekend where I knocked down the walls – I loved that – you can really see the potential – immediately. The problem is – once you knock something down, you have to build something in its place, so it doesn’t look like a worksite. But, well, things have been busy at work, and on weekends there are so many things to do with the kids – taking them to sports practice and stuff like that. I mean, I fully intend to finish it all. That’s what I keep promising my wife. But she thinks I have a “commitment problem.” You know, she thinks I’m not committed to finishing the renovation. Maybe she’s right – but these things aren’t as easy as they look. I suppose I could have it done by a professional – but that’s expensive. I just say that it’s a “work in progress.” It’ll get there. Eventually.

### Track 07.11

**PART 1**

**Tanya** Can you help me move this love seat and bookshelf?

**Brian** Sure. Let’s see. Yeah, that looks good now.

**Tanya** Which lampshade do you like better? The brown one or the blue?

**Brian** Hmm, I think the blue.

**Tanya** OK. And how about two more throw pillows?

**Brian** I think we have enough pillows, don’t you?

**Tanya** I guess. I just want this to look like a cozy living room.

**Brian** It does. You’re really good at interior design. I think anyone would be lucky to get their room designed by you!

**Tanya** Thank you so much! I appreciate that. I just love working in this furniture store and setting up the displays. There aren’t a lot of jobs where you get to be creative, you know?

**Brian** That’s true. But have you ever done set design?

**Tanya** You mean designing rooms in movies? No. Have you?

**Brian** Yeah. I worked on a set for a TV show once. It was so much fun.

**Tanya** That sounds exciting!

**Brian** It was, but working on TV shows can be so stressful, and the schedule isn’t regular enough for me. Anyway, I need to go now. My roommate and I are looking for a new apartment.

**Tanya** OK. Good luck!

### Track 07.14

**PART 2**

**Brian** Hi Arun, sorry I’m late. I was helping Tanya after work.

**Arun** That’s OK. This is Katie West. She’s a real estate agent.

**Brian** Hi, nice to meet you. I’m Brian.

**Katie**  Very nice to meet you, Brian. So, I’ll show you the first apartment. We’ve had a lot of interest in this one already. As you can see, it’s in a great location, right by all the stores, close to the subway. Follow me. …

**Brian** Great.

**Katie** Here it is. It’s a nice apartment for two people. Not too big. Two bedrooms, one for each of you.

**Arun** Two bedrooms and one bathroom?

**Katie** Yes, two bedrooms, a bathroom, a kitchen, and a small living room.

**Arun** OK.

**Katie** So here’s the living room. It’s cozy, but it has a nice view of the street … And here’s the first bedroom, and … the second bedroom. It’s a little smaller than the first, but it’s quiet … And here’s the kitchen. It’s practical and well, … yeah, it has everything you need for a kitchen. It’s very convenient. I’ll let you discuss it.

**Arun** Well, I can see why the price is low.

**Brian** It’s so small! That second bedroom isn’t big enough.

**Arun** Yeah, and it’s too noisy. Right on the main road.

**Brian** Yeah. Such a shame; it’s so close to downtown!

**Arun** Yes, too bad.

**Brian** Well, let’s see what the next one’s like.

**Katie** So, what do you think?

**Arun** Yeah, um, it’s not really what we’re looking for.

**Katie** That’s OK. Moving on …

### Track 07.15

**PART 3**

**Katie**  This one’s just come up for rent. I think you might like it better. Have a look around and see what you think.

**Brian** Thanks. This one’s nice. Think we can afford it?

**Arun**  Well, it’s a pretty cool place. And with my promotion, I have more money now. I could pay more for the bigger bedroom.

**Brian** Look, this could be a separate living area by the window.

**Arun** Yeah, we could put some plants and bookshelves there … or a big lamp.

**Brian** Yeah, that would work.

**Arun** And this would make a great dining area; we could have a table and some cool lights.

**Brian** Yeah, and I can imagine a big TV right here.

**Katie** So, what do you think?

**Arun** Yeah… it’s a great space, um…

**Katie** Well, we have had some other people looking this morning. So, if you’re definitely interested …

**Brian** We’ll think about it. Can we let you know this afternoon?

**Katie** Of course, no problem.

### Track 07.17

**Rene**  I think it’s a really bad idea. What do we need a shopping mall for? I mean, we have a local store that sells a really good variety of things, anything you need in an emergency. There’s also a grocery store only about two kilometers away, and it’s so easy to get there by bus. A mall’s going to ruin this neighborhood. Why can’t they create a nice green living space instead?

**Susie**  I think it’s great. It’s going to be really convenient to have plenty of shops nearby. If I have to do anything like, I don’t know – go to the grocery store or get my hair done or something – I have to go into town, and with traffic it takes such a long time. I can’t wait for them to build the mall – it’s exciting.

**Cecilia** Well, I am looking forward to having a variety of stores nearby. There aren’t enough in this part of town. But I know it will change the neighborhood. It’ll make it a lot busier and noisier. And there’ll be so much traffic. But I guess that’s the price you pay for convenience.

**David**  The idea of a mall doesn’t particularly bother me, but I guess there’ll be a large number of the same old stores – very boring. Everything’s part of a chain these days. I wouldn’t mind so much if they had a few more interesting shops in the mall – you know, something like an independent music store or something. But I know that won’t happen.

**Miles** Well, it’s about time. That local store we have is useless. They never order enough of anything, and they’re always running out of milk and bread and basic things like that. But a new grocery store and a lot of other stores … that’s progress. It’ll be great.

**Marion**  It’s going to completely change the community. I mean, a number of families live in this part of town, and we have young children. Apart from the traffic, we’ll have so many people passing through our streets … I really don’t know how safe it’ll be to live here. It’s just … well, I’m thinking about my children. I want them to be safe.

## Unit 8

### Track 08.01

**Michael** Welcome to this week’s edition of The Money Pool. Today, we’ve invited personal finance expert Mia Ray on the show to answer questions about your money. Hi, Mia.

**Mia** Hello, Michael.

**Michael** And welcome.

**Mia** Thank you.

**Michael** The number is 212-555-4396. Give us a call now with your personal finance question, but I believe we already have Jacob on the line.

**Jacob** Hello, Mia and Michael.

**Mia** Hello, Jacob.

**Michael** So, Jacob, you have a question about savings goals, is that right?

**Jacob** Yeah, that’s right. My income’s OK and I more or less manage to keep up with my bills and everything, but I never seem to get ahead. I’d like to start saving for a home, but it feels like a waste of time.

**Mia** OK, Jacob, I noticed that you said you “more or less” keep up with your bills. What’s your biggest monthly bill?

**Jacob** Well, probably my credit card.

**Mia** Hmm … thought so.

**Jacob** But I always pay at least the minimum amount each month – sometimes a bit more.

**Mia** Do you mind my asking, Jacob, how much do you owe on your credit card?

**Jacob** Well, it’s about $10,000.

**Mia** And I imagine you’re paying about 18% interest.

**Jacob** Yeah, about that.

**Mia** OK, here’s what I’d suggest you do, Jacob. Find another credit card provider who will let you transfer your balance to them and pay a very low interest rate. If you transfer your balance, you’ll probably pay as little as 3%. And then start paying off that debt as fast as you can. The first step to serious savings is to get out of debt.

**Jacob** Right.

**Mia** And then I’d like you to do something else. Get a pair of scissors and cut up your new credit card.

**Jacob** You mean get rid of it?

**Mia** That’s right, so you don’t use it.

**Jacob** But if I did that I wouldn’t be able to afford things like new clothes and going out to dinner.

**Mia** Well, no. Looks like you might have to make some lifestyle changes too, Jacob. You can save a lot of money by eating at home and shopping for clothes on sale. But the first step is to manage your debt – sensibly. OK?

**Jacob** Yeah, good point. Thanks.

**Michael** Thank you for calling us, Jacob. So, now we go to Sophie. Sounds like she has money to spare. Is that right, Sophie?

**Sophie** Hello?

**Michael** Yes, hello Sophie, you’re on the air now.

**Sophie** Oh, right.

**Mia** How can I help, Sophie?

**Sophie** Well, I just want a little advice, really. I’ve been putting aside money for the past five years or so. I have savings of just over $17,500 in a long- term interest account, and it’s earning about 2.5%. But I worry if this is the best place for it. Should I be investing the money somewhere else?

**Mia** So, tell me, Sophie. Do you have any debts?

**Sophie** Not really. Well, just my student loan, but money gets taken out of my salary for that. It’s automatic; kind of like paying tax.

**Mia** But you’re still paying interest on that loan. If I were you, I’d use the money to pay off your student loan.

**Sophie** But if I did that, I wouldn’t have any spare money, you know, for an emergency.

**Mia** $17,500 – what kind of emergency are you expecting?!

**Sophie** Well, um, I don’t know ...

**Mia** Look, it sounds to me like you’re a pretty sensible person when it comes to money. And I always say before you worry about investment, free yourself from debt.

**Sophie** Actually, I think my student loan is now about $16,000. If I pay it off, I’ll be debt free.

**Mia** And that’s a very good thing to be.

### Track 08.03

**1** Well, I think I would have looked inside the wallet, and then I would have emailed the person whose name appeared on the business cards. I would have told him or her that someone had found the wallet and that we were keeping it for them. Or possibly, if I’d been an employee at the hotel, I would have told the manager what had happened, and the hotel would have done the right thing. I mean, that’s the hotel’s responsibility, isn’t it? I certainly wouldn’t have taken the money - it didn’t belong to me. Obviously, the person should have been more careful, but taking the money would have been theft, so it certainly wouldn’t have been right to take the money.

**2** Well, I think I would have taken the wallet and would have looked inside it. And then I would have thought about it. Maybe I would have taken some of the money for myself … I would have been tempted, certainly, especially if I was in a low-paid job. Maybe I’m just not a very honest person, but I would have thought, “Well, it wasn’t my mistake; the person shouldn’t have lost it.” Also, the owner of the wallet would get his or her wallet back because of me, so I think it would have been reasonable for me to earn a little money from that, too.

**3** Actually, I wouldn’t have accepted the wallet in the first place; why should I? I would have told the person who came in with the wallet to take it to the police,or maybe to deal with it on their own. If it wasn’t actually found in the hotel, I don’t think it would really have been my responsibility. Also, I’d never take something a stranger tries to give me – you never know what might be in it or what could happen – it could be something they’ve stolen. Or it could have been some kind of scam, someone trying to distract me while they stole something from me.

### Track 08.07

**A**  Did you hear about the trial of that company director?

**B**  Oh, you mean the one who was accused of bribery. I knew he’d been arrested. What happened?

**A**  It was incredible. He appeared in court yesterday, and five witnesses all gave evidence. They all said he had asked them for bribes.

**B**  Wow. So, what was the verdict? Was he found guilty?

**A**  No, the jury said he was not guilty.

**B**  Hmm. What did the judge say?

**A**  Nothing. She didn’t sentence him. She let him go free.

**B**  Hmm. That’s a little strange, isn’t it?

### Track 08.10

**PART 1**

**Natasha** Hi, Craig. The recruiter just called me back.

**Craig**  And?

**Natasha** I didn’t get the job. They chose someone else. They liked my skills but didn’t think I was the right fit.

**Craig** Oh, no. I’m sorry, Natasha.

**Natasha** Me too.

**Craig** That’s really disappointing.

**Natasha** I know. I really prepared a lot for the interview, too. And it was just for an administrative assistant position!

**Craig** Don’t worry. It’s not your fault – they just chose the wrong person!

**Natasha** Yeah. I’ll send out some more résumés now.

**Craig** Good idea. I’m sure there’ll be plenty of other jobs. You’ll find something.

**Natasha** I hope so. Talk to you later.

**Craig** Bye.

### Track 08.11

**PART 2**

**Serena**  Bye, Natasha. I’m heading off to work now.

**Natasha** OK, Serena.

**Serena** What’s wrong?

**Natasha** Oh, job hunting – you know…

**Serena** Yeah, it’s never easy. Don’t give up hope – you’ll find something.

**Natasha** Yeah. You look very professional! What’s the big occasion?

**Serena** I have to give a presentation at work.

**Natasha** Oh … scary!

**Serena** Well, if I want to impress my boss, I really need to be confident.

**Natasha** Yeah, I know how that is.

**Serena** Yeah. I mean, if I do badly, it makes my boss look bad in front of her boss – that kind of thing.

**Natasha** Well, you’re prepared for it, aren’t you?

**Serena** Yeah, better than I thought.

**Natasha** You’ll do great.

**Serena** I hope so!

**Natasha** I’m sure you will. Good luck.

**Serena** Thanks!

### Track 08.13

**PART 3**

**Natasha**  Craig!

**Craig** Hi, Natasha. What’s up?

**Natasha** Remember that job I interviewed for and didn’t get?

**Craig** Yes. The administrative assistant position?

**Natasha** Yeah, that one. Well, the recruiter called me back. And they offered me a different position!

**Craig** Wow! That’s great! What’s the new position?

**Natasha** I’m going to be a marketing assistant! I’ll get to write social media posts!

**Craig** Congratulations! When do you start?

**Natasha** This Friday!

**Craig** So soon! You know, it was just like that when I got my current job. Bam! They wanted me to work the next day. I felt kind of rushed.

**Natasha** The same thing happened to me!

**Craig** It’s difficult looking for jobs, isn’t it? One day you’re unemployed and sad, and the next day everything changes.

**Natasha** I know the feeling … Oh, I’m excited for my first day!

**Craig** I’m happy for you. Now, I’ve got to get back to work. Talk to you later.

**Natasha** Oh, right. Get to work … ! Bye.

### Track 08.14

**PART 4**

**Jessica** Hello, Natasha. It’s Jessica here from Media Makers. Thanks for coming in to interview earlier. A new position has just come up and we think you might be right for it. Can you call me back at 555-249-4566?

**Natasha** Hi, Jessica? Hi, it’s Natasha Weber here. Yes, I just got your voicemail …

### Track 08.16

**Paul**  Did you see that reality crime show on TV last night?

**Zadie** The one about the young woman using the old man’s credit card to buy things for herself?

**Paul** Yeah. It made me really angry. It was like a lesson on how to commit a crime. You know, get friendly with the old person – get them to trust you and then offer to get a credit card for them. I mean, if you show people this stuff, then other people will just copy what that young woman did.

**Zadie** Do you think so? But it showed you’ll get caught and arrested in the end.

**Paul** That’s only because the old man’s niece happened to see the credit card statement and notice all those purchases for women’s clothing.

**Zadie** Actually, what amazed me about that is the way the niece spoke to the young woman first. If it had been me, I’d have gone straight to the police.

**Paul** But I still think the whole show was kind of saying it’s OK to do this. Like, the interview with the young woman. She had all this makeup on, a beautiful dress – it was like she was some kind of star or something. I couldn’t believe it!

**Zadie** That’s true and they hardly spoke to the old man. Poor thing, he looked terrified by the whole experience of being on camera.

**Paul** Exactly, he really didn’t want to be on TV. I thought the host was really pushy with him – she kept repeating the same question – “but didn’t you realize, didn’t you realize?”

**Zadie** But he must have agreed to it all. They usually have to sign something for those TV shows.

**Paul** I bet it was the niece who talked him into it. She seemed to enjoy being on TV, too. That’s the problem with shows like that – all these boring, ordinary people turn into “famous people.” Well, for about five minutes, anyway.

**Zadie** But I guess you could say that the show was like a warning to people. You know, telling them to be careful, who they trust with their money, credit cards, things like that.

**Paul** Hardly.

**Zadie** But the host did say that at the very end.

**Paul** Yeah, I suppose so. But the saddest thing of all – the old man still thought the young woman was a “nice girl.”

**Zadie** And the host did point out that many thieves are very charming.

**Paul** But doesn’t everyone know that?

**Zadie** Obviously not! If I were you, I wouldn’t watch that show anymore.

## Unit 9

### Track 09.03

**Teo** Well, I’m not sure I want electronics just stuck on my skin.

**Rosie**  I bet it’s no different than putting on a bandage when you cut yourself.

**Teo** But bandages don’t have electronics in them.

**Rosie** It wouldn’t worry me. There are other things to worry about.

**Teo** Like what?

**Rosie** Well, what was it I was reading about the other day? Oh yeah, there’s this laboratory where they’re growing meat. Synthetic meat – I find that kind of scary.

**Teo** Oh, that. Yeah, there was that scientist who made his own hamburger and ate it online.

**Rosie** Yuck!

**Teo** Now, I think that’s a great idea. Grow your own meat – very cool.

**Rosie** But it’s not natural.

**Teo** Yes, it is. It’s just not grown on a cow, that’s all.

**Rosie** But all these tiny pieces of meat that they have to push together just to make one burger.

**Teo** Nothing wrong with that.

**Rosie** And the end result is something that costs $250,000. I mean, these scientists, who are like Dr. Frankenstein, how can they justify that?

**Teo** Well … but they’re bound to find cheaper ways to grow the meat. And what you may not realize is that it’s much better for the environment.

**Rosie** I don’t see how it can be.

**Teo** I was reading about it … And, to produce just 15 grams of meat – that’s one-five – cows need about 100 grams of vegetables. I mean, that’s a really, really inefficient use of energy.

**Rosie** I’m sure it takes a lot of energy to make meat grow in a laboratory.

**Teo** Not as much. And what I didn’t know was that about 30% of the Earth’s surface is covered with crops that we grow just to feed animals for meat.

**Rosie** Yeah, I know that …

**Teo** So, if we can grow meat, we could use some of that land to grow crops for people.

**Rosie** Well, yeah, I agree with you – that is a good idea. But what amazes me is that you can’t see the obvious answer – become a vegetarian.

**Teo** Vegetarian? Why would I do that? I like meat.

**Rosie** Well, I don’t think you’d like meat that a scientist has made in a laboratory. There’s no fat or blood in it, which means no flavor.

**Teo** They’re working on that.

**Rosie** Just like they’re working on making it cheaper to produce.

**Teo** But what’s really incredible is that you can get rid of all those gases.

**Rosie** Gases? What do you mean?

**Teo** Cows. They produce carbon dioxide, methane, which are all harmful gases. Very bad for global warming.

**Rosie** Once again, very true. But tell me one thing.

**Teo** What?

**Rosie** When did you last take the bus to work?

**Teo** Well, it was … I don’t know … a couple of months ago.

**Rosie** More like a year ago. You drive every day! Well, Teo, what I find strange is that if you’re worried about global warming … Well, I think there are better ways of helping out than eating meat that a scientist has put together in a laboratory.

**Teo** Yeah, but the bus is really inconvenient.

**Rosie** Sure it is.

**Teo** Well, you can stick what you like on your skin. I’m going to enjoy my synthetic burger!

### Track 09.07

**A** There are so many scary stories these days about food. It makes it difficult to know what’s safe to eat.

**B** I don’t pay attention to any of it.

**A** Not even if it’s based on research?

**B** Well, it’s easy to claim that something is the result of research, but how do you know how reliable the research is? Anyway, it might just be made up. So much of what you see online is false information, or you can’t trust where it came from. Or it could be a hoax … like that story that was going around about man-eating bananas.

**A** Man-eating bananas?

**B** Yes, it was a few years ago. People in the U.S. started receiving emails warning them not to eat bananas from Central America because they could contain flesh-eating bacteria, and telling them to pass the email on.

**A** And people believed that?

**B** Well, some did. The emails were supposed to be from the Centers for Disease Control and Prevention, which really exists. Maybe they suspected it was a hoax but they weren’t sure, so they stopped buying bananas just in case, and they sent the email on to other people. So, anyway, banana sales crashed.

**A** Just because of an email?

**B** Well, it sounded real. It said the bananas were infected with a bacteria called necrotizing fasciitis and it was spread to bananas by monkeys. And obviously most people had no idea what “necrotizing fasciitis” was, but it sounded dangerous.

**A** Necrotizing fasciitis? Does that even exist?

**B** Yes, it’s a real disease. But you can’t get it from bananas, and it doesn’t really eat your flesh; it might just cause an infection if you have an open wound or something. It can be quite serious, but it’s pretty rare.

**A** It’s amazing people believed it was true, without checking.

**B** Yes, they even started discussing it on TV talk shows with doctors appearing and everything, and eventually people came to the conclusion it was just a hoax. But then the same story appeared in South Africa a few years later.

**A** And the same thing happened?

**B** I know, right? They said that monkeys in South Africa were dying after eating bananas. It sounded like a reasonable story, so I guess people just assumed it was true. So everyone stopped eating bananas from South Africa for a while, until they realized it was all a hoax.

**A** OK, well if I get an email about man-eating bananas, I’ll know it’s a hoax.

**B** Yes, and don’t pass it on to me!

### Track 09.09

**PART 1**

**Megan** Where are we going, Pam? What’s the big secret?

**Pam**  We have to be on time, Megan, that’s all.

**Megan** On time for what? Where?

**Pam** Ah… it’s a surprise.

**Megan** Hmm, I’m not sure I like surprises.

**Pam** You’ll like this one.

**Megan** I have no idea where we are. I’ve never seen this street before.

**Pam** Just wait and see.

**Megan** Where in the world are we going?

**Pam** Wait and see.

**Megan** Hang on … I know where we are.

**Pam** You do?

**Megan** Yeah. Isn’t there an independent movie theater around here?

**Pam** Follow me.

### Track 09.11

**PART 2**

**Megan**  It is where I thought we were going! This is the movie theater.

**Pam** Yes! We’re going to the Japanese film festival!

**Megan** Oh, really?

**Pam** Yes, let’s go in … I need to buy our tickets.

**Megan** Oh, uh, well, we don’t have to …

**Pam** Why not? Wait! But I thought you liked Japanese movies.

**Megan** Really? When did I ever say that? I really don’t like reading subtitles.

**Pam** But … did I misunderstand something? Didn’t you say you love Japanese movies?

**Megan** Me? No, I never said that.

**Pam** How could I get that wrong?

**Megan** Hmm! Maybe it was when I told you about that one Japanese movie I watched. I liked it. The story anyway, but I usually don’t like reading subtitles.

**Pam** Hmm, so odd …

**Megan** Oh, I know! I told you I loved sushi! You know, and other kinds of Japanese food. Maybe you got confused.

**Pam** Oh. Yes. I bet you’re right. That must be it. Well, we’re here now. Do you want to see a Japanese movie?

**Megan** Well, not really. You’re not annoyed?

**Pam** No, not at all. I hope you aren’t disappointed.

**Megan** Of course not! I appreciate the effort.

**Pam** Sorry. I wanted it to be a surprise.

**Megan** It’s OK. Thanks for trying. Actually, I’m kind of hungry. Maybe we can grab a bite instead.

**Pam** Good idea! You did say you liked sushi, right? I don’t want to get that wrong now …

**Megan** Ha. Yes, I love it.

**Pam** OK, why don’t we go to the sushi place down the street?

**Megan** Perfect!

### Track 09.15

**Pam** Yes, let’s go in … I need to buy our tickets.

**Megan** Oh, uh, well, we don’t have to …

**Pam** Why not? Wait! But I thought you liked Japanese movies.

**Megan** Really? When did I ever say that? I really don’t like reading subtitles.

**Pam** But … did I misunderstand something? Didn’t you say you love Japanese movies?

**Megan** Me? No, I never said that.

**Pam** How could I get that wrong?

### Track 09.16

**Speaker 1** I had really bad headaches, so I decided to go to a homeopathic doctor. You know, they give you these little white pills that have a tiny amount of something that is actually poisonous. And I remember on my first visit, he spent an hour asking me questions to find out as much as he could about me, before he looked at what was wrong with me. He said the idea was to treat “the whole person,” not just the disease. I thought this was really good – my normal doctor is always in a hurry, and you’re lucky if he gives you more than ten minutes.

**Speaker 2** A friend of mine had a bad stomachache that wouldn’t go away, so he went to a specialist in herbal medicine. The herbalist talked to him and prescribed chamomile tea, something that is inexpensive and has been used for centuries for a variety of ailments. My friend said it tasted good and made him feel relaxed and sleep better, but unfortunately, his stomach still hurts. I think it was a good experience because he had no bad side effects, but it didn’t fix his problem, either.

**Speaker 3** I had really bad pains in my knee. I tried all kinds of drugs, and I even went to the doctor, but nothing worked. I could walk, but I couldn’t run or do sports. Then a friend recommended acupuncture. It’s where they put needles into particular points or places on your body. I was doubtful at first, but I tried it and the doctor put needles all around my knees. Since then, I haven’t had any problems at all – I can even go skiing again. I have no idea how it works, but it certainly worked for me.

**Speaker 4** A friend of mine tried several times to give up smoking, but he always started again. Then someone recommended a doctor who used hypnosis. He told me about it; it was really interesting. He sat in a comfortable chair and the doctor hypnotized him – he just counted to 20 and fell into a deep sleep and when he woke up, he didn’t want to smoke anymore. Obviously, he doesn’t remember what the doctor said when he was under hypnosis, but I guess he must have told him that he didn’t need to smoke. That was three months ago and he still doesn’t want to smoke.

## Unit 10

### Track 10.03

**Interviewer** The story of Dan Cooper raises more questions than it answers. Today we talk to Bob Fernandez, who has written a new book on the disappearance. Bob, there are a lot of mysterious elements to this story. First of all, how did he get on the plane with a briefcase full of dynamite?

**Bob** Well, that’s easy to answer. Remember, this was 1971, and they didn’t have airport security the way they do now. Security checks came in much later, so there’s no mystery there. But, of course, we have no idea whether he was really carrying dynamite – it might have just looked like dynamite.

**Interviewer** And who was he? Do we know that?

**Bob** We know that Dan Cooper wasn’t his real name. That was easy to check and there were no Dan Coopers who’d gone missing. But who was he? No one knows. He knew a lot about planes and he also knew how to parachute, so he may have been a retired pilot or he may have had some job to do with aircraft. Certainly someone with inside knowledge. And he also knew the area where he jumped. One interesting thing is that several people claimed later that he survived and they knew him. For example, in 1982, a woman claimed that he was her husband, who’d just died. She said she’d found him in 1972 hiding in her garden with a broken foot and they’d fallen in love and got married. This was her story. But there was no way they could prove it.

**Interviewer** I suppose the big question is: could he have survived the jump? He jumped into a storm, at night, holding bags of money, and he had to open a parachute. Is that possible?

**Bob** Well, we know that what he did was possible because not long after it happened, a stuntman repeated exactly what he’d done – successfully. And quite a few things suggest that he did land safely. For example, they never found either the body or the parachute, and if you think the parachute was bright yellow and red, and they searched everywhere, that’s really something. You’d be able to see it from the air. So that suggests he might have landed and then hidden the parachute.

**Interviewer** One of the few clues we have is that in 1980 a boy found some of the money buried in a riverbank.

**Bob** Yes, this was one bag of Dan Cooper’s money, so people thought that he might have drowned in the river. But they searched the river pretty carefully, and they didn’t find anything. And there are other explanations. For example, he might have lost some of the money when he landed and left with the rest. Or he might even have thrown it away to confuse the police and then crossed the border into Mexico. No one knows. The one thing we do know is the police never found him.

### Track 10.05

**Louise** Ever since I was a child, I’ve been fascinated with Africa. The thing that has always interested me the most is the incredible wildlife – lions, elephants, gazelles, rhinos – I mean, there are just so many amazing animals. After I started work, I saved up money for a vacation in South Africa and went on a safari. It was fantastic, but it just wasn’t enough. I remember thinking at the time, “I wish I could stay longer.” I came back home and went back to work. I’d heard about conservation projects and the fact that they often need volunteers – you know, people who go and help researchers – that kind of thing. So, I started saving, because I thought it would be great to go and volunteer for a year. It took me another six years to save up enough money to support myself for that year, but I managed to do it. My workplace lets people take leave without pay for up to six months. I should probably have done that, but I wanted to go for a full year, so I had to resign from my job.

**Terry** I’m a computer technician, and I used to work in the IT support department for a bank. I was there for about three years and in my final year, I really began to hate the atmosphere of the team I worked on. I thought my boss wasn’t a very good manager – and I felt I could have done a better job. If only I’d applied for his job when it became available. I thought I wasn’t qualified enough, but I would have done a much better job than he did. Anyway, I realized there were a lot of people living in my area who needed help with computers and IT problems. And I also figured out that they’d prefer a technician to visit them at home rather than have to take their computer or tablet to a shop to be fixed. So I decided to set up my own business and become my own boss. I gave up my job at the bank.

### Track 10.06

**Louise**  I was really excited just before my departure. When I arrived, we stayed in a kind of hut, but there were five people sleeping in the same room and I found it too crowded. I wish I’d checked this before leaving, because I’ve heard that other conservation projects have better living conditions, and I could have chosen a different project. The main part of my job was counting elephants. Sounds a little boring, I know. But I loved it. And apart from the elephants, I saw all kinds of extraordinary wildlife. I also made some amazing new friends. It was a unique experience. I’ve been back now for three months and am having trouble finding a new job. I could have stayed in Africa, but I didn’t have enough money. If only I’d saved more before I left, I could have had two years there. Not to worry, I’ve had an amazing year, and I’ve managed to make a dream come true. How many people can say that?

**Terry**  Things were pretty hard at the beginning, and I wish I’d done more market research before I gave up my job. For example, I found out that I received more calls on weekends, so, maybe in the beginning, I could have worked part-time for the bank and started my business on weekends only. This would have helped my money situation. And the other thing – I should have checked out other companies doing this kind of work. I quickly found out that I wasn’t charging enough, so I wasn’t making enough money. Still, after two years, things are going really well, and I’m managing to make a decent living. I don’t think this will make me a millionaire, and getting set up was much harder than I thought it would be. I wish I’d taken a class on starting a small business, but it’s too late now! But I do have much more flexibility in my working life, and, most important of all, I’m my own boss.

### Track 10.10

**PART 1**

**Professor Barnes** Oh, hi, Maya. I was hoping to see you today. Um, can I have a quick word with you? It’s something important.

**Maya**  Sure, Professor Barnes. Is everything OK?

**Professor Barnes** Don’t look so worried. It’s good news. We received the results of the scholarship applications.

**Maya** Oh, you did?

**Professor Barnes** And you have been awarded a scholarship for next year: $5,000! Congratulations!

**Maya** What? Really?

**Professor Barnes** Yes. Well done. We’re so pleased for you. And it’s great news for the university, too.

**Maya** I don’t know what to say. I wasn’t expecting this.

**Professor Barnes** You deserve it. We’re really happy to have you helping out in the biology department.

**Maya** That’s wonderful. Thank you.

### Track 10.11

**PART 2**

**Hector** So … two things to celebrate today, Ruby and Maya. First, Ruby found her dream job.

**Ruby** Yes! I’m going to Spain for a year! I’m going to work at my aunt’s restaurant! I almost didn’t get to go.

**Maya** We’ll miss you, but we’re happy for you. Plus, we can come visit!

**Ruby** Yes, Maya and Hector! Please do!

**Maya** We will! So what’s the second thing, Hector?

**Hector** The second reason to celebrate … I got into law school! Thanks to both of you for helping me study and for not minding when I wasn’t around, because I was studying! So, let’s cut this cake.

**Ruby** Hold on, there’s something else we have to celebrate.

### Track 10.15

**PART 3**

**Ruby** Hold on, there’s something else we have to celebrate. You know how Maya has been helping out in the biology department? Well, she was awarded a scholarship for next year!

**Hector**  That’s great news. When did you find out, Maya?

**Maya** I only heard this morning. I couldn’t believe it. I was so surprised. A scholarship! Helping the department! I still can’t get over it.

**Ruby** Good job, Maya. You deserve it!

**Hector** So that’s three things to celebrate – Ruby’s year abroad, law school for me, and Maya’s scholarship!

**Ruby** And you look relaxed for a change, Hector! That’s a fourth thing.

**Hector** It’s true. Excuse me, but can we eat this cake now?

**Maya** Just a minute. Before we start, there’s one more thing. We should have a party before Ruby goes to Spain.

**Hector** Good idea! When should we have it?

**Maya** What date works for you, Ruby? You leave in July, right?

**Ruby** Yeah. How about Saturday, June nineteenth? We can invite some other people, too.

**Hector** Sounds great. Is that everything? OK … now I am definitely going to cut this cake.

### Track 10.17

**Rosa** I’d like to get your opinion on something.

**Kurt** Sure.

**Rosa** The state piano competition next year. Do you think I’m up to it?

**Kurt** You could be.

**Rosa** Meaning?

**Kurt** You’ll have to do a lot of work if you want to do well in the competition.

**Rosa** I thought so. But how much work?

**Kurt** Well … I guess your decision is about more than just a competition. You need to think about what you want to do with your life.

**Rosa** Well, whatever I do with my life – like, my job – I’d really like it to involve playing piano.

**Kurt** How much do you want it?

**Rosa** Well, I ... it’s kind a dream for me.

**Kurt** Kind of?

**Rosa** Well, no. I really do want it.

**Kurt** OK. Well, you have about three choices: you become a piano teacher like me. Or you could become a session musician – playing piano for bands, orchestras. But if you do that, you’d have to play all kinds of music – not just classical. And the third option is the difficult one – becoming a concert pianist. That means you’re aiming really high.

**Rosa** Do you think it’s aiming too high?

**Kurt** Not necessarily. You’ve got talent – no doubt about that – but it’s a commitment – a major commitment. Hours and hours of practice, and you have to cope with a lot of pressure. And if you want to go for the state competition, you’re more or less saying you want to become a concert pianist.

**Rosa** I understand. So what would it involve?

**Kurt** You’re planning to go to college next year, right?

**Rosa** Yeah.

**Kurt** Well, for starters – don’t.

**Rosa** Really?

**Kurt** Wait a year – devote yourself to the piano. You’ll need that level of preparation. Maybe get a part- time job for money, but your main focus should be the piano.

**Rosa** I’ll need to think about it – ask my parents.

**Kurt** Good idea. And just be aware of the fact that … well, it’s a long journey.

**Rosa** What do you mean?

**Kurt** Well, there’ll be times when your ultimate goal seems a long way off and it feels like you’re going nowhere.

**Rosa** Sure.

**Kurt** Doesn’t sound like a problem now, but when it’s happening …

**Rosa** So what do you do?

**Kurt** Well, you need to have a lot of mini goals along the way. I mean, keep your eye on the main goal, but set objectives that are achievable as you work your way toward it.

**Rosa** Anything else?

**Kurt** Discipline – self-control. No matter how good you are, you’ll get negative feedback. You can’t let it get to you. You must stay positive even if you know you could have done better. If you give in to negativity, it’ll defeat you.

**Rosa** You make it sound like some kind of psychological game.

**Kurt** To a large extent, it is.

**Rosa** OK. But tell me … did you ever think about becoming a concert pianist?

**Kurt** Sort of. But I never really tried. Sometimes I wish I had.

**Rosa** Why didn’t you?

**Kurt** Stage fright mostly – I’m terrified of performing in front of large groups. Now that I think about it, it’s something I might have overcome – learned to manage.

**Rosa** You play so beautifully.

**Kurt** Thank you.

**Rosa** You could have been a big star.

**Kurt** I’m not so sure about that! I’m happy being a teacher – trying to make other people stars!