# American Empower Advanced Student’s Book Audioscripts

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## Unit 1

### Track 01.06

**Josh**  This is Josh Rowe for *Linguistically Speaking*. In today’s podcast, we’re going to talk to Katya Bandolin on what it’s like to grow up bilingual. Or in Katya’s case – multilingual. Did she get confused? Did it affect her learning overall? What effect has it had on her life? Hello, Katya.

**Katya**  Hi there.

**Josh** Or I could say … *privet*.

**Katya** *Da*.

**Josh** Or … *olá*.

**Katya** *Sim*.

**Josh** So for those of you in the know, Katya speaks three languages: English, Russian, and Portuguese.

**Katya** And also Spanish and some Mandarin.

**Josh** Right. So is that all?

**Katya** Isn’t it enough?

**Josh** It certainly is – it’s just amazing. But I’d like to focus a little on the first three languages I mentioned: English, Russian, and Portuguese, because they were the languages you grew up with – is that correct?

**Katya** Yeah, they were. My situation was fairly unique. My father is American, my mother is Russian, and I spent most of my childhood in Brazil.

**Josh** Why Brazil?

**Katya** My parents were both teachers at an international school in São Paulo.

**Josh** So you were born in Brazil?

**Katya** No, I was born in the U.S. We moved to Brazil when I was about two years old. But my multilingual – or

I should say at that stage – bilingual education had already gotten underway. Right from the beginning, my mother spoke to me only in Russian and my father only in English. So I got exposure to both languages right from the beginning.

**Josh** So does your mother not speak English very well?

**Katya** Oh, no, she speaks English exceptionally well – she’s more or less bilingual herself. But she wanted her children to be bilingual, too, so she worked very hard to give me as much exposure to the language as possible.

**Josh** And does your father speak Russian?

**Katya** Hmm … he gets by. He understands more than he can say. So it’s not like my mother and I could keep any secrets from him!

**Josh** Did you get confused switching between the two languages?

**Katya** I have no idea. I mean, I was so young, I wasn’t even conscious of there being two languages. I just knew that I communicated with my father in one way and then with my mother in another way.

**Josh** But what language did your parents speak to each other?

**Katya** They used English. But my mother never used English with me.

**Josh** And then Portuguese?

**Katya** Yeah, well that just got added into the mix when we moved to Brazil. My parents had a Brazilian babysitter for me, and I went to a day care center, so I must have figured out that if I wanted to communicate, I had to use Portuguese. It was a necessity.

**Josh** So you just picked it up?

**Katya** Again, I don’t really remember this, but my parents tell me I did.

**Josh** And you weren’t confused?

**Katya** I have a vague memory of getting frustrated at the day care center sometimes, which was probably because of language.

**Josh** And you didn’t lose any English or Russian?

**Katya** Not really, no. I mean, it just kind of worked out this way – English with Dad, Russian with Mama, and Brazilian with friends. Oh, and at school.

**Josh** And what about reading and writing in English and Russian?

**Katya** Well, my parents were teachers themselves, so they taught me to read and write in both languages at home. They were both great at reading stories aloud to me. I loved that, and I wanted to be able to read the stories myself, so that gave me great motivation to learn to read.

**Josh** Then you moved back to the States?

**Katya** That’s right. When I was 10. So I had to fit into a whole different education system. That was hard.

**Josh** One of the criticisms people have of this kind of upbringing is that it slows down cognitive development, so there’s a reluctance on the part of some parents to let their children learn a second language. Do you agree with that?

**Katya** Not really. Sure, when I came back to the States it was hard work, and it took me about a year to kind of catch up. But I think that was more about the difference in education systems and culture than it was about language.

**Josh** A lot of studies say that bilingual students actually do better at school.

**Katya** Well, I don’t want to brag too much, but my grades were always pretty good! But I’ve also noticed – especially when I was in college – I’m usually able to focus on a task really well. My classmates would be fooling around and getting distracted, but that never happened to me. And my memory’s pretty good – I find it very easy to remember information. But, then, I’m just one person.

**Josh** True, but the research on bilingual people pretty much backs up what you’re saying. It also mentions good problem-solving skills.

**Katya** Nice to know.

**Josh** So you mentioned Spanish and Mandarin at the beginning. Tell us about those.

**Katya** Well, I studied Mandarin at college. I’d say I was sort of intermediate level.

**Josh** Did knowing other languages help?

**Katya** For sure. It’s a very different language than the ones I already knew, but I found I made much faster progress than everyone else in my class. And my motivation was much higher. It’s like there’s a part of my brain that gets real pleasure from engaging with another language.

**Josh** And Spanish?

**Katya** I lived in Mexico for a year after college. Spanish is so similar to Portuguese. I picked it up in a few months.

**Josh** A few months?

**Katya** Yeah, more or less.

**Josh** Your advice to anyone thinking of raising their children bilingual?

**Katya** Don’t think twice. It’s a real gift. It can be hard work sometimes for both the parent and the child, but the outcome – the benefits it brings later in life – are immeasurable.

### Track 01.09

**Narrator**  The word *radio* was first used in the 1900s, although of course radios were invented long before that, in the 1820s, but they were originally called wirelesses.

The word *environmentalism* was first used in the 1910s. People began to be concerned about pollution and wildlife toward the end of the 19th century, and in 1916 a National Park Service was set up to help protect wildlife.

The word *spacecraft*, meaning any kind of spaceship or satellite, first appeared in the 1920s, at about the same time that science fiction stories became popular in films and magazines. However, the first real spacecraft, the Russian *Sputnik*, wasn’t launched until 1957.

People started talking about *babysitters* in the 1930s, and the word *technophobe*, meaning someone who has a fear of technology, was first used in the 1940s. This was about the time when people started using technology such as vacuum cleaners and washing machines in the home.

*Brainwashing* is making people believe an idea by constantly telling them it’s true. This word was introduced in the 1950s. And an *in-joke* – a joke that is only understood by a particular social group – was first used in the 1960s.

In the 1970s, people first started talking about *Bollywood* – the Indian film industry based in Bombay – in other words, the Bombay version of Hollywood.

The concept of *ecotourism* came in in the 1980s when the tourism industry began to respond to the demand for tours that benefited, or at least did not harm, the local ecosystem.

The 1990s saw the invention of blogs – originally called *web logs* – as more and more people became connected by the Internet. And, in the 2000s, people all over the world started doing the Japanese puzzle Sudoku.

The word *selfie* became popular in 2013 to describe photos people take of themselves with their cell phones – although the first known selfie was taken 170 years earlier by Robert Cornelius, who took a photo of himself using a mirror in 1839.

### Track 01.10

**Paul** Language has been changing much faster since people started using the Internet. Now, people pick up words and expressions from each other and new words spread much faster. This means, though, a lot of new expressions probably won’t last very long. LOL, BTW, wearable technology, cloud storage. I mean, 20 years ago these terms didn’t exist – no one used them. But, in a few years’ time, they will have gone out of fashion and other new words will have come into the language.

**Rosa**  Another thing that’s changed is punctuation. Texting has had an effect on the way people write. I mean, people have stopped using strict rules for punctuation, so people use commas much less than before. Spell checkers and predictive text mean that people don’t need to know how to spell. And people’s spelling seems to just be getting worse: lose/loose; where/were – they don’t get caught by spell checkers. It’s a shame. People are getting more information, but they’re getting worse at expressing themselves.

**Greg** I agree with the article that language often changes slowly, but I think this process has been speeding up over the last few decades. Because of international communication, dialects are disappearing and people are starting to speak the same kind of English. For example, the word movies, which was originally used mostly in … in North America has now replaced *cinema* and *film* all around the world. In about 50 years, most dialects of English will have died out. And I think dialects are important because they’re, they’re part of people’s identity. It’s a shame they’re disappearing and everything’s just becoming more uniform.

**Claire** Some people complain about new words, but it shows that the English language is alive … um … like the world is changing and languages need to change with them. And this is nothing new. Um … older generations have always complained about language changing. They’ve always felt strongly about it, but … it’s a natural process. New words come into the language because they enrich the language. For example, the word *selfie*, which people started using in around 2013. People had been taking photos of themselves before 2013, but they didn’t have a single word for it, so it caught on quite quickly. And some words also change their meaning. So for example wireless these days is about Internet connections. We talk about “wireless LAN” and “Wi-Fi.” Now that computers have come along, the meaning of the word wireless has changed. It used to mean “radio.”

### Track 01.14

**PART 1**

**Oscar**  Well, that’s all from me today. Download a fresh episode of the *Sports for the People* podcast every day!

**Alex**  Good job, Oscar.

**Oscar** Yeah, thanks. I think the interview went well.

**Alex** It sure did. Once I turned the volume down! Hi, Sara! Aren’t you a happy camper this morning!

**Sara**  What? Oh, Alex, it’s you …

**Alex** Yeah, don’t get too excited to see me now.

**Sara** Sorry, message from the boss.

**Alex** And … ?

**Sara** She wants to meet this morning.

**Alex** And … ?

**Sara** I suspect it’s not exactly good news.

**Alex** Oh, don’t be so negative. Hilary probably just wants to thank you for all your hard work.

**Sara** Hmm, that’d be a surprise. I haven’t produced any successful podcasts in a while.

**Alex** Oh, come on!

**Sara** Anyway, what are you so upbeat about?

**Alex** I just booked my vacation.

**Sara** Oh, good for you!

**Alex** Yeah, Italy!

**Sara** Nice! You know, my dad is Italian. He moved here from Italy.

**Alex** No way! Hey, maybe you could teach me a few odds and ends, y’know, basic survival phrases, *please* and *thank you* and stuff like that?

**Sara** Survival phrases? I think I need a few of them myself! Time for the meeting …

**Alex** Hey, Sara! Ciao!

### Track 01.15

**PART 2**

**Hilary**  Hi, Sara. Have a seat.

**Sara**  Thanks, Hilary.

**Hilary** Do you know why I wanted to see you?

**Sara** Um … Is it something to do with our series of interviews with athletes and coaches?

**Hilary** Yes, exactly. Look, Oscar has already booked six major league players, give or take.

**Sara** Six?

**Hilary** He’s even managed to persuade Manny whatshisname to come in.

**Sara** Who?

**Hilary** Manny whatshisname – you know, that new baseball player from the Dominican Republic. The guy who went from sitting on the bench last season to hitting the winning run in the playoffs.

**Sara** Manny Rosario! Wow, that’s great news!

**Hilary** So, how far have you gotten?

**Sara** Well, um, I’m still sort of like in the research phase, y’know.

**Hilary** Look, I appreciate you’re still getting into the swing of things here.

**Sara** Oh, I definitely feel like I’ve got the hang of things.

**Hilary** OK, but you have to understand … For me to be able to offer you a permanent contract, I need to see some evidence of your capabilities.

**Sara** OK. I understand, Hilary. I’ll get something to you soon, I promise.

**Hilary** OK. Let’s check in on Wednesday. Thanks. …

**Sara** Bye.

**Alex** Scusami, signorina, parla inglese?

**Sara** Cut it out, Alex.

**Alex** Don’t tell me – she’s promoted you to editor-in-chief!

**Sara** Something along those lines, yeah.

**Alex** Go on, tell me everything!

**Sara** Well, basically, she said if I don’t get some interviews with major league players, I’m out of here, or words to that effect.

**Alex** Oh!

**Sara** You don’t happen to know, like, a famous baseball player or something, do you, Alex?

**Alex** No, unfortunately I don’t know about stuff like that. I just know the audio equipment.

**Sara** Yeah.

**Alex** Why don’t you ask Oscar? I’m sure he can show you the ropes.

**Sara** Oh, yeah, that’s a good idea. Thanks.

### Track 01.20

**Speaker**  Well, I’d been renting a room in a nice condo in a town 60 miles from Phoenix for four or five weeks, give or take. The landlord had told me I’d be getting a roommate at some point, but to be honest, I’d kind of gotten used to being there on my own.

To start with, I’d had all my stuff in my room, but of course, as the weeks went by, I kind of thought, “Hmm, I could put some odds and ends in the spare room.” And then, “Oh! I’ll put my drum kit in there, too.” And it went on like that. I was really making myself at home!

I’ll always remember the morning I met Michelle for the first time: I had a cold, and I was still in bed, feeling sorry for myself, when suddenly I heard a key turn in the lock of the front door. I raced down the stairs, as the horror of the situation slowly dawned on me.

Just as I got to the bottom step, she opened the door to see me in my pajamas, in a full panic. She looked at me and asked, “Is this a bad time?” or something along those lines. That was roughly 13 years ago now, and we’ve been close friends ever since – after we moved all my stuff out of her room.

### Track 01.21

**Maxwell Kingsley** I think we’re in a unique situation today with regard to language diversity, and there is no precedent for it in history. The English language has become the world’s dominant language, and although other languages such as Chinese and Spanish are more widespread, English is spoken by the largest number of non-native speakers. In fact, there is a vastly greater number of people who speak it as a non-native language than there are people who have English as their first language. There are probably around a billion people worldwide who speak English to some degree of proficiency as a foreign or second language – it’s a huge number of people. It’s been estimated, for example, that something like 80 percent of all conversations in English between tourists are between non-native speakers, so a Russian person talking to a Japanese person, or a Spanish speaker talking to a German speaker, but using English. The implications of this are, of course, enormous.

Naturally, this is unrelated to the nature of the English language itself. Some people say English is an easy language, but in fact English has the same degree of complexity or simplicity as other languages, and the reasons for its dominance are largely historical, and to some extent, accidental. It just so happened, for example, that the U.S. adopted English as its national language, rather than French or Spanish.

I mentioned earlier that the dominance of English is unique. It’s true, of course, that Latin played a similar role as an international language for around a thousand years, starting with the Roman Empire and continuing until the 16th century. Latin was the language of science and of theology, and rather like English today, it was used in intercultural communication. But its use was limited to a few highly educated people, so it wasn’t used nearly as widely as English is today. English is used by everyone, not just a small elite.

People often talk about how English is threatening other languages, but I don’t personally believe that dominance of English as a world language is going to have much effect on the diversity of human languages. It’s true that smaller languages have been dying out and they will continue to die out, but that’s more as a result of improved communication, and not because of the spread of English. People are going to go on speaking their own language, whether it’s Russian or Italian or Arabic or whatever it is. There’s no sign at all that everyone is going to drop their own language or that there will be one single language spoken by everybody. It simply isn’t going to happen, in my view. So the only real disadvantage of the dominance of English, as I see it, is for native speakers of English themselves because it means that they have less need to learn other languages, so in a sense that’s an impoverishment for them.

Also, of course, it’s understandable that speakers of other major languages might resent the rise of English as a global language, but the good news for them is that the dominance of English probably won’t last. Before English, French was the international language, at least among educated people, for a couple of hundred years, and before that it was Latin and Arabic and Greek and so on. In other words, various languages have played this role, and this has come and gone over time, and no doubt it will be the same with English. Take Sumerian, for example, which was the main written language in most of the Middle East for centuries. The last records of Sumerian are from the third century, so it survived as an international language for over 3,000 years, but, of course, now most people haven’t even heard of it. It’s a dead language. Compare that with English – so far English as a truly global language has been going for about 50 years at the most, so who knows what’s going to happen to it? One thing that’s certain is that nothing lasts forever.

## Unit 2

### Track 02.07

**Lena** A few months ago, I went to a friend’s place for dinner. It was a fun night – lots of lively company – y’know, one of those nights you feel you’ve talked about everything and solved the world’s problems! Toward the end of the evening, I was feeling a bit tired and I just kind of sat back and watched and listened – did nothing. It was interesting. It struck me how what we say sort of defines who we are. Talking is a way of fitting in – y’know, a way of showing that we belong to a social group.

The next day I couldn’t stop thinking about this and began to wonder what would happen if I just stopped talking altogether and was just … silent. What would happen to me? How would I come across to other people? I decided to read up on the topic of vows of silence. There were some really interesting stories online. Often a vow of silence is for spiritual purposes, and people go into some kind of retreat to cut themselves off from the outside world. I guess you could say that’s not about communicating at all – it’s like taking time out to focus on yourself. But some of the other stories I read were about people taking what you’d call a more public vow of silence. What I mean is they continued to live in the real world and communicate with people – they just didn’t speak. Some people did this as a protest – y’know, like against censorship or something like that.

I didn’t have any kind of burning cause I wanted to protest against, but for my own reasons I was still intrigued by the idea of a public vow of silence. So I decided to take one – just for a weekend. I knew I’d find it hard to last much longer than that. I looked at it as a kind of social experiment. I knew it was going to be a challenge!

### Track 02.08

**Lena** So … a whole weekend without speaking. The person I found hardest to deal with was … myself. When I’m alone, I often, talk to myself, or sing, or hum. But, no – I wasn’t allowed to do any of that. I had to keep my vocal cords completely out of action.

I managed OK, except for a couple of times – like when someone held a door open for me and a little “thank you” slipped out. Also when my phone rang, I couldn’t answer. I was quite proud that I remembered, even when someone woke me up calling early on Saturday morning. But I did text back. So, you see, I still communicated – email, text – all that sort of thing. I just had to keep my mouth completely shut.

The first thing that amazed me was just how easy it is to communicate without words – like, buying a coffee. I just sort of pointed to what I wanted and nodded in agreement when the person in the café got it right. I even met a friend for a chat. I could react to what he had to say by means of a facial expression. Occasionally, I did have to write some things down on a notepad, but I was amazed how much information I could get across without trying too hard.

The most interesting thing was the way other people related to me. When I was in line at the grocery store, a woman tried to have a conversation with me. She bombarded me with questions. When she eventually realized that I couldn’t or wouldn’t speak, she just made up her own answers to her own questions. She had a whole conversation with herself about why I couldn’t speak! She thought I was sick.

Also, my landlord was interesting. I had to go and pay my rent on Saturday. He always complains about something when I go and see him – he usually likes to put down some politician or other. I don’t always agree with him, and we often end up having a heated discussion. But this time, I just listened … And when I left he said, “It was great to have a good chat.” This was interesting. I don’t think he really noticed that I hadn’t been saying anything. He was so caught up in what he was saying he wasn’t very aware of me. And it made me think … well, aren’t we all a bit like that? We’re all so busy talking and expressing our ideas – it’s like a kind of prison that doesn’t allow us to communicate with each other and see what’s going on around us. Most of the time people treated me kindly. I often felt that my silence brought out the best in people.

Being silent for two days really gave me a chance to see and feel things without feeling I needed to respond or react. I mean, I often wanted to, but I had to hold myself back. And this meant I just had to let things go – just let them be. And, you know, I felt more peaceful – more connected with everyone and everything.

So it really was fascinating – my weekend of silence. I recommend giving it a try.

### Track 02.14

**Presenter** Millions of visitors come to the Swiss Alps every summer. There’s walking, climbing, swimming, cycling, paragliding – almost no limit to what you can do here. For some people, these sports aren’t exciting enough. Instead, they go base jumping. This means jumping off a cliff and free falling before opening your parachute and landing safely, they hope, in the valley below. The idea of jumping off a mountain may be a nightmare for some people. Base jumpers say it’s an experience like no other. To find out, I watched 24-year-old Ada Hoffman go on her first jump.

So Ada, you’re about to go base jumping, and it’s your first time.

**Ada** Yes. I’m due to jump in about 10 minutes.

**Presenter** How are you feeling? Nervous?

**Ada** Yes nervous, but also excited, very excited. I’m keyed up – you know, I’m going to enjoy this. I’ve been parachute jumping quite a bit. I’ve had training in that; I’ve made about … uh … 300 jumps. Most people say, like, 200 is a minimum, other people say 5 … 500 is a minimum, so … I feel ready for this base jumping, so … yes, it feels like a natural step.

**Presenter** And what are you going to do exactly? You’ll be jumping off the mountain, right?

**Ada** Yes. There is a platform that sticks out over the cliff. And um … yes, basically, I’m planning to jump off that one.

**Presenter** And then?

**Ada** Then I’ll be jumping from about 900 meters … So … I’m aiming to free fall for exactly 25 seconds. And um … then I’m going to fall for a further 30 seconds with uh … the parachute completely open.

**Presenter** And land safely in the valley?

**Ada** Yes – you’d hope so, yeah.

**Presenter** And how will you know when it’s time to open the parachute?

**Ada** I’m going to count the seconds – that’s the only way of doing it. Um … when I reach 20 seconds, or count to 20, I’m going to pull this string hard and um … then the parachute will open in about five seconds.

**Presenter** OK, well good luck. I’ll talk to you again after the jump.

**Ada** Thank you

…

**Ada** Hi.

**Presenter** Hi, you made it.

**Ada** Yes.

**Presenter** So, how was it?

**Ada** Oh it was good, it was a good jump. Everything was fine.

**Presenter** How did it feel?

**Ada** Amazing – there’s nothing like it really – absolutely amazing! **Ada**bit scary at first – you know, you walk along this platform and then you just have to jump. And then, you feel really calm, completely in control. And after the parachute opens, it’s quite peaceful, you know … it’s just … you drift down, and it’s … oh … it’s just wonderful.

**Presenter** So will you go base jumping again?

**Ada** Oh yes, definitely. I’m definitely going to do it again. Maybe I’ll go later today, actually. I’m also thinking of trying a tandem jump sometime. You know when you jump with somebody else, you jump together? I think that should be really fun, but uh … you have to be very careful.

**Presenter** With the number of jumps likely to hit 30,000 this year, it’s clear that the sport is highly attractive. But there’s no question that it is a very dangerous sport, and not everyone survives. Many people say it should be better regulated, or even banned. But base jumpers disagree.

**Ada** Well, it certainly is dangerous. Yes, it’s very dangerous, and I think you need to be aware of the risks when you take a jump. So … if you don’t … if you’re not aware, then you maybe shouldn’t jump. But you know, you’re not coming here thinking, “Oh, I’m planning to have an accident.” That’s … that’s not what you’re aiming to do. You come here with the intention of having a great experience, and … and that’s what you do.

### Track 02.21

**PART 1**

**Ana**  Hi Emma! Still want to go to the movie tonight?

**Emma**  Hello, Ana. Yes! Absolutely.

**Ana** OK. I’ll meet you there at seven.

**Emma** Great! I can’t wait to get out of here.

**Ana** What’s going on?

**Emma** Max is driving me crazy.

**Ana** Max? Who’s Max?

**Emma** My brother. He’s staying with me at the moment, remember?

**Ana** Oh, yeah, that’s right.

**Emma** To be honest, he’s getting on my nerves. There’s just not enough space!

**Ana** Wait, he’s not still sleeping on the sofa, is he?

**Emma** Yes! And his stuff’s everywhere!

**Ana** Ugh …

**Emma** And he’s just so volatile! It’s like walking on eggshells around him.

A Isn’t it about time you asked him to leave?

**Emma** Well, I keep dropping hints, but he doesn’t seem to get it.

**Ana** Why don’t you just come out and tell him to his face? Don’t beat around the bush. There’s a lot to be said for being upfront about things.

**Emma** I can’t just kick him out!

**Ana** Hang on, did you say his name is Max?

**Emma** Yeah.

**Ana** Max Rayburn?

**Emma** Yes. That’s our last name …

**Ana** Hmm. I know that name. There was a guy at my college with that name. He started a really popular band called the X-Rays.

**Emma** That’s my brother …

**Ana** You mean it is him? Your brother is the Max Rayburn!

**Emma** It’s no big deal. And I didn’t know you went to State …

**Ana** Yeah, I did. But, I can’t believe your brother is Max Rayburn.

**Emma** I know. Look, I’ve got to go. Max will be home soon. See you tonight.

**Ana** Yeah, OK. Bye.

### Track 02.25

**PART 2**

**Emma** So, Max, I was thinking – have you thought about the possibility of finding your own place to live?

**Max**  No, I haven’t really thought about it, to be honest.

**Emma** Well, I mean, you can afford your own place now, right?

**Max** Yes, in theory.

**Emma** It might be in your best interest to find a place.

**Max** Find a place? What are you talking about?

**Emma** Well, it would be nice to have your own apartment, wouldn’t it?

**Max** Sure. It would. But I don’t want to think about any of that right now.

**Emma** Why not?

**Max** Well, I’ve got work and I’m trying to get the band back together. I’m really busy these days.

**Emma** And … ?

**Max** I don’t know what else to say!

**Emma** Oh, OK, then. Well, you might want to put some thought into where you’re going to live. Because you can’t stay here forever. You can tell me your plan later tonight.

**Max** There’s nothing else to say. I just need some space. I need to focus on the band.

**Emma** OK, OK. Don’t get so worked up about it. But you really will need to move out at some point … soon!

**Max** Ugh! I know! Aren’t you going out somewhere now?

**Emma** You know, if you had your own place, I wouldn’t be there to annoy you.

**Max** I told you! I don’t have time right now!

**Emma** All right, all right. Calm down! I’m going to the movies now. We’ll talk later. Bye.

**Max** Bye.

### Track 02.27

**Lupita**  The social activity I liked most was the whitewater rafting excursion. I’d never done anything like that at all, and it was a lot of fun. It was quite expensive to do, but I think it was worth it. We had to pay for the guide and rent the wetsuits and everything like that. But the feeling of being swept along by the current of the water was a little like being on a roller coaster – it was infinitely more exciting because everything was far less predictable. The only negative thing that happened to me was that when I got off the raft, I slipped on a wet rock and sort of twisted my ankle. Still, it won’t stop me from trying this again.

**Angelo**  I did both the social club activities: whitewater rafting and the bungee jump. The rafting was nowhere near as exciting as the jump. I loved it – so much, in fact, I’m planning to do another jump before I go back home … For me, there was one thing I found a little strange about these activities. When we went to the river and to the jump site, we were just picked up by a minivan driver – there was no one from the social club who came with us. I mean, we had a good enough time just with ourselves, but it was a little odd that no one from the committee was there. Not very friendly, I thought.

**Paolo**  Actually, I didn’t do either of the sports activities. I like sports, but I’m not so keen on these extreme sports. The more dangerous they are, the less I want to do them. So, with the whitewater rafting – well, I’m not such a good swimmer, and I was told it’d be a little risky. And then with the bungee jump – well, I’ve never really understood the thrill of throwing yourself off a bridge. I’m pretty good at “normal” sports – football, tennis, volleyball – and I like hiking. Why do sports have to be extreme all the time? Some people complained about the cost, but that didn’t surprise me. These things cost money. I don’t mind paying – it’s just it needs to be something I really want to do.

**Changying**  For me, the highlight of the year was doing the bungee jump. To begin with, I really wasn’t sure about it, and I remember when we were in the minivan on the way there, the closer we got, the more nervous I became. I almost pulled out at the last minute, but everyone encouraged me to go ahead with the jump. It was truly amazing – the initial free fall is the most incredible sensation I’ve ever felt – just a big rush with this amazing sense of freedom. The only negative aspect of the experience was that we had to pay half the price. A hundred dollars is a lot of money. I’d been led to believe that all these activities would be paid for. I mean, I could afford it and it was worth it, but I thought these things were meant to be covered as part of the social club.

## Unit 3

### Track 03.03

DANIELA PAPI I volunteered all over the world – building homes in Papua New Guinea, doing post- tsunami work in Sri Lanka, helping paint a school in Thailand. And I used to think it was the best way to travel. In 2005, I decided to organize my own volunteer trip – a bike ride across Cambodia with five friends. We were going to teach students we met along the way and raise funds to build a school. We spent months fundraising – through book sales, and bake sales, and speaking at community groups. We named the trip “The PEPY Ride” – with PEPY being “Protect the Earth, Protect Yourself” – because we were going to teach about the environment and health. The thing is, it turned out, there was more than one small problem with our plan. First of all, we didn’t really know that much about the environment or health, or Cambodia for that matter. And the money that we raised for other small projects that we hadn’t researched very much got wasted or landed in corrupt hands. And that school we helped to build, well, when I arrived to see it, I found a half-empty building and realized something I already should have known: schools don’t teach kids, people do. I was pretty disappointed, as you can imagine, that we’d spent the better part of a year fundraising and planning and things hadn’t turned out to be as simple as the celebrity volunteer trips I’d seen on TV. So, I decided to stay in Cambodia a bit longer and figure out how we could put that school building, and the rest of the funds we had raised, to better use. That “little bit longer” turned into six years living in Cambodia, during which time, I founded an education NGO and to raise money for the nonprofit work we were doing, I started a volunteer travel company – where I led hundreds of volunteers on trips to Cambodia.

At first, our tours looked a lot like that first bike ride, and I took people on trips where we’d teach English or yoga or paint a building. But I slowly began to see that I was part of a growing system that I no longer believed in. After a decade of joining and leading volunteer trips, and from interviewing volunteers from all around the world as part of a book I am now co-authoring, I now firmly believe that the growing practice of sending young people abroad to volunteer is often not only failing the communities they are meant to be serving, but also setting these travelers, and by extension our whole society, up for failure in the long run. More and more young people are going abroad to volunteer each year – as part of school requirements, to build their CVs, or part of gap-year trips. Much of this demand is fueled by the opinion that because we come from financially wealthier countries, we have the right, or obligation to bestow our benevolence on people. Never mind if we don’t speak the language, don’t have the skills or experience to qualify for the jobs we are doing, or don’t know anything about what life is like in that, quote-unquote, “poor place.” Now, as a former serial volunteer myself, I am in no way trying to criticize the good intentions of these volunteer travelers. I know from my former experience our desire to help is sincere. But I also now know that good intentions are not enough. Yet, good intentions are usually enough to get people to support your efforts. The praise and encouragement for international volunteering is almost blind to the details, the process, or the research for how these young volunteers are actually going to help. Throughout the time we were fundraising for that first bike trip, countless numbers of people praised our generosity and bravery – yet very few people questioned us at all about our plans. Perhaps instead of handing us a check, someone should have asked us how we planned to learn all we needed to know to be of help to anybody. The local papers wrote articles about us that made it sound like part of our heroism was the fact that we didn’t know very much. I believe that our lack of critical engagement when it comes to international volunteering is creating a double standard.

### Track 03.07

**Will** What do you think to my boat, Saqba? SAQBA Oh the boat – it’s nice … no problem. W You think it’s nice? No problem?

S Yeah, no problem.

W Cool … OK, I’m going to try and get inside. Ooh … This will be my home for the next few weeks. Here we go … Can you push me off, Saqba?

S Yeah, no problem.

W Thanks, buddy … OK, see you in a few days.

S Yeah. We shall see again. Safe journey.

W Thanks, mate!

My first paddle strokes. Oh … First of thousands, probably. This is absolutely amazing. It’s very shallow in parts. You might be able to hear the base of the boat just rubbing along the rocks, but it’s so quiet out here. I’ve only been going about 20 minutes and already I’ve seen far more wildlife than I’ve seen in the last three days, just in the forest surrounded by jungle. There’s dragonflies buzzing around, cattle egrets, large blue herons, kingfishers … There’s a whole cloud of white butterflies just on the Sierra Leonean bank. I’m completely hemmed in on both sides by jungle. Ooh, a fish, a big fish swam straight past. The water is so clean here. I’m just silently drifting up to this enormous fish eagle. I can’t be much more than eight feet away from it now. It’s just staring straight at me. Big white-capped head, dark wings, burgundy-brown across the back. Just close enough now to see that it’s got a massive catfish in its talons. I think I might leave him to it.

Managed to just get my camp sorted. So this is my first night alone in the forest. Er … I’ve got my mosquito net up. I’m actually in my hammock, but my hammock’s on the floor because … I’m in a little stone island in the middle of the river. Just at the end of the day there was quite a large cataract, and I didn’t really fancy taking it on till tomorrow, so I’ve just camped in this little island, basically, but I’m kind of worried if it rains tonight, though, that the rain might just run straight through the middle of my camp or something. I don’t know though; I guess I’ll find out.

I’m just trying to catch my breath. I think … I think the island last night marked the start of a series of rapids, just these rock-strewn whitewater passages, maybe 100 to 150 meters long. And then you get a short break, and then another, and then another, and another. I just took on this last one here and made a terrible mess of it, ended up sideways, hit this big rock in the middle of the river, which almost flipped the raft, just managed to get control of it again, and shot out of the bottom of this kind of small waterfall. So I’m just taking some shelter in this eddy right now, and I’m going to have to unpack everything and tip out any water that I’ve taken on. And the thing is – just got to be so careful because if I lose the raft, I’m finished. It’s got all my communication equipment on, it’s got all my food on, it’s got my shelter on it. Without it, I cannot survive, and now I am so far from the next village.

### Track 03.10

**PART 1**

**Ryan** Hello, Mr. Peters. Ryan Miller. Nice to meet you, sir.

**Marco** Yes, you too. Please, call me Marco.

**Ryan** Thanks, uh, Marco. I really appreciate you taking the time to meet me.

**Marco** Yes, yes. Well, my assistant said you have a fantastic idea for a TV series. So, let’s hear it!

**Ryan** OK! So the title is *Solar Wind*. It’s a story about space travel. And basically, in a nutshell, a group of explorers are visiting a remote planet that is populated by people, but they’re not really people, they’re aliens! Now, these aliens look very similar to humans but have a radically different culture.

**Marco** OK, OK. So, where did you get the basic idea for *Solar Wind*, Ryan?

**Ryan** Well, the idea came to me when … Uh, it came to me when …

**Marco** I mean, did you get the idea from your own travels and experiences of other cultures, for example?

**Ryan** I haven’t really traveled much, actually. I was planning a trip across Asia once …

**Marco** All right. So, in other words, it all just came from your imagination, then?

**Ryan** Well, you could say that, yes.

**Marco** OK. Were you interested in science fiction growing up?

**Ryan** Uh … Well … Yeah.

**Marco** You know, with a TV pitch like that, most people would be out the door by now, but since you’re a friend of my assistant, we’ll continue. What is *Solar Wind* really about?

**Ryan** Uh … I guess, what I meant by that was, it’s about how we question our own culture and values when we meet a different culture. The situations the characters find themselves in will be dramatic and life changing.

**Marco** Right, I see. So it’s a drama then?

**Ryan** Uh, I’m sorry?

**Marco** It’s a drama set in space? A space soap opera?

**Ryan** Uh … Well, I guess it’s more like a travel show set in space. With some comedy thrown in.

**Marco** Oh, well, now, that sounds more interesting. I’ll tell you what. Why don’t you work on your pitch some more and come back next week, and we’ll try this again?

**Ryan** Oh, can we? Yes! Thank you, sir! I really appreciate it!

**Marco** Oh, and Ryan, it needs a “hook,” or to put it another way: a good story needs something more than aliens and remote planets to keep our attention. Got it?

**Ryan** Yes! You won’t be disappointed! Thank you!

### Track 03.14

**PART 2**

**Eve** Oh, hello, Ryan. How did it go?

**Ryan**  He didn’t tell you?

**Eve** Uh, no. I haven’t spoken to Mr. Peters. He’s in another meeting.

**Ryan** It was an outright disaster! I came across as a total idiot!

**Eve** Calm down. I’m sure it wasn’t that bad!

**Ryan** OK, let me try and think about this rationally. All things considered, I think my first and last TV pitch, listened to by one of the most powerful TV producers in LA, was … How can I put this? … A complete and utter embarrassment! My writing career’s totally ruined! And I’ll never be able to show my face in this town again! Yes, I think that just about sums it up.

**Eve** Chill out. Look, Marco hears bad pitches all the time. How did he leave it with you?

**Ryan** He told me to come back next week and “try again.” Oh, this is so embarrassing.

**Eve** WHAT? He told you that? That’s fantastic! No one gets a second chance like that. You’d better work on your pitch!

**Ryan** Really?

**Eve** Yes! Now get to work. I’ll talk to you later.

**Ryan** OK. Bye. And thank you.

### Track 03.17

**Roberto** Well, I know Cusco quite well. I’ve been there several times, and I even have friends who live there. And I’d say, of course, it’s one of the most beautiful cities in Peru. The whole city is in a kind of bowl in the mountains; it’s an amazing setting. And the city center is really well preserved. You can still see the ancient walls that the Incas built, with the Spanish colonial buildings sitting on top of them – of course, that’s one reason why so many people go there, to see that. And then there are these little lanes going up from the center with narrow cobbled streets and steps and lovely little squares. So it’s a fantastic city and definitely worth visiting, that’s for sure. But seeing how Cusco has changed over the years, I think it’s been a little spoiled by tourism. It’s not quite like it was before. Like, the old streets used to be full of little shops selling ordinary things, but now it’s really all tourist stores and restaurants, and people trying to sell you souvenirs, and crowds of tourists – I mean obviously it’s a major tourist destination these days. So I’d recommend trying to go to Cusco outside the main tourist season, although I don’t think there’s any time when it isn’t busy.

Friends of mine who live there say they don’t go to the city center much anymore because it’s too crowded. They tend to go to other parts of town which aren’t so touristy. I think it’s a shame the way tourism tends to take over these historic places – it changes their character a little, I think.

**Annie** I went to Cusco last year, and I loved it. It has such a romantic atmosphere; you can really feel the history of the place – all the beautiful old buildings and the cobbled streets and the squares with little fountains. It used to be the Inca capital, and you can still see Inca remains in the city: all these amazing walls they built, just incredible. Some people say that it’s been spoiled by tourism, and I suppose that’s true in a way. It’s definitely on the main tourist route, and the center’s full of tourist stores and usually teeming with people. But I think if you can look beyond that and just appreciate the buildings and the layout of the city, it’s a magical place. The thing I loved most in Cusco was walking up the hill above the town. We went up these twisty narrow paths, lots of steps – and then right at the top there’s an old Inca citadel, and we had this breathtaking view across the whole of the old city. And looking down, it was like a maze of tiled roofs spread out beneath us with these bare mountains all around it. I took so many photos of Cusco – every corner there’s something to take a picture of. It was wonderful. It was pretty tiring, though; Cusco’s over three thousand meters above sea level, so you really feel the altitude!

## Unit 4

### Track 04.04

**Porter** Now, you know that little voice in your head that questions if you’ve locked the car properly or turned the iron off? That uneasy feeling that you get when you think there is something you should be doing, but you just can’t remember what it is? More often than not these are groundless anxieties that simply reflect that many of us are born worriers, but sometimes that voice in your head – that gut feeling – warrants your attention. And many doctors, particularly GPs, do pay it attention when faced with a patient that doesn’t quite fit the description in the textbook. All may appear well on the surface, but you’re left with a nagging doubt that all is not quite as it seems. So are doctors right to heed their gut instincts? Ann Van den Bruel is a GP and research fellow at the University of Oxford.

**Van Den Bruel** A lot of GPs especially, they recognize this feeling that they get sometimes, although not everybody admits or, or acknowledges that they sometimes act upon it – it’s seen as something mysterious or maybe you should not talk about it. But it is real, and when you talk to GPs about it, they’re really happy to be able to share that experience of having this gut feeling and using it sometimes in their medical decision-making. So it is something real, but it’s not always acknowledged as a valid or a useful tool.

**Porter** Well, do we know if it’s useful?

**Van Den Bruel** Well we do, because, er, we’ve been doing studies in, for example, serious infections in children – so that’s meningitis or pneumonia – and we have found that gut feeling is the most powerful predictor in general practice of a serious infection in a child.

**Porter** But how do you go about measuring the effect of something like gut feeling?

**Van Den Bruel** Well, we asked doctors to record whether they felt something like gut feeling or an instinct that something was wrong in 4,000 children, and then we compared those recordings with what ultimately happened to those children, and we were able to calculate the diagnostic accuracy, if you want, of gut feeling. And we found that it is very, very accurate – it’s very useful. It’s not a hundred percent right, but, the chance that something serious is going on is much higher when a doctor has a gut feeling.

**Porter** Well, Margaret McCartney’s been listening in from our Glasgow studio. Margaret, I suspect that none of this will come as a surprise to you.

**McCartney**  No … And I think gut instinct is one of those real rich seams of general practice that kind of goes under-explored, and I think, unacknowledged as well. When you talk to doctors over coffee, y’know, one of the things that we’re always saying to each other is, y’know, “I’m just not quite sure about that lady.” Or, “I’m just not quite sure about that hanging together.” But, I think there’s also a little bit of shame that goes along with it, y’know, I think sometimes it’s seen as being a bit unscientific – y’know, just having this kind of … gut instinct, this sort of feeling about someone, and it’s a kind of slightly romantic idea that kind of harks back to the kind of, um, old-style videos of pictures of doctors sort of just having a feeling about someone. And for me it’s not unscientific at all, it’s actually highly scientific, because what you’re doing is you’re saying actually, out of all the people that I’ve seen with similar symptoms, you’re just a bit different from everyone else, so it’s almost like recognizing that this person just doesn’t quite fit the pattern, but you’re not quite sure in what way they don’t fit in with that pattern. So what you’re doing is you’re opening up to saying well, I’m unsure, I’m uncertain, and the possibilities here are potentially something quite serious, and I’m not going to just let that go.

**Porter** And this isn’t the only piece of evidence that suggests that it’s a powerful tool …

**McCartney** No … And what I find really fascinating is when you go and ask doctors around the world, as some researchers have done, “Do you experience a similar kind of phenomena?”, all doctors will say that they do. Some people will describe it as feeling something in their stomach – something just not quite right. Other doctors will say that they feel it in their bones that something’s just not right. And it’s just this idea that you get something that jars – something that just doesn’t quite fit properly together – and you have a sense that you’re not actually very certain about what’s going on here at all.

**Van Den Bruel** In general practice, we have to deal with a lot of uncertainty – we don’t have all the tests and all the technology the hospital doctors do have … and … so, we’re used to dealing with uncertainty, and we’re used to not having that much at our disposal, to make our decisions. So gut feeling for us is like our safety net, when we feel “Hmm … I’m not really happy about this,” then we may want to ask a second opinion, or we may want to schedule another appointment, or we may want to give the parents very detailed information on when to come back – that’s how we want to deal with that uncertainty that is left at the end of the consultation.

### Track 04.06

**Tommy**  We got robbed once … and believe it or not, they got the robbers. My parents were having their kitchen renovated – security wasn’t very good, and the robbers got in really easily. They took all the usual stuff – the TV, jewelry, but I also had all my toys stolen. That’s strange, right? But I did have an impressive collection of Transformer toys. I felt really upset – my world had come to an end. Now the funny thing was, my toys were actually how they caught the thieves. One went to a basketball game and had his bag searched as part of security – the thief took the Transformer items to sell to a friend. Now, this particular security guard had a friend who was a policeman who’d told him about the strange theft of my toys, so he got in touch, and the thief got arrested as he was leaving that game! And the good thing was I got my toys back. I was happy on the day I got them back, but I lost interest in them almost immediately. I never played with them again.

**Marissa**  My brother got himself locked in the garden shed at school, and he couldn’t get out. What happened was my brother didn’t come home from school, so my mom and I, we started looking for him and … I mean, I was with my mother and she started getting more and more upset, and at first, I didn’t completely understand what was going on, but I think I picked up on the general anxiety, and that made me cry. So his disappearance got everyone looking for him, in a small forest near our house. And people searched all night calling for him – I mean, I remember them shouting, “Charlie! Charlie!” I mean, it was terrible and … there was this desperate sound in their voice – I was so afraid. Anyway, the next day, the teacher arrives early at school and heard my brother crying in the shed. No one knows how it happened. I mean, maybe the door got locked from the outside. Anyway, the funny thing is he’s always loved gardening! I’m surprised it didn’t turn him off.

**Clara** Uh, so it was my first day at preschool, and I was left by my mother. This was the first time I’d been without her. Mom told me the preschool teacher was really worried. She said she was used to tearful, upset children but, apparently, I was like an ice statue! She didn’t really know what to do with me. She had me sitting on my own, and I think I remember her saying something like “I’ll get you set up with some paper and crayons,” but … I just sat there looking at her. I’m sure I had some kind of blank look on my face. I guess it was a kind of a shock. Uh, eventually, a little boy asked me to join in a game. I’m not sure why – I went with him … and that literally broke the ice. He got me to play when no one else could. Guess who that little boy was? It was my husband Andrew! We ended up being best friends throughout preschool, but I actually didn’t see him for 15 years afterward. And then suddenly, we bumped into each other after college and the rest is history.

### Track 04.10

**Marissa** My brother got himself locked in the garden shed at school, and he couldn’t get out. What happened was, my brother didn’t come home from school, so my mom and I, we started looking for him and … I mean, I was with my mother and she started getting more and more upset, and at first, I didn’t completely understand what was going on, but I think I picked up on the general anxiety, and that made me cry. So his disappearance got everyone looking for him, in a small forest near our house. And people searched all night calling for him – I mean, I remember them shouting, “Charlie! Charlie!” I mean, it was terrible and … there was this desperate sound in their voice – I was so afraid. Anyway, the next day, the teacher arrives early at school and heard my brother crying in the shed. No one knows how it happened. I mean, maybe the door got locked from the outside. Anyway, the funny thing is, he’s always loved gardening! I’m surprised it didn’t turn him off.

**Charlie** So, my sister Marissa always tells this story of me getting myself locked in a garden shed. That’s just … it’s just not true … I mean, I wasn’t locked in … I was in there with my science teacher, Mrs. James. I mean, she was showing me how to grow things from seeds. Uh, we were transferring seedlings from large containers to individual ones. We were like, just so concentrated on the job we forgot about the time. Marissa has a strange idea everyone searched through the night for me and Mrs. James found me in the morning. That’s just not true. I think my mom was just slightly concerned I wasn’t home from school. Uh … my mom came with Marissa to school late in the afternoon and found me and Mrs. James at work. Mrs. James was uh … a bit embarrassed. Mo … Mom was pleased I’d, y’know, taken an interest. Marissa was right about one thing, though … Thanks to Mrs. James, I’ve always loved gardening.

### Track 04.13

**PART 1**

**Jaya** So, before we go, can we have a quick word about our last class project?

**Lucas** Yes, good idea, Jaya.

**Jaya** First, how do you think the last project went? The one about psychological interview techniques? Where Caroline demonstrated how to interview someone?

**Caroline** Well, if you don’t mind me saying so, it was like trying to get blood out of a stone.

**Jaya** Yes.

**Caroline** It wasn’t easy to demonstrate good interviewing skills because the student volunteer I was working with wasn’t very talkative.

**Lucas** Tell me about it! If you ask me, maybe he should stick to taking notes and not volunteering.

**Jaya** I see where you’re coming from, but everyone, I think we’re forgetting something here. We’re still students, but we have to act like professional psychologists in these class projects. And it’s our job to get the best from our interviewees.

**Caroline** OK, Jaya, but I thought I was being … professional.

**Jaya** Look, don’t take this personally, Caroline. I’m trying to be constructive.

**Lucas** Really?

**Caroline** Are you saying it was my fault?

**Jaya** I think a good interviewer can get blood out of a stone.

**Caroline** OK …

**Jaya** I think we all need to learn from this.

**Caroline** I take your point, but I’m not sure there’s anything else I could’ve done.

**Jaya** I beg to differ. I agree your volunteer wasn’t particularly forthcoming, but my feeling is that there’s always a way.

**Lucas** No offense intended, Caroline, but … I couldn’t understand why you were asking about memories, when we were supposed to be asking about anxieties.

**Caroline** Well, surely his anxieties come from his memories, right?

**Lucas** I guess, but … Anyway, he was clearly a tough nut to crack.

**Jaya** With all due respect, Caroline, I don’t think you should be the interviewer for our next project. We need to bear in mind that we’re getting graded as a group here. It’s about getting results. We could lose a lot of points with an interview like that.

**Caroline** OK, point taken.

**Jaya** Let’s pick this up again after class tomorrow.

### Track 04.16

**PART 2**

**Caroline** Phew, that was difficult!

**Lucas** What, Jaya? Yeah, she can be kind of rough, can’t she?

**Caroline** You’re telling me!

**Lucas** It’s the first time I’ve heard her criticize anyone like that. Sorry it was you.

**Caroline** Yeah, well, I don’t take it personally. She’s just trying to help. And my interview technique wasn’t great.

**Lucas** I think she’s more concerned about our group’s grade pulling her grade down!

**Caroline** You hit the nail on the head!

**Lucas** Yeah. Well, next time she can demonstrate the interview techniques. It’s more difficult than it looks!

**Caroline** You’ve got that right.

**Lucas** Yep.

**Caroline** Well, I appreciate your feedback on the interview.

**Lucas** Sure, no problem. If you want to practice interview techniques, I’m available.

**Caroline** Thanks. Oh, actually …

**Lucas** Yes?

**Caroline** Well, y’know your friend Melody? I think she’d be interesting to interview!

**Lucas** You do?

**Caroline** Yes! She grew up in Argentina, but moved to Texas when she was ten. She spoke Spanish but then learned English. I wonder how that experience shapes her memories, you know? Like, are her memories in two different languages?

**Lucas** Oh, wow. That’s an interesting idea! Why didn’t I think of that?

**Caroline** Anyway, could you give me her number? Do you think she’d mind?

**Lucas** I don’t think she’d mind. She likes you. But you should tell her the interview is for your psychology class, though!

**Caroline** Well, of course! We’re professionals, remember?

### Track 04.18

**Interviewer** In just over a year, you went from being almost unknown to being a major star. How do you feel about that?

**Anita**  Well, I feel really really happy about it; it’s very cool. And going on tour – I’m really excited about that; it’s going be an awesome experience.

**Interviewer** Have you always felt you had talent, that you’d be a star one day?

**Anita** Not really, no. I’m not one of those people that people point to and say, look when she was five years old you could tell she was a prodigy, she already had it in her. I wasn’t like that at all. I’ve always liked singing, but I never performed in public.

**Interviewer** But did you always know you wanted to be a singer?

**Anita** As a child, you mean?

**Interviewer** Yes.

**Anita** As a child, no, not at all, not even right into my early teens. I was actually really shy. I mean, I liked singing and I knew I could sing well, but I didn’t want to sing in public, no way!

**Interviewer** But that changed?

**Anita** Yes, it was because of my grandpa, partly. He was a good singer. He always liked to sing and told me I should use my talents. He knew I was writing songs and I was singing them, and he gave me a push, encouraged me to start making recordings, so I did a few YouTube videos, just like for fun, you know.

**Interviewer** So when was the big breakthrough? How did that happen?

**Anita** Well you won’t believe this, but it was a taxi ride.

**Interviewer** A taxi ride?

**Anita** Yeah, that’s right. This was when I was still in high school. Some guys I knew had a band and I joined them as a singer, and I also wrote the songs. You know, we recorded stuff together, that sort of thing, pretty basic stuff, really. And anyway, one night I took a taxi home after the session, and I got to talking with the driver. He seemed really interested, and he said he used to work in the music industry, so I played him one of the songs we’d recorded. And he seemed really really impressed, asked for my number, and I thought why not, no harm.

**Interviewer** OK.

**Anita** Then, a few hours later, I got a text from him, saying there was a studio manager he really wanted me to meet and could he pick me up and take me there?

**Interviewer** So you went?

**Anita** Yeah. Maybe I was being a bit naive. I mean, he could have been anybody, know what I mean? But he seemed like a cool guy, so I got the rest of the band and we went together. Anyway, it turned out it was all for real.

**Interviewer** There really was a recording studio?

**Anita** Yes, and the manager, he had listened to the songs and he offered us free use of his studio and started recording our music. But the incredible thing was, this guy also ran a radio station, a pop music station. And so he started playing the songs, all the stuff we recorded. And that’s what really changed everything.

**Interviewer** So then what happened?

**Anita** Then people found me on YouTube, and after a week I had like a thousand followers, then the next week 5,000, then 10, and it just grew and grew from there. I couldn’t get my head around it at all. As I say, I guess I was just really lucky.

**Interviewer** And your earlier songs were in English.

**Anita** That’s right, yeah, ’cause that’s what I spoke with all my friends, and with the band. But my background is Hispanic. My mom and dad are from Mexico, so at home we speak Spanish, of course. And then one day I thought, “Why am I writing songs in English? Why not in Spanish?” So I did, and it felt so good, just incredible. It was like a journey back to my roots; it was where my heart is. So it was a kind of liberation for me, I guess.

**Interviewer** And they were your really big hits.

**Anita** That’s right, yeah. That’s when I really found my voice, with those songs, yeah.

## Unit 5

### Track 05.08

**Newscaster 1** When it comes to soccer, I’m extremely patriotic. Who isn’t? If I go to see the U.S. national team play anywhere in the world, there’s only one soccer shirt you’ll catch me wearing – I wouldn’t be seen dead in anything else. Same goes for any fan – only trouble is … the shirt can get you into trouble. So here’s the thing … A man goes to Cyprus. Walks up to customs and hands over his French passport. The immigration officer looks at the passport and looks at the man. What’s he wearing? An English soccer shirt. Just doesn’t match, does it? A Frenchman wearing an English soccer shirt? C’mon! Turns out this guy – this not so clever guy – well, he forged the passport – it was a fake. And, by all accounts, he missed the game. The Cypriot police have locked him up.

**Newscaster 2** Stealing things – it sure makes you hungry. Here’s a story of a young man who brings new meaning to the term serial offender. This 16-year-old was skipping class and paying regular visits to a family home – not his family’s. The homeowner says he doesn’t have a key to his own house so leaves it unlocked every day. So our 16-year-old truant gets into the habit of dropping in for some breakfast cereal and milk – not just once, but on a number of occasions. And it was all going well until he logged himself on to Facebook with the family’s iPad … and forgot to log himself out! So our young “cereal offender” got caught and has been detained in a local juvenile detention center.

**Newscaster 3** Ever done the pocket-dial thing? It can be a little embarrassing. It can also get you arrested! See, this couple thought they were being very smart. They allegedly went to a supermarket and stole a whole heap of video games and DVDs. They had this great plan to pawn them for cash at the local pawn shop. Trouble is, when they were making their getaway, they pocket-dialed emergency services. I mean, they thought they were pretty smart – boasting about how the operation had gone so smoothly and how much smarter they were than other thieves. They also talked about where they were going to sell their ill-gotten gains. Of course, what they didn’t realize was that an emergency services operator could overhear the whole thing and copied down all the details. So when they got to the pawn shop, guess who was waiting? The police, of course, with the handcuffs ready!

**Newscaster 4** Let me tell you about John Parsons – that very rare thing, an honest fraudster. And I have to say, Mr. Parsons is extremely creative – ingenious, you could say. He’s stuck in a high-security facility all nice and safe. Someone manages to smuggle in a cell phone for him. Now, Mr. Parsons gets busy and creates a fake web domain, and from this domain he emails a release form to officials – for his very own release! So out of jail he walks – a free man – and the officials don’t discover his clever little scheme for another three days. But this is where the fraudster turns into an honest man – he turns himself in. Or maybe life was boring on the outside. Anyway, he’s back inside serving his 15 years for numerous counts of fraud. But even lawyers and judges agree, John Parsons is nobody’s fool!

**Newscaster 5** Now here’s a good story. You could say that it’s un-bee-lievable! Police are on the hunt for a … I guess you could call him a “would-bee burglar.” Last Thursday night he was trying to steal some odds and ends from a shed in the Forest Hills area. So he was busy opening all these boxes, looking for some interesting items to steal. And one of the boxes contained something with a very interesting … buzz. Inside was a hive of bees! Police are pretty sure our burglar wouldn’t have gotten away without a whole host of bee stings. So police want to know if there are any medical professionals or pharmacists out there who’ve treated someone with bee stings. Not very common in these winter months.

**Co-presenter** What you might call a … bumbling crook!

### Track 05.09

**Mike** Well I actually studied biology in college and, uh … I’ve always wanted to get into conservation work. Uh … and I’ve been trying to get work on nature reserves in order to gain practical experience. And the trouble is I can’t find a job with a paid salary – there’s too many people these days who are willing to work on a voluntary basis so, uh … so at the moment what’s happening is I’m volunteering on the weekends, and I’m working in a café during the week in order to make ends meet and pay the bills.

**Olivia**  I left college in June and have a degree in tourism. Since then I’ve been applying for many jobs in sustainable tourism, for example, y’know, ecotourism. That’s what really interests me and I’m very passionate about. But unfortunately, in this current climate, it’s very difficult to get a job. Unfortunately, the last job I applied for had 200 applicants, and I got on a shortlist of 10 but, uh … in the end I didn’t get it. The only way to gain experience nowadays seems to be to do an internship – but instead of them paying us, we end up having to pay them for this privilege!

**Andrew**  I applied for a job in investment banking right after I left college. Uh … my background is economics and business. I was lucky because I was immediately offered jobs by three different companies, and I decided that I would go for the job that I deemed to be the most interesting. Uh … I managed to negotiate a higher salary than they were offering, and since then I’ve been working very hard indeed in order to prove myself, as there have been a lot of layoffs in the financial sector recently. And I certainly want to make as much money as possible while I can.

**Kiki** I left school uh … at 16, and I went straight to do an internship in retail. Uh … unfortunately, by the time I finished my internship, a lot of people were laid off and they couldn’t keep me on. So I was unemployed for probably about two years. But, uh, eventually I found a job in this large store selling sports equipment, and I’m still there. I’m working shifts. I work morning shifts, afternoon, and evening shifts. Uh … I get paid by the hour, so I try to get as many shifts as possible – so if I’m lucky I can get a double shift and work uh … around 40 hours a week, maybe. But more often it’s only around 10–15 hours a week … and that’s hardly enough to live on.

### Track 05.14

**PART 1**

**Ella**  Hi, Mr. Berg? I’m Ella Vicente, your daughter Beth’s friend.

**Steven**  Hello. Just call me Steven. Nice to meet you!

**Ella** Nice to meet you, too. Coffee?

**Steven** Oh, yes, please.

**Server** Two coffees.

**Steven** Thanks.

**Ella** I am such a fan of your business books! Thank you for agreeing to meet me like this.

**Steven** Well, I’m just sorry we couldn’t meet up sooner.

**Ella** That’s fine. I know how busy you must be.

**Steven** Yeah. Hopefully things will slow down soon enough though. So, uh, you work with my daughter?

**Ella** Yes, that’s right. You’re in town for a conference, if my memory serves me correctly?

**Steven** Yes, on a temporary basis – just for a long weekend. I’m having dinner with Beth tonight. We have tickets to see a play.

**Ella** It must be a little hard to fit everything in when you travel so much!

**Steven** Well, yes. And I don’t get to see Beth very often now that she lives here on the West Coast.

**Ella** Oh. That must be tough.

**Steven** It is, but we all have our ups and downs. Now we see each other mostly for holidays. But at least our other children are still near us on the East Coast.

**Ella** Oh, well. That’s nice.

### Track 05.16

**PART 2**

**Ella**  Writing all these books about business while also running a successful company must be difficult!

**Steven** I suppose it is difficult. Maybe I should give one up!

**Ella** Yeah?

**Steven** When you’re running a progressive company that treats its employees right, how about treating the boss right, huh?

**Ella** I never thought of it like that!

**Steven** Easier said than done. But I’m not the type to sit still. I have to keep busy, although my doctor tells me I need a break.

**Ella** Oh? I was under the impression that you were looking for new start-ups to fund and advise.

**Steven** What? No. No doubt you read that on some tech blog.

**Ella** Oh, well, actually, I read it on Twitter, not a blog. But what stands out in my mind most is that they said you’re actively looking for nonprofit groups to partner with.

**Steven** Yeah. Those tech reporters. Every time I take a meeting, they publish a whole bunch of new speculations. I’d hazard a guess that they’re not even listening to me. They’re more interested in getting clicks on their articles than reporting the truth.

**Ella** Hmm …

### Track 05.19

**PART 3**

**Steven** So, enough about me. What about you? Presumably, you’re in marketing with Beth, right?

**Ella**  Well, I’m not actually …

**Steven** Oh. I think I remember Beth saying that you were on her team.

**Ella** Well, I was. But now I work in marketing at an education nonprofit. Sorry. I was hoping to talk to you about it, if you have time. …

**Steven** Oh. I see. Beth didn’t mention that. I thought you were looking for career advice!

**Ella** Oh! Well, I’d appreciate that, too. But …

**Steven** I’m sorry. Actually, I’m not even the person who makes the call on which charitable organizations our company works with. We have someone who runs that department.

**Ella** Oh.

**Steven** But I can put you in touch with that person. Her name is Stella Reilly.

**Ella** You can? Thank you! I’d really appreciate that.

**Steven** Sure, no problem. Why don’t you tell me a bit about what your charity does?

**Ella** Well, it’s a program designed for elementary school children in disadvantaged areas …

### Track 05.22

**Mario** I saw this really interesting job ad online – working in marketing for an IT company. It’s a little like my current job, but there were opportunities in the new job for more travel, and I thought, “Why not give it a shot and apply?” I sent in my résumé and got offered an interview immediately. I thought, “Great!” So I had this interview with an HR person.

To start off with, it went really well. She told me she was impressed by my résumé, and I could feel that I was giving her the answers she wanted to hear. Y’know, you just get a sense of whether a job interview is going well or not. Then, after about half an hour, this HR woman said, “Oh, and of course we’ll need logins for all the social media you use.”

And I replied, “Oh, you mean the professional one?” And this kind of suspicious look crept across her face and she said, “No, I mean all social media.” I was truly shocked – I was completely lost for words. For a minute I just sat there and didn’t say anything. Eventually she asked, “Is there a problem?” At which point I said that I didn’t really think it was appropriate for a company to access private social media. Then there was this stony look in her eyes and she said, “All staff are required to provide access to the social media they use.” I’m afraid I couldn’t help myself and I said that I felt they were overstepping a boundary by asking me for this, and there were privacy concerns. But she didn’t back down. She said that the company expects access to social media, particularly of marketing staff. She said that it’s essential that we project a positive image at all times – both in person and online. Well, I don’t want my private life to be controlled in this way. And besides, I’ve heard of people getting fired for making “inappropriate comments” about work – but of course, it’s always the company that decides what’s inappropriate or not. So, in the end, I politely told this woman that I wouldn’t feel comfortable working for her company and quickly left. I mean, I know everyone’s life is more out there and online these days, but, demanding to see my social media – that’s just a bit too Big Brother-ish for my liking.

**Laila**  I read this article the other day about people being surprised or shocked because prospective employers expect access to applicants’ social media. I was a bit surprised by this article myself – surprised because I thought, “What do people expect in this day and age?” We live so much of our lives online and it’s such a public thing, so I don’t really see a problem with employers looking at my social media postings. In fact, this happened to me a couple of months ago. I applied for a job as an account manager at an advertising agency. During the first interview, the guy who’s now my boss asked if he could friend me and I agreed immediately – in fact, we sorted this out during the interview.

This meant he could read through all my personal information and postings. He called a couple of days later to say I’d gotten the job. And, do you know what swung it in my favor? He really liked my way of presenting myself online, and he was impressed by the sports training and charity work that I do in my free time. He also thought my pet cockatoo was very cool! So really, why wouldn’t you want to give a prospective employer this kind of access? I really think it’s advisable to do so. Of course, if you’ve posted material that puts you in a bad light, then I can see why you wouldn’t. But in that case, the real issue is the way you use social media. I think that people tend to forget that just about anything you post online can be accessed in one way or another – so if you don’t want people to read it, then don’t post it. Social media is so much a part of my life, and I feel completely relaxed about sharing information.

I do think carefully about the way I present myself, but no more carefully than I would if I walked into a room full of people I don’t know. It’s the same thing – what’s the difference?

## Unit 6

### Track 06.03

**Interviewer** So Monika, I understand you’re an amateur photographer?

**Monika**  Well, I wouldn’t go that far, uh … I’m definitely an amateur, but I’m not a photographer yet – perhaps in the future.

**Interviewer** But you’ve been studying photography?

**Monika** Uh … yes, that’s correct. I’ve been taking this class about photography, and it’s for complete beginners.

**Interviewer** Why did you decide to take the class?

**Monika** Uh … I think I could blame my husband for it! Uh, because he got uh … he got me this fantastic DSLR um … camera and uh, it is a … a … pretty complicated uh … object, really. If you don’t know how to use it, it can be really complicated to take some photos. So I was wondering what I could do to … to improve, and to know how to use it. And I was uh … I started with those uh … kind of tutorials on YouTube that you can watch, um … but it wasn’t, it wasn’t good enough because they were using quite a lot of jargon, and I wasn’t really sure what they were referring to. Uh … so I decided to take a class, to learn a little bit more about it so that I can use the tutorials in my own time.

**Interviewer** Have they taught you anything useful?

**Monika** The tutorials uh … not really, but then when I went to the class, and I started the class, I’ve been doing this class now for a few weeks um … and I’m learning something new all the time, so it’s really, really good.

**Interviewer** So, do you feel more confident with your camera now?

**Monika** Uh, a little bit, uh, it depends on the types of photo that I want to take. Uh … let’s say that it’s more kind of um … documentary-type photos then I would still use my auto mode, um, but I would still be quite um … maybe … I would be thinking more about the frame and, and the composition of the photo because these are the things that I would normally learn during the class. So uh, our teacher would be giving us some specific tasks on, for example composition or … panning effects or different techniques, and so after that I would go outside the classroom – I would go and, for example, take some photos and focus on either one technique and then practice it, um, or I would just take as many shots as I can, ’cause sometimes it’s … uh, improvisation is also very good.

**Interviewer** Have you discovered any bad habits since you started your class?

**Monika** Uh … I think I was taking too many photos. And … potentially I was taking photos of everything, and I wasn’t really following any rules. But now I know that I have to be more careful with my uh settings of the camera and what exactly I want to take a photo of. Uh … so when I’m taking my photos now, I’m more cautious and kind of careful how I do it and what I really want to um … take photos of.

**Interviewer** What’s your favorite photograph that you’ve taken?

**Monika** I think I have, uh, two pictures that are my favorite pictures. Uh … the first one is … it’s, it’s a static photo of a building um … so when I was um … taking my class, there was this project. We were supposed to take photos of an object, or of a static object. So I chose this building that is supposed to be demolished. Actually, it is being demolished now. So, every single day you could kind of take a different photo of a different part of the building. So one day I was standing there, and I was really lucky because they were actually taking a part of the window down, and there was this massive hole in the building. So I was able to take a few interesting photos of the whole process as well as the, just, just the hole in the building, but there was this chair just inside the hole, and it made the whole picture quite realistic like there was still life in it, but actually the building is being demolished, so that’s one of my favorites. And then the second one was a completely different project when I was trying to take photos of moving objects and uh, my subject was uh … a three-year old girl, and she was playing in a backyard, and she had this yoga mat that her mom was using, and she was just rolling into this uh … yoga mat and um, luckily for me, uh, I was able to take a few interesting photos of her playing in the yard.

### Track 06.09

**Anchor** And now to a local story that’s a bit of a mystery – and with a good Samaritan in the mix. An unknown woman is being hailed as a model citizen for saving the life of a tourist in the capital yesterday.

Sione Leota – all the way from Samoa – got up early in the morning to do a bit of sightseeing. A keen photographer, Mr. Leota was taking shots of some of our impressive buildings when he began to feel sick. He approached our mystery woman, who offered him a drink from her water bottle and then must have realized things really weren’t looking good. The woman helped Mr. Leota into her husband’s car, and they raced off to the hospital. So, for an update, let’s go live to our reporter May Lee. Hi, May.

**May** Hi there, Gavin.

**Anchor** So how’s Mr. Leota doing?

**May** He’s doing OK. But doctors here say it was touch and go when he arrived. Whoever drove Mr. Leota got him here just in time. He had a serious heart attack, and it could have been fatal without urgent medical attention. A day later he’s in a stable condition.

**Anchor** Good to hear. And tell us about the mystery woman.

**May** Well, it really is a remarkable story. I haven’t had a chance to talk to Mr. Leota yet, but a spokesperson for the hospital told us that the woman who helped Mr. Leota is blonde and quite tall. But that could be a huge number of the women in this city. The man driving her is her husband – oh, and the car was white. Mr. Leota can’t remember many details because he passed out on the way to the hospital.

**Anchor** So the couple didn’t stick around when they got to the hospital?

**May** Evidently, they were in a hurry to get to work – they both had important meetings. Staff at the ER here tried to get their details, but it was a busy time and the couple just kind of disappeared.

**Anchor** So how does Mr. Leota feel about all this?

**May** Obviously, he’s very keen to know who helped him, so the hospital is asking the couple to come forward so that Mr. Leota can thank them formally. The spokesperson said he’s extremely grateful because this woman literally saved his life. And also, he left his brand-new camera in their car, so he’d very much like to get it back!

**Anchor** How long is Mr. Leota likely to be in the hospital?

**May** Another couple of days, but his prognosis is good. He’ll make a full recovery.

**Anchor** Thanks for talking with us, May. And if you are the mystery rescuer and you’re listening to this news story, why not get in touch with the hospital? Sione Leota would love to say a big thank you for saving him.

### Track 06.10

**PART 1**

**Megan** OK, everyone. At our last meeting, I asked you to find some new influencers we can work with. A few of the people we chose to work with last time were a disaster. And let’s face it, everyone and their sister is doing makeup tutorial videos and posting beautiful photos. We need really compelling people to showcase our products and represent our brand. Jessica, you have a presentation for us?

**Jessica** Yes! Now as luck would have it, I bumped into Haley Rodriguez at the beauty expo the other day, and she says she uses our products and would love to work with us!

**Megan** Who?

**Jessica** Haley Rodriguez? The singer?

**Megan** Oh, I don’t know about her, Jessica. I haven’t even heard of her!

**Jessica** You may not know her now, but she’s going to be a star!

**Megan** OK, let’s see your presentation.

**Jessica** Let me talk you through why our customers will be influenced by Haley Rodriguez. First and foremost, we need to focus on micro-influencers: people with a small but very dedicated following. These are the stars of tomorrow! And Haley Rodriguez has a following whose demographics match our customer base.

**Paul**  Is that a photo of her?

**Jessica** Yes, it is. She’s an up-and-coming singer and influencer. Well, she performed this summer at the Hot Rock festival right here in Austin. However, she’s not just a local celebrity – she’s becoming famous on a national level. Let me take you through some facts and figures …

**Paul** You certainly have done your homework!

**Jessica** I think these facts speak for themselves: an average of 10,000 views on her YouTube videos and over 25,000 subscribers; rumors of being signed to a record label; performances scheduled at festivals throughout the country this summer; 30,000 Instagram followers … I don’t want to overstate the point, but one thing is clear – Haley Rodriguez is on the road to becoming an internationally renowned artist. Turning now to the focus of the relationship itself, I think she’ll agree to let us be the exclusive makeup sponsor for her tours. More specifically, I propose to work with her on product placement in her photos and videos. So to recap what I’ve been saying, due to her imminent stardom, I’m proposing we get Haley Rodriguez to sign with us now as a brand ambassador, and we can focus on elevating her look with our new makeup lines. Now, if you’d like me to elaborate on anything I’ve just said, go right ahead.

**Paul** What will you do if Haley won’t agree to be exclusive? Look what happened with our last influencer …

**Jessica** Well, I’ll just have to cross that bridge when I come to it. But I’m planning to work quite closely with her, so there shouldn’t be any misunderstandings of her role and requirements as a brand ambassador.

**Paul** That’s absolutely the way to go. And you’ve clearly put a lot of effort into this, Jessica. Thank you. But I’m going to have to give it some thought.

**Jessica** OK. Well, I clearly think she’s worth a shot.

**Paul** Megan, can we touch base again on this later?

**Megan** Sure. That’s fine. OK, moving on to the next item …

### Track 06.13

**PART 2**

**Tiffany** *Achoo*! Sorry …

**Jessica** Oh, hi, Tiffany. You’re back!

**Tiffany** Yeah.

**Jessica** How are you feeling?

**Tiffany** Well, not a hundred percent, to be honest, but y’know …

**Jessica** Well, anyway … I’ve been dying to tell you about my meeting with Haley the other day!

**Tiffany** Of course! How was it?

**Jessica** Pretty good, on the whole. She’s interested in working with us.

**Tiffany** That’s great. She’s got a really good look.

**Jessica** Yeah, more to the point, she’s going to be famous.

**Tiffany** Great!

**Jessica** Yeah, I’ve just been presenting some ideas on it to the team.

**Tiffany** Hmm. How did they take it?

**Jessica** Oh, you know. Paul was cautious as usual.

**Tiffany** Did you ask Haley if anyone else is looking to work with her?

**Jessica** Actually, no. I totally forgot to ask. Oh, oh. Why?

**Tiffany** Uh … Look at her latest post.

**Jessica** Oh, no! How did I miss this? She’s working with our competitors! Argh! Why won’t Paul and Megan let me negotiate directly with people? I could have signed her up last week! I’m going to go talk to them …

**Tiffany** Well, be careful what you say. This has happened before, and it’s a bit of a sore point with Paul, actually.

**Jessica** Well, if they’d like me to do my job, they need to empower me to do my job.

### Track 06.16

**1**

**Speaker 1** So where does the path go?

**Speaker 2** Must be that way, I think. Down through the trees.

**Speaker 1** Are you sure? There’s another path going up there.

**Speaker 2** No, we need to keep close to the river, so we can cross over. There’s a bridge further up. Are you OK?

**Speaker 1** I think so. My feet are hurting. I think my boots are too tight; I’m getting blisters.

**2**

**Speaker 3** Sleep well?

**Speaker 4** Yes, really well. Such a comfortable bed. And it’s so quiet here, you can’t hear any traffic. What time is it?

**Speaker 3**  Nearly nine. We need to get moving if we don’t want to miss breakfast.

**Speaker 4**  What time did you get up?

**Speaker 3**  About an hour ago. I’ve been sitting outside reading.

**Speaker 4**  OK, you go on ahead. I’ll join you.

**3**

**Speaker 5** Well, that was pretty good. Good sized portions. How was yours?

**Speaker 6** Hmm, it was OK. The salad was pretty boring; it was mostly just lettuce. But yeah, I’m certainly not hungry anymore.

**Speaker 5**  Oh well, that’s good. You don’t want dessert then?

**Speaker 6** No way.

**Speaker 5** OK, let’s get the check. Excuse me!

**4**

**Speaker 7** So, what did you think?

**Speaker 8** Really great. I loved the guitarist. He hardly seemed to move his fingers.

**Speaker 7** Yes, but he was playing really complex tunes. Don’t know how he managed that.

**Speaker 8** The singer was great as well.

**Speaker 7** What, the older guy? Yeah, I’ve seen him before with a different band. I’ve always thought he was good.

**5**

**Speaker 9** Ooh, look at those skirts. Beautiful colors. Or do you think they’re too garish?

**Speaker 10** No, they’re fun, nice and bright.

**Speaker 9**  Do you think they’d suit me?

**Speaker 10** Maybe. Why don’t you try one on? How about the pink and red one?

**Speaker 9**  Or maybe the yellow and green one. I’ll try them both on. What do you think?

**Speaker 10**  Looks great!

## Unit 7

### Track 07.11

**Speaker 1** Politicians, media pundits, writers, and students get away with claims that are not based on fact. If I was ruler of the world for a day, I would install fact-checker apps into our smartphones, into our computers, so that when facts were broken, when people told lies, or told mistruths, our phones went “Brrrrrrrr!” or the lines on our computer screen popped up in red. That way, we’d know what was fact and what was fiction. Of course, I wouldn’t apply it to everyone. I wouldn’t apply it to poets, to novelists, and others who specialize in imaginary ideas. My aim would be to ensure that we benefit from the age of the Internet of things, to have an Internet of facts and ideas, and through this we would hopefully get away from the infuriating falsehoods that are being widely disseminated. Over time, good ideas would be spread far and wide, and bad ideas would be seen as a joke, rather than being the source of misinformation and perpetuating ignorance.

**Speaker 2** The invention I would like to propose is a remote control that can modulate the amount of sensory information you get – the amount of sound, or smell, visual information, etc. I came up with this idea because I cycle around London quite a lot, and every day I notice how much I am bombarded with the sounds of traffic and the smells of the city and visual advertising and media. I think this is something that in general people deal with in a number of different ways. Often it relies on putting more information or stimulus into your body, like wearing headphones or looking in your phone. A remote control would allow you to tone down what’s there. I imagine it would work like a force field you can set at your ideal level, because everyone is different, and everyone has different ideal levels, and it just filters everything that comes in and out.

**Speaker 3** Well, my idea for changing the world is quite simple, and it can be justified on the grounds of justice and fairness. It is simply that when someone is interviewed, for a job, for example, that they should have to conceal their appearance. They would have to wear a mask. They would not be able to exploit their, let’s say, personal or their social, visual capital. They would have to be judged according to their merit. It would create a level playing field. It would ensure that the best person was recruited to a company – irrespective of whether that person was good-looking or ugly, as conventionally determined. It would serve the interest both of fairness in respect of that person’s rights, and it would ensure a level playing field, therefore, for that reason. But it would also ensure the most meritocratic outcome – the best person would be chosen for the job.

### Track 07.12

**Speaker 1** It’s hard to argue with the idea that we want truth over falsehood. I think the trickiest part of this is actually knowing what the truth is and what facts are and aren’t correct. And so, my biggest concern would be that the fact app might itself be full of falsehoods that we haven’t found out yet, or could be used to deceive us.

**Speaker 2** I was intrigued by the idea that you want to filter out these noises or smells or whatever it is when you’re cycling. Isn’t there a danger you could miss something that’s rather important for your safety? For example, you might miss a taxi that’s coming around the corner that you didn’t know about and go straight into it. So I think you’d need a smart filter which would be able to recognize what was essential for you to see and hear, red traffic lights, for example, and what could safely be filtered out, like advertisements or noise from building sites.

**Speaker 3** It’s a fascinating idea, and it hits very close to home because I’ve hired hundreds of people and done hundreds of job interviews, many of which have been over video call or telephone. And I think l like the values and the spirit behind the suggestion. My hesitation about it is that you know they say 80 percent of communication is nonverbal, and I think a lot comes across in expressions and bearing. Some of it is unfortunate and shouldn’t influence your decision. Some of it is actually essential, I think – to assess someone’s characteristics for a job. So I’m not sure what I think.

### Track 07.14

**Presenter**  Welcome to *From My Bookshelf* – the weekly program where guests talk about a book that they think everyone should read. This week’s guest is media expert and commentator Zelda Freeman. Welcome Zelda, thank you very much for being here today. Tell us about your book.

**Zelda**  Well, uh … the most intriguing book I’ve read in the past few years – *Rewire* by Ethan Zuckerman – er, he’s an academic, uh, and he thinks deeply about the role of media in our society.

**Presenter** Zuckerman. The main thing about his book, I hear, is that he’s challenging the myth about the Internet, is that true?

**Zelda** Yes, er … the myth. And what’s interesting is that we only think we’re more connected … But, the point he’s making is that we’re actually wrong. Uh, in some ways, the Internet manages to isolate us.

**Presenter** So we’re all connected, but we’re isolating ourselves? That sounds like a contradiction – how is that possible?

**Zelda** Well, I’ll use myself as an example. I use the Internet to find out news. I read a lot of newspapers online, but it’s only American ones that I read. There’s nothing stopping me from reading an English language newspaper in China – it’s just a click away. But I don’t. What Zuckerman is saying is that the Internet is a very powerful tool, but very few of us exploit it to its full potential.

**Presenter** I have to ask – does it matter?

**Zelda** Well, yes … The reason why it matters is that we’re living in an age of economic and physical connection. Uh, our economies are connected. So, if the stock market in the U.S. hiccups, then we all feel the effects. Uh, a dangerous virus breaks out somewhere in the world, and it can travel around the globe very quickly. And more people are moving around. The thing we really need to understand is how other countries and cultures work. We’re more linked into each other than we used to be so, we need to be a lot more cosmopolitan.

**Presenter** But in the 21st century, I’m sure a lot of people already know this. Does it actually matter if we don’t do anything about it?

**Zelda** Well, good point … I mean, Zuckerman makes a very good point about that. We tend to think we know more than we actually do. It’s a kind of false cosmopolitanism. And he uses this example because we know we could in theory read *The Times of India* online, but we almost begin to imagine that we actually do that, although in reality we don’t. It’s the possibility of connection that means we begin to think of ourselves as being cosmopolitan.

**Presenter** So we begin to think that a possibility is a reality?

**Zelda** Exactly, I mean that’s fine for many things, but as far as the Internet is concerned, I really think we need to think about it a little more.

**Presenter** So why do you think that we don’t connect more?

**Zelda** Well, Zuckerman suggests that our online behavior is not that different from our offline behavior. Uh, so for example, we form social groups according to the people we meet as we grow up, and we get together with people with similar attitudes and interests.

**Presenter** So like we do in social media, we only friend people we want to actually be friends with?

**Zelda** Yes, that’s right. What we don’t do is explore much beyond that. But the thing is, we can – we actually have the potential to do that.

**Presenter** So does Zuckerman himself — does he have any suggestions?

**Zelda** Well, he says that all we need to do is “disconnect” from our current way of thinking and “rewire.” We all have to learn to behave in a very different way.

**Presenter** How?

**Zelda** That’s the problem. It’s a challenge. You need to identify what he calls “bridge figures.” These are people who are able to translate ideas from one culture to another. They can explain it, give it context, and they help us to understand it.

**Presenter** So like in some kind of magazine or journal?

**Zelda** No, not really. He means being much freer than that. So, for instance, bloggers. These are people who have a passion for this kind of thing. Uh … their information needs to be open and accessible, and therefore it’s free for everyone.

**Presenter** Won’t this just be more information online that people don’t read?

**Zelda** So, as I mentioned before, business and politics are more and more connected. Uh, uh, business and political leaders need to be genuinely cosmopolitan in this day and age. So people who are “bridge figures” are likely to assume more and more important roles in business, and also in politics. They’ve rewired already. So, if we want to do well in the world, we need to rewire as well.

### Track 07.20

**PART 1**

**Mike**  Hi, Seth. So, are you ready to talk about our new project – the in-home device we’re developing? Excuse me a moment, I’ll have to take this … Hi, Wendy … Yes, I agree, we do need to talk this through. I’m with someone right now, though. Can I call you back? … Yes. OK. Talk later. Bye. … Sorry about that.

**Seth**  No problem. Sometimes it can’t be avoided.

**Mike** It was Wendy, the project manager for the robot project, asking me about a deadline. There’s a huge problem with the AI. Developing an app to go with the robot is impossible. What a headache.

**Seth** Yeah. You’ve mentioned that problem before. You know, most of the programmers here would love to be working on that project.

**Mike** Yeah, right. Always a fun, new problem to solve …

**Seth** I’m sure you’ll come up with a solution. Hey, y’know, actually Adam had a good idea for your robot AI dilemma yesterday.

**Mike** Adam? Adam from design?

**Seth** Yeah. Well, he said you ought to get the robot to write the app. Y’know … Make the AI program the AI … in language it can understand.

**Mike** So, you’ve been talking about my problem with a designer who likes science fiction?

**Seth** Well, yeah, it was an interesting problem, and I thought it might be a good idea …

**Mike** I think it’s a bit out of line!

**Seth** How do you mean?

**Mike** First, this isn’t your project. Then, you go gossiping about me to the whole world! It’s so wrong.

**Seth** Well, I wouldn’t say Adam is the whole world …

**Mike** People poking their noses in everywhere! I’ve had it up to here with it!

**Seth** You’re right. I was out of line.

**Mike** To be totally honest, I ... I’m not sure I’m the right person for your home device project. You should find another programmer for it …

**Seth** Mike, chill out. It’s not like that! I’m sorry, it was inexcusable of me to talk to Adam about your work when you weren’t there, but … I think you’re overreacting here.

**Mike** Maybe so, but that’s it for today. Now, if you’ll excuse me. I have to get back to my work.

### Track 07.24

**PART 2**

**Imani**  Oh, hi, Mike! Take a look at this diet. It looks really simple to follow.

**Mike** Yeah, cool.

**Imani** Look, it’s totally easy. Their website shows you exactly what to eat to be healthy.

**Mike** Okay. But you look fine. You don’t need a diet.

**Imani** Yeah, but I thought … for you.

**Mike** Me? Why?

**Imani** Well, you’ve been tired lately. I thought maybe you haven’t been eating right.

**Mike** Why don’t you just come out with it? You think I’m a fat slob!

**Imani** No, no, no, of course not. Look, there’s no need to get so worked up about it!

**Mike** Why is everyone trying to organize my life for me today? First Seth, now you!

**Imani** Mike!

**Mike** Why doesn’t everyone just get off my back?!

**Imani** Look, calm down, Mike. I’m sorry. I just thought it would be nice to find a healthy meal plan for you. I thought I was helping. Sorry.

**Mike** Ugh. You’re right.

**Imani** What’s going on?

**Mike** I’m sorry I overreacted. I don’t know what came over me. I’ve just been really stressed out recently. But I had no right to take it out on you like that.

**Imani** It’s OK. We all lose it from time to time. At least blowing up at your sister isn’t as bad as at your coworkers.

**Mike** Hmm.

**Imani** What were you saying about Seth?

**Mike** Oh. Apparently, he and Adam from design have been discussing my robot project. Adam’s got a brilliant idea, I’m told.

**Imani** Oh. What is it?

**Mike** That the robot should write the program I’m having trouble with! Ha ha ha!

**Imani** What? Is that a bad idea?

**Mike** Do you honestly think that if I could write a program for an AI to write its own AI program I wouldn’t have done so already!?

**Imani** OK. OK. Don’t get angry all over again.

**Mike** I’m fed up with idiots trying to tell me what to do all the time!

**Imani** Well, if you’ve had that idea, why haven’t you done anything about it?

**Mike** Well … you wouldn’t understand.

**Imani** Probably not. I don’t understand programming. But you’re constantly whining about how nobody understands you, but given half the chance, you can’t be bothered to explain what’s going on in that big head of yours.

**Mike** All right, fine. I’ll tell you. I’m scared that I won’t be able to get this robot programmed in time and it won’t work and everyone will think I’m the idiot.

**Imani** What?

**Mike** I’m scared.

**Imani** Well, we’re all scared. All the time. All of us. But that’s no reason not to try. If you don’t try …

**Mike** Imani, look, I know where you’re going with this: “If you don’t try, you fail 100% of the time.”

**Imani** Good! Because the thing about my big brother is … he always pulls it off. Am I right, or am I right?

**Mike** You’re right.

**Imani** OK. So tell me, how did you leave it with Seth?

**Mike** Seth? I guess I overreacted there, too, if I’m being honest. Well, I kind of blew up at him, actually. I’d better call him and apologize.

**Imani** Yeah, you’d better do that, Mike. You need to keep your job or you won’t be able to get that new car!

### Track 07.26

**Pablo**  Deep down, Masha is a nice person. I mean, if we go and get coffee together and just talk about everyday things, we get along just fine. But in meetings, she really annoys me. She’s the most stubborn person I know. What disturbs me is that once she gets hold of an idea, she won’t let it go. She’ll defend her idea and get quite aggressive about it. And sometimes she just won’t stop talking, and I’m sitting in a meeting and inside myself I’m saying, “Stop talking now, please!” Admittedly, she does have really good ideas sometimes. In fact, she’s very creative, but she doesn’t seem to understand that there can be other ways of looking at things. What she needs to do is lighten up – get a sense of humor. In this job, what you need more than anything else is the ability to laugh at yourself.

**Masha** There’s something a little old-fashioned about Sam that I find very sweet. It’s the thing I like about him the most. He has lots of funny little habits, like every morning he has coffee and a chocolate cookie at exactly 9:45 a.m. It’s always the same kind of cookie and only ever one. The trouble is that this kind of precision affects the way he works. His attention to detail is incredible, but it can be a drawback, too. What frustrates me is the way he refuses to start work on a project until he understands absolutely everything about it. And then when a project is underway, if there’s something that he thinks doesn’t make sense, he’ll call everything to a halt until he thinks it’s fixed. Sometimes it’s just so unnecessary, and it really slows things down. But sometimes the question he is asking is the right one to ask. And I have to admit, he’s really good at predicting where problems might come up. But I just wish he were a bit more flexible.

**Sam**  I sit next to Pablo in the office. The one thing I really appreciate about him is he’s quiet. I don’t like working next to someone who talks all the time. However, I know for a fact that when it looks like Pablo is really concentrating on something, he’s reading a newspaper online. I can see his screen. I don’t really think he should be doing that. And in team meetings I find him a little strange. What unsettles me is the fact that he doesn’t say a lot. He spends a lot of time sitting there looking bored or with a cynical smile on his face. I sometimes get the feeling that he’s … well, that he’s laughing at the rest of us. Still, when he does say something, it’s usually worth listening to. Sometimes, when I notice a problem in a project, it’ll be Pablo who comes up with the solution. Vicki, our team leader, she likes that. I always get the feeling that Pablo’s her pet. He is smart, but I think he’s a bit lazy, and I’m not altogether sure he’s sincere.

**Vicki** I’m really going to have to do something about the team I manage. We’re supposed to be working on projects that improve business processes, but I feel like we spend more time managing each other than the project. We’re not pulling together as a team. Team meetings have become really … painful – there’s no other word for it. The main reason why this is happening is that they just can’t seem to communicate well with each other. Masha talks all the time and wants everything done her way. Sam interrupts and goes off on tangents, and Pablo just sits there looking as though everything were beneath him. I mean, they all have their strengths. Masha’s a great ideas person, and Sam is brilliant at anticipating problems. And Pablo is the ultimate fixer – and he has a good sense of humor. But each individual is caught up in their own agenda. What we need to do is some kind of team-building exercise or something.

## Unit 8

### Track 08.01

**Presenter** We all sleep at night, but it’s surprising how little most people know about sleep. We talked to sleep researcher Jonathan Wilson to find out what science has to tell us about sleep. Jonathan, first of all, all animals including humans need sleep – but … why do we need it?

**Jonathan** Well that’s a surprisingly difficult question to answer. The simple answer is, we don’t really know. But there are several theories about it. One is that it helps us to conserve our energy during the period when it’s least useful to search for food, and another is that sleep provides a time when the body can repair and restore itself, and it seems this is especially important for the brain. One thing we know for sure is that we do need to sleep. Most people sleep for about eight hours, which means we sleep for one-third of our lives – so on average that’s 25 years spent asleep. The other thing we know is you can’t go for too long without sleep – it simply isn’t possible. The longest recorded time that anyone has stayed awake continuously is 11 days.

**Presenter** So what’s the ideal length of time to sleep? Is it eight hours?

**Jonathan** Not necessarily. Again, we don’t know for sure, but research suggests that people who sleep six-and-a half to seven-and-a-half hours live the longest. So it seems the popular idea that we need eight hours’ sleep isn’t really true, and many people can easily get by on only six hours a night. Babies need the most sleep, of course – about 16 to 20 hours a day for newborn babies, and that gradually decreases as they get older.

### Track 08.04

**Presenter** Good afternoon. Well, some of you saw the article on our website last week. It explained how an eight-hour sleep may not be good for your health after all. And how people used to have what scientists call “segmented sleep,” which means they had two sleeps every night, not one. Well, we’ve had a lot of people calling in to tell us that they do, in fact, sleep in two separate chunks, and they’ve been filling us in on what they get up to at night. First, we’ve got Matt from Atlanta on the line. Hi Matt. So, tell us what you do at night.

**Matt**  Yeah, I usually go to sleep around ten or eleven. I naturally wake up at about one in the morning or two in the morning. I feel wide awake and restless. Then I get tired again at around three a.m., and I doze off and sleep until about seven o’clock or so. My friends have always made fun of my sleep patterns. My wife used to force me to get out of bed ’cause I would lie there tossing and turning all night and I couldn’t sleep a wink and it would disturb her.

**Presenter** Right, of course! So what did you do about that?

**Matt** Well, I actually decided to use the time creatively. Now, I walk around Atlanta taking pictures at night. Some people might be a bit nervous walking around at uh, y’know, two in the morning, but it is actually a really beautiful time to be out; you have the city to yourself, and it is really, really great for taking photos. There was a wild storm last night and a full moon, so I was itching to get out there with my camera.

**Presenter** Right, well, thanks, Matt. So that’s one idea if you’re suffering from insomnia – get out there and take some photos. Now, we have Adriana on the line from Rio de Janeiro, in Brazil. Adriana?

**Adriana** Yes, hi, how are you?

**Presenter** You also get up at night?

**Adriana** Yes. I’ve always been a light sleeper. I don’t really sleep much. Uh … I wake up at about four a.m. every night to practice uh yoga. I love yoga. Most of the time I do it at home, but, uh, once a week, I drive to this really great yoga studio in Rio, and I practice there with about 20 other people, and we’ve all really become friends now.

**Presenter** So they all get up, every night?

**Adriana** Yes, uh, we all have, uh, the same pattern now. Sometimes I even get my husband to join us, if he’s having trouble sleeping. But most of the time, he’s fast asleep and doesn’t even notice when I get up. He sleeps like a log.

**Presenter** OK, so you just slip away and go to your yoga class.

**Adriana** Well I try to, yes. Depending on how busy the day is.

**Presenter** And now we have Bernie from Burlington.

**Bernie** Hi.

**Presenter** Tell us about your sleep pattern.

**Bernie** Well um … I’m an artist, uh, if that’s not too bold a claim. I also work as an art teacher. And the way it works for me is most nights I tend to wake up in the middle of the night, feeling great, wide awake, full of beans, feeling very creative. Uh … and usually I have a very strong image in my head that I’ve gotten from a, a dream. And what I do is I get up, um, get my paints out, and I paint a picture.

**Presenter** A picture? From your dream?

**Bernie** Yes, that’s right. Yeah, most of my work comes from dreams. Quite literally I’m a surrealist, I suppose. Yeah, it helps me to deal with issues and um … work through things. I find the whole process of dreaming very therapeutic.

**Presenter** Interesting. And then you go to sleep again.

**Bernie** Yeah, I mean what tends to happen is I go back to bed, and then I’ll drift off to sleep for a couple of hours. But I’m always up at seven o’clock. After all, I have to teach at the art school.

**Presenter** You never oversleep?

**Bernie** No, no, I’m always fine. Uh, sometimes I will take a nap later in the day – I’m not as young as I was – y’know, after lunch.

**Presenter** Thank you, Bernie. So Bernie has three sleeps, two at night and one in the afternoon. I think I’ll try that one myself. And lastly we have Ignacio, who grew up in Indonesia.

**Ignacio** Hi there, yes.

**Presenter** Ignacio, tell us about it.

**Ignacio** Ah yes, uh … well it’s quite interesting. I grew up among the Yali people in Papua, which is uh, part of Indonesia. My parents lived in a very remote area. My mom was a medical worker, and Dad was an anthropologist, and we all lived in a remote village. I lived there until I was 16, and uh , as a child I used to camp and go hunting with my, my friends in the Yali tribe. We would go to bed more or less after sunset, and we always woke up during the night.

**Presenter** The whole village?

**Ignacio** Yes. Uh … we’d, we’d hear people talking, y’know, someone would start a fire. Sometimes we would eat … uh … sweet potato before going back to sleep until about five thirty or six. At home with my parents, y’know, I would get the regular eight-hour sleep, but with my friends, I slept like they did – it just seemed more natural.

**Presenter** OK, thanks Ignacio, very interesting. And now we’re going to listen to …

### Track 08.11

**Peter Bowes** And are you that meticulous about what you eat?

**Martin Knight** I am – I weigh and measure everything I eat and almost never eat out. I eat about, maybe, instead of like two or three big meals throughout the day, I eat maybe, like ten smaller meals – it kind of staves off hunger that way. This is what I actually usually eat – first meal of the day – only about 170 calories. So the first thing I’m going to do is this kale and, er, chard mixture I kind of made myself; it’s put in the food blender, and I weigh out 55 grams – that’ll be 30 calories.

**Peter Bowes** And you do this every morning?

**Martin Knight** I do. Right first thing and then every time I eat – which sounds pretty onerous, but actually isn’t so bad.

**Peter Bowes** And you’re getting, I assume, mostly carbohydrates from this?

**Martin Knight** I’m going to add olive oil here, so in fact, it’s going to be about 50 percent fats.

**Peter Bowes** So what else do you have with this?

**Martin Knight** OK, well … Let me finish measuring out the kale here first. I have to measure it to the … to the gram, there we have it – that’s about 30 calories. Then I have sprouted oats, 16 grams, so that’s, er, that’s about 70. Then this tomato paste here, and … 33 grams of that, and … almost done now. There we go. And then finally, add some olive oil, that’s 9.2. Now oils you have to measure to a tenth of a gram, and be that accurate. And we’re there!

**Peter Bowes** Can I taste it?

**Martin Knight** Ah … if you’d like to, yes!

**Peter Bowes** I have to say it doesn’t look hugely tasty to me, or appetizing.

**Martin Knight** No, no I can understand that perfectly, yeah. Um, here’s a spoon.

**Peter Bowes** Here goes.

**Martin Knight** It’s very colorful, anyway.

**Peter Bowes** It’s actually not that bad.

**Martin Knight** No, with the oil, so, so the pepper in it, er, gives it more of a flavor … more of a flavor than you might think.

**Peter Bowes** The oil helps. Not so sure about so much tomato in my breakfast like this.

**Martin Knight** Oh, OK! That’s one of my favorite things …

**Peter Bowes** But, y’know, really not as dreadful as I had expected.

**Martin Knight** Oh, OK! Surprised you, huh? I try and actually have a kind of window of eating – from about eight till five in the afternoon, so maybe like eight or nine hours, and then I don’t eat outside of that.

**Peter Bowes** Ever go to a restaurant for lunch?

**Martin Knight** Ah … not very often. Maybe a few times a year.

**Peter Bowes** How do you cope with that?

**Martin Knight** Er, like socially? Well, um, either take um some nuts, which I weigh beforehand – um maybe 200 calories of that. Or, um, I drink some water or tea round there. There’s always some fluid there you can drink. It’s … it’s not as bad as it might sound.

**Peter Bowes** As well as his extreme diet, Martin Knight lives a Zen-like, stress-free existence in California. He practices yoga, goes jogging, and lifts weights in his garden. And he says extending his life isn’t his primary concern.

**Martin Knight** For me, it’s more about quality of life, right here and now, the daily. I don’t really think about the abstractions of living longer, although that … that might happen.

**Peter Bowes** You’re 49 now. How do you feel?

**Martin Knight** Um, I feel really good. I feel as good as I did ten, twenty years ago – I don’t really feel any different.

**Peter Bowes** Do you feel better in a sense since your diet has changed?

**Martin Knight** In some ways actually I do – I have a steadier energy level throughout the day, when before I maybe kind of dipped in the afternoon – y’know, it’s more of a steadier level. And … I think, um, you more kind of have a higher alertness, too. When you have a little bit of hunger in the background, then you’re more aware, more alive.

### Track 08.13

**PART 1**

**Helen**  You’re up late, Tatyana.

**Tatyana**  Oh, hi Helen. Yeah, I’ve got a lot going on.

**Helen** What’s that you’ve got there?

**Tatyana** Oh, it’s a family heirloom. It’s an old watch from my grandfather.

**Helen** Wow. It’s beautiful. May I see it?

**Tatyana** Sure.

**Helen** So, why do you have it out?

**Tatyana** Well, I’m thinking of selling it.

**Helen** Oh?

**Tatyana** Yeah, I know it meant a lot to my mother, and the work her father had put into it – He made watches. But I could really use the cash right now.

**Helen** Hmm … I understand that. But what if you regret selling it someday?

**Tatyana** Well, I think, knowing my grandfather, he’d rather I had the money than hang onto something that I can’t use.

**Helen** Well, that’s a tenuous reason … but I understand. It’s just that once it’s sold, you can’t get it back.

**Tatyana** Yeah, you’re right. But you haven’t heard the best part yet!

**Helen** What’s that?

**Tatyana** I have two of them!

**Helen** Oh! Well, in that case …

**Tatyana** Yeah … I told you he made them. So, I have two. I think I can sell one.

**Helen** Hmm. Why not?

### Track 08.14

**PART 2**

**Miranda** Can I help you?

**Tatyana**  Hi. I have this antique watch I’m interested in selling.

**Miranda** Oh, what an interesting watch. Tell me more.

**Tatyana** Well, I think it’s fair to say, this is a unique, one-of-a- kind item you won’t find anywhere else.

**Miranda** How so?

**Tatyana** It’s an exclusive edition crafted by my grandfather. His name was Fyodor Orlovsky, and he used to make watches in Russia. He was rather well known there. Perhaps you’ve heard of him?

**Miranda** Oh right, hmm, I’ll have to research him. Did he have his own store?

**Tatyana** Not exactly. Mostly, he made special commissioned timepieces for prominent people. I can give you an article about him and some photos. Actually, here’s a copy of the article.

**Miranda** OK.

**Tatyana** Anyway, so these watches are hard to find; it’s not like he made a ton of them.

**Miranda** Well, rare watches are certainly of interest. First I’ll have to verify the authenticity of the watch and your grandfather. Then there’s just the issue of how much you would like for it.

**Tatyana** Well, how much would you be willing to pay?

**Miranda** Oh, for a watch like this, of this age, I think we’d be prepared to offer, say, two fifty? Would that be a fair suggestion?

**Tatyana** Two fifty! How about we increase that a little? I was kind of hoping for something more in the region of five hundred.

**Miranda** No, that would be out of the question. What would you say to three fifty? In principle, of course. I’d need to complete the authentication first.

**Tatyana** Three fifty – is that your best offer?

**Miranda** Fair’s fair. Although, there is another way. If you wanted to put the watch in an auction, you would get a percentage of the sale price, which might wind up around … still, about $320.

**Tatyana** OK, three fifty. We’ve got a deal.

**Miranda** OK. Leave the watch with me and come back after one o’clock. I’ll have your money then.

**Tatyana** What? Why can’t you just pay me now?

**Miranda** Well, if I can’t authenticate the watch, the deal’s off.

**Tatyana** Oh, right. I understand. Fair enough.

**Miranda** Thank you.

### Track 08.18

**Interviewer** Next on *Healthy Living*, we talk to a chef whose style of cooking is based on ingredients our ancestors would have eaten in the Old Stone Age or the Paleolithic era, around say 100,000 years ago. Julia Dean is head chef at the newly opened restaurant *Ancestors*. Julia! 100,000 years – that’s going back a very long way.

**Julia** Yes, it is, and you can go back much further than that. The Paleolithic was a major period in our development as humans. It was the era where we truly became human – we started using tools, we learned to cook, and so on. It was also a period that lasted for a very long time – well over a million years, and that’s very significant because it means that during this time, our bodies adapted to a certain lifestyle and to a certain diet. After that, we settled and planted crops and our diet changed – the so-called Agricultural Revolution. But that was only 10,000 years ago – it’s not a very long time at all, relatively speaking.

**Interviewer** OK, so your idea is that our bodies are still adapted to life in the Stone Age – we’ve changed, but our bodies haven’t.

**Julia** Yes, that’s exactly right. We’ve got different technology, but we’re the same people as we were then, physically. So all the foods we ate then are what our bodies are accustomed to – they’re what’s good for us.

**Interviewer** So you mean meat?

**Julia** Yes, wild meat. Also fish, of course, and we dug up roots and found edible plants. So we ate fish and meat and a lot of vegetables and seeds and nuts and … and also fruit, but, of course, only in season when we found it.

**Interviewer** But no milk.

**Julia** No, what we didn’t eat was dairy products, and we didn’t eat refined grains like wheat or rice – these came much later. And of course, that explains why many people find these foods difficult to digest, and it’s a diet that makes you gain weight and is essentially not very healthy – much less healthy than what was eaten earlier.

**Interviewer** OK, I see why you chose the name, Ancestors, for your restaurant. So, if I go to your restaurant, I’ll get the kind of food my ancestors ate in the Stone Age? It sounds a bit primitive.

**Julia** Well, don’t worry. We won’t just give you hunks of meat and a few nuts! The idea of our cooking is to use these ingredients, but, of course, to create sophisticated, modern, and very tasty dishes using them. So people come to our restaurant because they love the food, of course. But at the same time, they know they’re eating healthily – they’re eating what’s good for them.

**Interviewer** Well, put like that it sounds very tempting. I wish you the best of luck.

**Julia** Thank you.

**Interviewer** That was Julia Dean, explaining the Stone Age diet. And now …

## Unit 9

### Track 09.06

**Presenter** Cities around the world are growing more crowded by the day. All us city dwellers experience the frustration of ever-increasing traffic on our roads, and wear and tear on our amenities. Keeping transportation moving and public amenities functional is an ongoing problem the folks who run our cities have to deal with. With an estimated five billion inhabitants of the world’s cities by 2030, the challenge has never been greater … So, today … many major cities around the world are looking to mobile technology for their solutions. And there are a handful of products out there already that are aimed at helping to optimize the way we live in cities. One example is an app called Click-and-Fix. It’s in use in a number of cities, and what it does is to let you communicate with your city maintenance services. People use their cell phones to let the city know where there’s a problem – something’s broken or out of service – and then the idea is it’ll get fixed right away. Or at least they get updated on what’s being done about it. Michelle Thornton in Boston, Massachusetts shows us how it works.

**Michelle**  Well, look I’m just going along the street, and if I see something that needs fixing, I can report it. It could be anything, like a pothole, or graffiti on a wall, or if something’s been vandalized, or even a place where you’re repeatedly having to risk your neck to get across the road – anything like that. So, right now, we’re going past a park, and there’s a railing that’s been smashed in here – it’s all bent. So I’ll go on the app and then I just take a snap of it – and I’ll choose the most appropriate issue category, so I’ll choose “park issue” – the app knows where I am, of course, and then … just send it off. And you can see it comes up here; it’s saying it’s received. Then I can look it up later and it will tell me if it’s “in process” or hopefully “fixed.” I think it’s a great idea. It means that I, as a citizen, can be more involved. So it’s a kind of democracy in action, if you like, and it also saves the city money.

### Track 09.07

**Frank** I’ve got an app here, on my phone, called Trainspotting. I use this all the time – in fact, I couldn’t manage without it. I commute into the city, and it actually shows me, not just when the train’s due, but exactly where it is – which is great because sometimes the station announcements are basically all over the place. You can’t really trust them. So, I can get the map here, blow it up a bit like that and, yeah, there’s my train! It’s just left the last station, and it’s due in … two minutes.

**Rita** OK, this isn’t an app, but it’s an information screen. And they have these screens all around the city; they’re all over the place. And it can tell you whether your health is OK, which is really useful – especially for elderly people. So you press this panel here, and it reads your blood pressure, and your body mass index, blood sugar level, pulse – all those things. And it also tells you how stressed you are. It reads the whole thing just from contact with your finger – it’s a touch screen. It’s amazing! So let’s give it a whirl … I put my finger on it … Press OK … Print … OK, it’s printing it out now … There we go. Let’s see if I’m OK or whether I’m about to keel over. No, it says everything’s normal – that’s a relief – but “stress level high,” it says. Ah, well … what can you do?

**Nick**  Yes, well this isn’t an app, but it’s a cool idea. It’s called Strawberry Tree, and these are artificial trees, and they’re dotted around the city. They’re basically solar-powered phone charging points. They’re shaped like trees, so they blend in. And the canopy consists of solar panels, which feed into batteries for charging your cell phone or your laptop. It’s all free, of course. So you can go to the park, sit and chat with people, or you can drink coffee, and they charge up your phone for you. It suits me because I’ve got a mind like a sieve – I’m always going out without charging my phone, so it’s a real life-saver for me.

### Track 09.17

**Maria**  How was your meeting?

**Ethan**  Interesting. The Brockmans from next door were there.

**Maria** The Brockmans? I thought it was a work meeting.

**Ethan** No, no. It was a neighborhood meeting.

**Maria** What? Oh yeah … all that stuff about “air rights.”

**Ethan** It’s not just stuff … it’s a real thing.

**Maria** Yeah, I know. I’m just not sure if fighting it is the right thing. I say take the money and run.

**Ethan** Seriously?

**Maria** Well, yeah.

**Ethan** But it ... it defies logic. I mean, selling the air above a building so that next door a developer can build a super-skinny skyscraper that goes up and up and up!

**Maria** This is New York – everything’s for sale.

**Ethan** But the air? C’mon. And besides, I really don’t like the way these buildings go up so high. They ruin the skyline.

**Maria** Some of them look OK to me.

**Ethan** They’re an eyesore – they’re like pencils sticking up everywhere. New York has a really distinctive skyline, and they’re ruining it.

**Maria** You like the Empire State Building, right?

**Ethan** Of course.

**Maria** Everyone complained about that a hundred years ago when they were building it.

**Ethan** But that was different – that was when New York was in the process of becoming … becoming what it is today.

**Maria** New York never stops becoming what it is – what it will be.

**Ethan** I like things the way they are.

**Maria** That’s what they all said way back then.

**Ethan** Besides, who’s going to live in these pencil skyscrapers? Rich people, that’s who.

**Maria** Well, even the rich have to live somewhere.

**Ethan** And then half the time they won’t be there – their apartments will just be empty.

**Maria** But not all of the time. We need more residents in Midtown – it keeps it alive.

**Ethan** But we need affordable houses. Have you seen the prices for these apartments?

**Maria** Well, no, we have this apartment; it’s not like we’re in the market for a new one.

**Ethan** I mean, these pencil towers are doing nothing to help with housing in New York.

**Maria** Well, they are, actually. The developers are all giving some money toward building affordable housing somewhere else in the city.

**Ethan** Yeah, so all the people who aren’t rich will move out of Manhattan.

**Maria** Well, that happened years ago.

**Ethan** We aren’t rich.

**Maria** But you did inherit this apartment. Otherwise, there’s no way we could afford to live here.

**Ethan** Probably not. But I’m just trying to protect what we have: our building, our neighborhood …

**Maria** Yeah, I get that. But this building is old and has serious maintenance issues. They’re going to cost a lot of money. If we sell the air rights to this building, it would pay for a lot of that.

**Ethan** Maybe it would, but it feels like selling out.

**Maria** Besides, this whole thing just strikes me as a kind of … well, NIMBYism.

**Ethan** What?

**Maria** You know, “not-in-my-backyard.”

**Ethan** … backyard. No, it’s not.

**Maria** We choose to live in a city like New York, then this kind of thing’s going to happen. It’s better than urban sprawl.

**Ethan** I don’t agree. I’m going to keep fighting it.

**Maria** I know you are. And I get why you want to.

**Ethan** But I shouldn’t expect much sympathy from you?

**Maria** Not a lot. Well, maybe just a little.

### Track 09.18

**PART 1**

**Jack** You’re in a good mood today, Victor. What’s going on?

**Victor** I am in a good mood. It seems like everything’s falling into place, at last.

**Jack** Oh?

**Victor** Yeah! My new photos are coming together well, and I really think I’m going to have a shot at getting into a gallery soon. And guess what? I think I got a side job shooting real estate photos.

**Jack** Wow, that’s awesome. But I thought you said you’d never photograph weddings or real estate.

**Victor** True. But this isn’t just any real estate. It’s commercial real estate. So you know all those cool newly renovated office buildings down by the marina? Who’s going to shoot them? This guy.

**Jack** Sounds very cool! Hey, Vic … Look, isn’t this one of your photos on *Free Voice Online*?

**Victor** It is! But … I’ve never even spoken to anyone at the *Free Voice Online*! This is outrageous! Look! They’ve used my photo of the new houseboat project … And my photo of the redeveloped farmer’s market … And my photo of the construction of the new train station! This is unbelievable!

**Jack** They’re great photos …

**Victor** Yes. And they’ve got no right to publish them! Where on earth did they get them from?

**Jack** Your name isn’t even on them …

**Victor** I don’t believe it! I’m at a loss for words!

**Jack** There’s something fishy about this, huh?

**Victor** Let me think …

**Jack** Have you posted these shots on your website? Or your social media feed?

**Victor** No, although I let Leo use my camera one day last week.

**Jack** Maybe he took the memory card!

**Victor** I smell a rat.

**Jack** Let’s not jump to conclusions. I can’t believe Leo would steal your photos … .

**Victor** Well, he must have.

**Jack** Hold your horses, Victor! Leo’s not like that…

**Victor** Maybe … Anyway, whatever happened, they have no right to use my photos like that! I’m calling them right now!

### Track 09.20

**PART 2**

**Victor**  How should I say this? This is Victor Hudson, and I’m calling to express my dissatisfaction … No … no … This is Victor Hudson and words cannot express my anger … Ugh.

**Aaron**  *Free Voice Online*, Aaron Johnson speaking. V Hello, is this the editor-in-chief at the *FV Online*? A Yes, speaking.

**Victor** This is Victor Hudson. And you owe me an explanation for the architectural photos that appeared on *FV Online* today. Those are MY photos!

**Aaron** Yes, I’ve just seen them. They’re very nice photos.

**Victor** Really? Well … I don’t know how you got them. One day I loaned my camera to Leo Marden, and the next thing I know, my photos are posted online, with no credit to me, none, nada! It’s totally unacceptable! You need to take full responsibility for this!

**Aaron** There’s no need to raise your voice, Mr. Hudson. I understand. You’re upset. OK. It seems like there’s been a mix-up. I will look into the matter. If I discover that anyone on the team has used these photos without permission, I can assure you, there will be consequences.

**Victor** How would you feel if someone just took your intellectual property? You’ve failed to fulfill your responsibility to protect copyright laws!

**Aaron** I really don’t know what else I can say … Once I get the lay of the land, I’d like to invite you in and we can discuss it face to face.

**Victor** This needs to be resolved pronto. Or I’ll be contacting my lawyers!

### Track 09.23

**PART 3**

**Aaron**  Leo.

**Leo**  You wanted to see me?

**Aaron** Take a seat. Have you got something to tell me, Leo?

**Leo** Uh, no, should I?

**Aaron** There’s an article on *Free Voice Online* about the marina development. The one with the nice photos?

**Leo** Oh? You liked the photos?

**Aaron** Yes. However, a Victor Hudson called me raging about how they’re his photos.

**Leo** Really?

**Aaron** Yes.

**Leo** What? Let me see them; I haven’t seen the article yet.

**Aaron** Here they are.

**Leo** Oh … Those aren’t my photos. They must be Victor’s.

**Aaron** How could this happen, Leo?

**Leo** I don’t know … Uh … Oh, wait! I must’ve given the designer the wrong file folder. Victor must be furious with me!

**Aaron** I can assure you, he is. Hopefully, he won’t want to take us to court.

**Leo** Oh no! This is a terrible mix-up! I have to call him…

**Aaron** No, Leo, Leo, hold on... Let me call him and make it right first. I’ll offer to pay him. The photos are online, so we can easily add his credit to them. Or we can take them down if he prefers. I can post a correction. Hopefully that will mollify him.

**Leo** Aaron, would you do that? I really owe you one.

**Aaron** You’re right, you do! You will be in my debt. I’ll expect your next few photo assignments to be free of charge until we’ve recouped what we have to pay Victor. I’m sure his prices are higher than yours.

**Leo** OK, thanks. Let me know when I can call him.

**Aaron** Just sit tight. I’ll call him right now, and you can get on the line and explain what happened.

**Leo** OK …

### Track 09.26

**Café Worker** So … a flat white and a long black. That’s $7.50.

**Lizzie**  Here you are.

**Ron**  But isn’t it my turn?

**Café Worker** Thanks.

**Lizzie** The coffee’s on me, Ron.

**Ron** You sure, Lizzie?

**Lizzie** Well, look on it as a kind of celebration.

**Ron** Really?

**Lizzie** Yeah.

**Ron** Shall we sit here?

**Lizzie** Yep.

**Ron** So … What’s up?

**Lizzie** What do you mean?

**Ron** Well, you don’t exactly look like you’re jumping for joy. In fact, I’d say you almost look a bit miserable.

**Lizzie** Thoughtful – not miserable.

**Ron** OK. But you still haven’t told me – what are we celebrating?

**Lizzie** It’s Josh – he’s won a scholarship – University of Auckland Academic Excellence.

**Ron** Lizzie, that’s great! Pass on my congratulations to him. Oh, that’s wonderful – proud mom, eh?

**Lizzie** Yeah, yeah – I do feel proud. He’s studied hard and done really well.

**Ron** So why the long face?

**Lizzie** Well, it just hit me, y’know, this whole thing of Josh leaving home – off to the big smoke …

**Ron** Yeah nah, it’s hard when they leave the nest. When Jessica went off to uni last year, it took me a while to get used to her … not being there.

**Lizzie** Yeah, I remember.

**Ron** It did mean I was able to reclaim the bathroom for myself!

**Lizzie** A lot to be said for that!

**Ron** But I still miss her.

**Lizzie** Yeah, Josh is my first to go.

**Ron** Well, they’ll probably all go and live elsewhere in the long run – all our kids.

**Lizzie** Yeah – they’ve got to really, though, don’t they?

**Ron** Well, they can’t stay in this town and hope to get a decent education!

**Lizzie** Problem is – and this is what I’ve been thinking about – nor are they likely to return. I mean, even if Josh did want to come back and live here, there wouldn’t be any jobs for someone with an engineering degree.

**Ron** Yeah, Jessica reckons she wants to get into marketing or something like that. Don’t see much chance of her coming back here to do that.

**Lizzie** But that’s the thing. See, everyone just goes off to Auckland or Wellington and they never come back. And then small towns like these – they just get smaller and smaller.

**Ron** But it’s not just the kids going off to study, is it? What about when they shut down the timber mill? That meant a big exodus.

**Lizzie** Yeah, we’ve lost just over a thousand people in the last five years. Makes me feel like packing up myself and moving on.

**Ron** Yeah, I have to say the thought has crossed my mind.

**Lizzie** But imagine – the price you’d get for your house here and then the price of houses in a place like Auckland. I just couldn’t afford to do it.

**Ron** Nope, we’re better off sitting tight.

**Lizzie** Yeah nah, you’re probably right.

**Ron** And the truth is, I’m not unhappy. Life’s a whole lot less stressful here.

**Lizzie** That’s certainly true.

**Ron** And I’ve got some good friends like yourself. We can keep each other sane.

**Lizzie** Yeah, but this scholarship thing – it just made me think. Like, I could see we might end up being the last generation that lives in a town like this. I mean, will the population just keep getting smaller and smaller. And then what?

**Ron** To the point that we don’t exist anymore?

**Lizzie** Yeah, something like that.

**Ron** But, hey, enough of these pessimistic thoughts. Let’s just celebrate Josh doing well for himself.

**Lizzie** Yeah. I must have done something right bringing him up.

**Ron** Maybe, but any kid’s only as smart as their mother! Or their father!

**Lizzie** Absolutely!

## Unit 10

### Track 10.03

**Rob**  I agreed to be best man at my friend Dan’s wedding. I mean, I was really thrilled that I was asked – it was a great honor. I was fine with the whole thing – you know, organizing the pre-wedding party, the ring – everything. I just threw myself into it. But the one task that really unnerved me was having to give a speech at the reception. I’m just hopeless at giving speeches – they make me feel out of my depth. I should never have agreed to be best man, but, like, Dan’s my best friend. Anyway, I decided to get organized and I planned the whole thing out. Y’know, I thought of some funny stories about Dan and all that sort of thing. And I worked out who I needed to acknowledge and say thanks and all that stuff. I put it all on little cards, so by the time the big day came around, I was feeling reasonably on top of things. Just before going to the church, I started feeling really jittery, and while I put all the cards in the pocket of my jacket, I forgot to check they were all there. I really regret not doing that. Anyway, we got to the reception and I somehow managed to get through the speech … Got a few laughs at my jokes. I thought I’d done a good job on it. But Dan was giving me these funny looks. The card I forgot was the one where I thanked the bride’s parents and all that sort of thing. And the bride, Jessica, was not impressed. So now there’s this strange tension between Dan and me, and Jessica is very cool with me. It’s all a bit awkward. I mean, it was a genuine mistake. If only I’d checked those cards. And I have to say that part of me wishes that Dan hadn’t asked me to be best man. Oh well, I guess they’ll get over it. Eventually.

**Chantal** Ever since I started my present job, I’ve had this really strange relationship with this coworker of mine, Martin. Back then, we were both at the same level in the company, and it’s like he somehow resented that – like I should have started out on a lower level or something. Who knows? We had to do this joint presentation to managers on a project to upgrade the IT systems in the company. We worked out the content together. Well, actually, a lot of the ideas were my ideas. And then, Martin agreed to make our PowerPoint slides look good; he’s good at that kind of thing. So anyway, everything was on a flash drive and Martin said he’d take it home and work on it and make it look really professional. I really wish I’d copied the presentation onto my hard drive. You know the golden rule – always make a copy, otherwise it’s a recipe for disaster. So, the next day, we go upstairs to this meeting room to give our presentation. Martin plugs the flash drive into the laptop and … it’s just not there. He’s incredibly apologetic and says he can’t understand what went wrong and all that sort of thing, but … I have my suspicions … For a minute I was in a state of absolute panic, and then I thought, “I can do this.” So when all the managers came in, I just told them the truth – that we’d had a problem with IT, but that I would give the presentation anyway. You see, the one thing Martin didn’t know about me is that I’m very good at improvising. And I just explained the whole project, and it went like clockwork. The managers were all impressed, and I really made my mark. In fact, I’m pretty sure my presentation led to my promotion, and I became manager of the project we were presenting. If it was Martin who sabotaged the presentation, I’ve no doubt he now regrets deleting all that data. Not me! Had he been less underhanded, I might not have the job I have now.

**Antonio**  I’m a volunteer paramedic on an air ambulance service. It’s very costly to run a service like this, so we need to do quite a lot of fundraising. One of the ways we can do this is by going around to different community groups and talking about our work. It’s not something I’d say that I enjoy, but I can do it well enough. This friend of mine, Teresa, has given me a few tips. She told me to look at a point toward the back of the room and avoid looking at people’s faces – it can put you off. Anyway, I was giving a speech to a parent–teacher association at the local elementary school, and about halfway through, for some reason, I looked down at people in the front row. And there she was – Gloria – looking up and giving me a gorgeous big smile. Gloria was the most beautiful girl in our class at school. She wasn’t my girlfriend, but I used to wish she were. So in the middle of the speech, my heart melted, I turned to jelly … I couldn’t go on … I was completely at a loss for words. I just sort of stood there like an idiot and grinned back at her. I grinned and she grinned and … well, what a romantic fool! I was sort of saying to myself, “C’mon, get a grip on yourself!” But, no way. You know, if I had listened to Teresa’s advice, I might have been OK. In the end, I think I … sort of apologized and told people to look at the website, and then I made a pretty quick exit. Needless to say, we didn’t get many donations from the parent–teacher association. If it weren’t for my stupidity, we could have raised more money that day. They haven’t asked me to give any more speeches – a good thing. I’m just sticking to being a paramedic these days.

### Track 10.11

**Speaker**  All these objects are lucky charms from different parts of the world. They’re all supposed to bring luck or protect you in some way. This is a horseshoe, and these were traditionally nailed above doorways in the U.K. and the U.S., and they bring good luck to the household. Because they’re over the door, they stop bad luck from entering the house, and they protect it against magic spells. Some people say it’s important that the open side should be upwards, so the luck doesn’t “run out.” In other words, the horseshoe collects the luck for you.

Now this one is a special kind of mirror, which are traditionally used in China, and they’re an important part of feng shui. It’s customary to hang them above the front door of a house, and they always face outwards so they can ward off evil and protect the house. The idea is that the mirror deflects any bad energy coming toward the house, so it’s very important that you should hang them outside the house, not inside.

And this figure of a cat is called *maneki-neko*, which literally means “beckoning cat.” You may see these if you go to a Chinese or Japanese store or a restaurant – they’re often just by the door. They come from Japan originally, and they’re supposed to bring good fortune to the owner. You see the cat’s paw is raised – sometimes it’s the left paw and sometimes it’s the right paw. If it’s the left paw, this attracts customers. And if the right paw is raised, it invites good fortune and brings wealth to the owner, so it’s a good idea to have both kinds!

And these are wish bracelets, which are worn as a good-luck charm in Brazil. And they’re also worn just as a fashion accessory because they look good. The idea of these is, you tie the ribbon three times around your wrist, and you make a wish with every knot you tie. If the ribbon wears out naturally and falls off your wrist, your wishes will come true. So it’s really important not to cut the ribbon off.

### Track 10.17

**Presenter** Sandy, we’re always hearing about athletes who have peculiar rituals that they go through before they play. But what’s behind it? Is it that top athletes are just weirdly superstitious, or are there good reasons for what they do?

**Sandy** Well, their behavior may seem eccentric, and of course it is in the sense that they do things that most people don’t do before playing sports, so what they do isn’t exactly “normal,” but in fact this kind of behavior makes total sense.

**Presenter** In what way?

**Sandy** Well, athletes train a lot, like really a lot, and they do everything they can to prepare for a competition, so they get very hyped up.

**Presenter** Lots of adrenaline.

**Sandy** Yeah. But then there’s a waiting time before they actually perform, and often there’s nothing they can do during that time except wait, so they’re kind of helpless; it’s out of their hands. So these rituals may be a way to keep anxiety at bay, and it’s a way to help them focus.

**Presenter** So it gives them back a little more control.

**Sandy** Yes, or at least it gives them the feeling that they’re more in control, so it’s very attractive. If they can say to themselves, “If I touch the goal post three times before the match, it will help me win,” then that’s something they can actually do to influence events.

**Presenter** Even though in fact it can’t possibly influence the outcome of the game – not directly, anyway.

**Sandy** Not directly, no, it’s not a magical effect, but maybe it can help indirectly by boosting their confidence and putting them in a more positive state of mind.

**Presenter** OK, that’s so interesting.

**Sandy** Yes, well, Kayla Harrison’s a good example.

**Presenter** She’s the judo champion, right?

**Sandy** That’s right, American gold medalist in judo. And she says this quite openly. She says “These rituals make me feel comfortable. And when I feel comfortable, I get confident. And when I get confident, I win.”

**Presenter** Well, that makes sense.

**Sandy** Yes, absolutely. So you could say it’s like a kind of placebo effect. You know, it’s well known in medicine, and maybe it’s a similar process here.

**Presenter** Right, the sugar-coated pill that actually does nothing.

**Sandy** Exactly, yes. There was actually a really interesting experiment done by the University of Cologne in Germany, which was pretty telling. They used golf balls. They asked 28 volunteers to putt 10 golf balls into a hole. But before they did this, they told half of the players that they’d be using a “lucky golf ball,” and the other half simply got a normal golf ball and were told nothing. Of course, in reality the golf balls were all absolutely identical and the conditions were exactly the same. But the volunteers who believed they were using a “lucky” ball got the ball in the hole twice as often on average as the others.

**Presenter** Wow, so it actually did improve their performance. **Sandy**Yes, that was the “magic,” if you like to call it that. Because they believed in it, they performed better. And if you think about it, in a highly competitive sport like tennis, or defending a goal in soccer for that matter, a tiny advantage may just make that difference between success and failure, and that’s why these rituals are especially common in sports like tennis and soccer.

### Track 10.18

**PART 1**

**Nate**  Hello. This is Nate Green.

**Elizabeth** Hello, Mr. Green. Or can I call you Nate? Uh, anyway, my name is Elizabeth Currin, and I work at the Northwest University student radio station, WNUR.

**Nate** Sorry, I don’t want to donate any money …

**Elizabeth** Wait! Wait! I’m not asking for a donation. If I could just finish what I was saying …

**Nate** OK, go on …

**Elizabeth** I’ve been reading your blog posts about the hike you did this summer, the one from California to Washington. And your experience sounds fascinating!

**Nate** OK, and?

**Elizabeth** Well, I was wondering if I might take a few minutes of your time to interview you for our college radio …

**Nate** Sorry to interrupt, but I have to go to an appointment. Could we do this some other time? Maybe you can email me your questions ahead of time?

**Elizabeth** Yes! Thank you! That would be perfect. I’ll email you to set up a time ... and the questions. You don’t know how …

**Nate** As I was saying, I have to go to an appointment now. Thank you. We’ll speak later. Bye …

### Track 10.19

**PART 2**

**Elizabeth** Before we get started, I just want to say thank you for taking the time to speak to me, Mr. Green.

**Nate** Please call me Nate.

**Elizabeth** OK. And I’m recording … now. Hello. My name is Elizabeth Currin, and I’m going to be talking to Nate Green, who is an NU alumnus and the author of the popular blog *West Coast Walker*. Nate’s currently in the process of writing his first book, with the same name. Good to talk to you, Nate!

**Nate** Thanks. And good to speak with you, too, Elizabeth.

**Elizabeth** Now, as anybody who reads your blog will know, you’ve taken an incredible journey, hiking the Pacific Crest Trail from the Mexico border in California to the Canadian border in Washington State in only four months. It’s a 2,654 mile hike! And you did it to sponsor a charity!

**Nate** Before we get started, can I just make a point about inspiration?

**Elizabeth** Sorry, if I could just finish what I was saying, Nate … how did you get so interested in hiking? Could you tell us a little bit about that, please?

**Nate** I’ll get to that. I just wanted to say that … it doesn’t come from me. My inspiration comes from other people. For me, doing a long, strenuous hike was a choice, but the people who are helped by the charity I work for – they don’t have a choice in their strenuous battle. So it’s in thinking about the strength of other people that really got me through the hike and encouraged me to keep at it.

**Elizabeth** Sorry to interrupt, but that is so inspiring!

**Nate** But anyway, to answer your question about hiking, I think I first got interested in nature and hiking when I was growing up.

**Elizabeth** Speaking of which, you grew up here in Seattle, didn’t you?

**Nate** Yeah, that’s right. It was really my dad who got me into hiking – I mean, he first took me hiking and camping! And he really liked to be outdoors. We’d stare up at the stars in the sky at night.

**Elizabeth** **and** **Nate** And did you say / And I never …

**Elizabeth** Please, after you.

**Nate** Yeah, as I was saying, I never forgot those first camping trips outdoors.

**Elizabeth** Now if you don’t mind me cutting in here, you had to do a lot of preparation for this hike, didn’t you?

**Nate** Yeah, that’s right. I had to plan the route and how much food I’d need and where I could get water, and …

### Track 10.21

**PART 3**

**Elizabeth** Thanks, Nate. I think that went really well.

**Nate**  Yeah – seemed to go OK. I really enjoyed it actually!

**Elizabeth** Well, credit where credit’s due – you made it so easy.

**Nate** Well, hats off to you for sending me the questions ahead of time. You don’t know what a difference that makes.

**Elizabeth** Well, you’re an interesting guest. Everyone here at the station has been singing your praises.

**Nate** Really?

**Elizabeth** Yeah, they just think you’re the best thing since sliced bread! It’s one thing to undertake a monumental journey like you did, but to do it to raise awareness for your charity is just extra. I mean, it’s really the cherry on top, isn’t it, Nate?

**Nate** Well, thank you. I appreciate that. And I’m really glad people respond to my … uh, mission, really.

**Elizabeth** They do. And you’re welcome.

**Nate** Great.

**Elizabeth** Oh, and if you’re ever around campus, please drop by the station.

**Nate** Sure.

**Elizabeth** Oh! And when your book comes out, we’ll be happy to interview you again – you know, to promote it.

**Nate** Well, thanks. I appreciate it.

**Elizabeth** Great. OK, thanks again for your time. Bye.

**Nate** Bye, Elizabeth.

### Track 10.25

**Sasha** I’m a review addict. I’d never dream of going to see a movie without checking the reviews online first. I think it’s worth seeing whether a movie has good reviews or bad reviews. Even if someone has recommended it to me, I like to read the review first before I see it myself. And I find that online reviews are good because I get a very wide range of different opinions. I like this because it’s more reliable than the newspaper reviews that are written by the so- called experts. Y’know, the online reviews are written by ordinary people like me. I also like reviews, uh, for accommodations and travel destinations, products, electronic equipment. It’s one of the incredible things about the Internet – everything’s been reviewed by someone, somewhere in the world.

**Marie** I read a lot of movie reviews, mainly in newspapers and magazines. I trust a professional opinion, and there are actually some reviewers that, uh, I can really rely on to recommend some good movies. But I don’t read a review to help me decide whether I should watch a movie or not – I read it afterward so it doesn’t spoil it. I think, also it’s interesting to compare the review with what I initially thought of the movie. And, uh, it can usually help me understand the movie better, especially if it’s a, a more obscure or complex movie. And also reading the review can sometimes help me in case I missed something in the original movie. I, I don’t like the uh … kind of Internet, amateur reviewers because I mean you don’t even know who these people are – and, uh, they may not even have the same taste in movies that I might have.

**Kim** I can never be bothered with reviews. I mean, I usually download movies and watch them at home. I hardly ever go to the movie theater anymore. I choose something that I like the look of – it doesn’t have to be great. It’s just a way for me to switch off completely after work and wind down, y’know – it’s just relaxation. I really don’t understand why some people take movies so seriously. I do look at reviews for some things. I mean, if I’m going to buy a laptop or a TV and I’m spending that much money on something then, yes, there’s a difference between the products. But not for movies.

**Isser**  I avoid reading reviews of movies or TV series, especially TV series, because I just don’t trust them because I think it’s just one person’s opinion and I’d rather go and see a movie with an open mind – without any preconceived ideas about what it might be like. Reviews nearly always contain spoilers of some kind. They mention something about a character or something that is about to happen. I don’t like that. I’d rather start watching a movie without knowing anything about it. And … sometimes, if I really like the movie, I would like to go and read the review after I’ve seen it, uh, but definitely not before.