# Empower Second Edition Upper Intermediate Student’s Book Audioscripts

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## Unit 1, Lesson A

### Track 01.02

Not many people can answer the question ‘What do you do?’ with the answer ‘spaceship designer’. But Indian born Susmita Mohanty can. A space entrepreneur, she has set up three companies in three different continents. Since 2008, EARTH2ORBIT (E2O) has helped companies outside India take part in launches of the Indian PSLV rocket. Before that, Susmita had established LIQUIFER, an aerospace design firm in Vienna. And while she was living in San Francisco in 2001, she set upMOONFRONT, an aerospace consulting firm. Susmita has always loved space flight. She hasnumerous degrees in engineering, design and space studies that allow her to make connections between the worlds of technology, business and architecture. Today she is making science fiction become reality. Susmita is also a climate activist who makes satellite data on our planet available so that we can fight climate change. In the past few years, she has received recognition and awards from around the world. Susmita believesthat in this century, space travel will be as important as air travel was last century.

### Track 01.03

Chloe What’s that book you’re reading?

Amelia It’s about astronomy – black holes, planets, the Big Bang …

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

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

Chloe Uh-huh?

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

Chloe Uh-huh ... She?

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

Chloe But hang on, she discovered these stars?

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

Chloe You’re kidding?

Amelia No, he won the Nobel Prize.

Chloe So who did you say this woman was?

Amelia Jocelyn Bell-Burnell.

Chloe But I’ve never even heard of her.

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

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

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

Chloe When was this?

Amelia Back in the fifties.

Chloe Really? Even in the fifties?

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

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

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

Chloe Astrophysics? Just? So, you’re going to become … what? A rocket scientist or something?

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

Chloe So now you want to go back to university and do a physics degree?

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

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

Amelia Yeah, I think I am.

Chloe Well, you’ve always been motivated, that’s for sure. And stubborn …

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

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

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

## Unit 1, Lesson A, Vocabulary Focus

### Track 01.06

**1** He’s very sensitive. If I give him any negative feedback, he gets angry and shouts at me.

**2** I’m sure he won’t be nervous when he gives the speech. He always seems very self-confident.

**3** I feel quite optimistic that this project will be successful – everything is going according to plan.

**4** They both think they’re fantastic and everyone else is stupid. I’ve never met a couple who are so arrogant.

**5** She’s helped and supported me since we were at school. She’s a very loyal friend – I know I can always rely on her.

**6** Phil is really passionate about being a doctor. He loves the job and looks forward to going to work every day.

**7** She works really hard because she’s ambitious and wants to do well in her career.

**8** Martin is a little naive – he honestly thought his boss would listen to his suggestions but of course in the end he didn’t. He really is very young.

## Unit 1, Lesson B

### Track 01.09

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

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

InterviewerSo, if you manage to do it for 30 days and you feel good about it, you’ll probably keep to it, is that the idea?

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

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

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

Interviewer It sounds a lot of fun, if you’ve got time for it.

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

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

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

InterviewerSo, are you planning to try the 30-day challenge yourself?

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

Interviewer And how’s it going so far?

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

Interviewer And when did you start?

Alison Erm … this morning.

Interviewer Well, good luck with that, Alison. Now, Alison’s only just started, but next up on the Life and Style podcast we’re going to talk to a few more people who’ve been doing the 30-day challenge. They’re all about half-way through, and they’ve done it successfully so far …

### Track 01.10

**1** Often if we try something new, we give up after about a week or two because ourbrain hasn’t adapted.

**2** So if you manage to do something new for a month, you’ll probably keep to it.

**3** Maybe you wouldn’t want to keep it up for your whole life, but it might be fun to do itjust for 30 days.

**4** If you’re successful it’s great, but if it doesn’t work out, it doesn’t matter too much.

**5** It’s not just about giving up bad habits. The idea is really that you try out somethingnew.

**6** You can be motivated and have a go at something you’ve always wanted to do.

**7** You must make an effort to complete your goal.

**8** Don’t drop out of the challenge! Keep going and you will succeed!

### Track 01.11

**Sofia**

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

**Sofia** Well, for quite a long time now I’ve been trying to eat less meat, partly for health reasons. I think a plant-based diet is better for you.

**Interviewer**  Didn’t you ever think of going vegan before?

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

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

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

**Carla**

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

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

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

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

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

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

**Steve**

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

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

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

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

**Interviewer** And who do you practise with? Or are you just studying alone?

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

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

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

## Unit 1, Lesson C

### Track 01.14

PART 1

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

**Tessa** Oh, I’m going out tonight. Can’t be bothered with homework. I’ll do mine later. You always study too much! Do you want a coffee?

**Becky** Sorry, I can’t. I’ve got to go to work. It’s my first day!

**Tessa** Oh, of course, at your cousin’s café. Well, good luck! Oh, by the way, when is that assignment due?

**Becky** Friday. Really must go now, I’ll be late. See you tomorrow.

**Tessa** Bye!

### Track 01.15

PART 2

**Becky** Hi, Tom. I’m just on my way to the café.

**Tom** Oh OK …

**Becky** I’m late.

**Tom** Look, this evening … do you want to come over? I wanted to talk over a few things … about the wedding …

**Becky** I’d love to but I’ve got to study tonight.

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

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

**Tom** Don’t spill coffee over anyone!

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

### Track 01.18

PART 3

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

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

**Sam** Another thing to remember is the tables – they’re all numbered. So it starts with one over there and goes round to fifteen. OK, have you got that?

**Becky** Yes, sure. I think I can count to 15!

**Sam** Hah – I still get them mixed up myself. Oh, say hello to Phil. He’s our most regular customer. This is my cousin Becky. She’s just started here.

**Phil** Hi, nice to meet you.

**Becky** Hi.

**Sam** Phil’s writing a novel.

**Becky** A novel! Amazing.

**Phil** Well, it’s just a science fiction story. Haven’t got very far yet.

**Sam** He comes to the café to write. We call him JK. You know – like JK Rowling. She wrote the first Harry Potter book in a café.

**Becky** Oh, right!

**Emma** Oh, there you are. Lovely to see you, Becky. We’re really pleased you’re working here.

**Becky** Me too. I’m going to enjoy it, I’m sure.

**Emma** Is my husband looking after you and explaining everything?

**Becky** Oh yes, I’m getting the hang of it – slowly.

**Phil** She’s doing really well.

**Emma** And I see you’ve met Phil. He’s going to make the café famous one day, you’ll see.

### Track 01.19

PART 4

**Tom** Large cappuccino please, with extra milk.

**Becky** With extra m… – oh Tom! Sorry. Wasn’t expecting you.

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

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

**Sam** Yeah.

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

**Tom** Sure that’s OK?

**Becky** Yeah, it’s fine. You came at a quiet time. So, what was it you wanted to talk to me about tonight?

**Tom** Er, the wedding?

**Becky** The wedding?

**Tom** Yes, our wedding!

**Becky** Of course. We need to start thinking about it.

## Unit 1, Lesson D

### Track 01.22

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

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

## Unit 1, Review and Extension

### Track 01.23

**1**

**A** What does that notice mean?

**B** ‘Please read this sign’. That doesn’t make sense.

**A** No, it must be a joke.

**2**

**A** This is so uncomfortable.

**B** Well, we’ll just have to make the best of it. There’s nowhere else to sleep.

**A** *(sighs)*

**3**

**A** Oh, look.

**B** Be careful. It might bite you.

**A** No. It wants to make friends with us. … (*to cat*) Come on!

**4**

**A** What is it? Can you see?

**B** No. I can’t make out what it is. It’s round … and sort of green … And it’s coming closer …

**5**

**A** Delia …

**B** What?

**A** Um, this is to make up for last night. I really am sorry.

**B** I don’t want your flowers.

**6**

**A** There. What do you think?

**B** Lovely. It really makes a difference to the room.

**A** Yes, it makes it grander somehow, don’t you think?

**B** Mm, definitely.

**7**

**A** I can’t make up my mind. I like both of them.

**B** Well, why don’t you get them both then?

**A** Mm, they are both very nice …

## Unit 2, Lesson A

### Track 02.01

**Abby** So, when are you off to South Africa?

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

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

**Rob** You know – the usual things – Cape Town first. I’ll definitely go to Robben Island.

**Abby** Great.

**Rob** And one thing I want to try while I’m there is surfing. Apparently, there are some really great schools you can go to.

**Abby** Yeah, there are loads.

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

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

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

**Abby** Yeah, yeah I did. But … but you’ve got to be a bit careful in the water there. Actually, I got into a bit of trouble once.

**Rob** What, in the water?

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

**Rob** So you lost the board?

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

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

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

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

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

**Rob** Bet you were pleased to see him!

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

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

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

**Rob** Hmm, maybe I’ll have another think about it.

**Abby** About surfing you mean?

**Rob** Yeah.

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

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

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

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

## Unit 2, Lesson B

### Track 02.09

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

**Miles** Well, one day in the winter of 1997, in eastern Siberia, one of the wildest and most natural habitats on Earth, a hunter came across a Siberian tiger. He shot the tiger and wounded it and then took part of the dead animal that the tiger was about to eat. Of course, the tiger wasn’t happy.

It attacked and killed Markov but it didn’t do this immediately. It waited 48 hours before attacking. In other words, it remembered what had happened and carefully planned the attack. So while Markov was away hunting, the tiger found its way to his hut in the forest and broke in through the door. The tiger then took Markov’s mattress outside and laid on it, waiting for him to return. When Markov finally appeared, the tiger dragged him into the forest and ate him, leaving only his boots. They found the boots later and figured out what had happened.

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

**Miles** Yes, very dangerous if you make them angry, certainly. They’re also not just any tiger, they’re the largest species of cat walking on Earth. The Siberian Tiger is a very impressive animal. They can be up to four metres long and they weigh more than 250 kilos. They can jump about ten metres if they need to. So imagine a creature that’s as active as a cat and has the weight of an industrial refrigerator – that’s what a Siberian tiger’s like! …

### Track 02.10

**Interviewer** … So, what happened then?

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

**Interviewer** I suppose they had to, really.

**Miles** But did they?

**Interviewer** What do you mean?

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

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

**Miles** In a way, yes. What’s interesting is that humans and tigers hunt the same animals and share the same environment, and they’ve done this in Siberia for years, but they don’t normally disturb each other. But if you make the mistake of attacking a tiger, you’re in trouble. People who live in the area say this has never happened before. There is no record ever of a tiger hunting a human being.

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

**Miles** Well, yes, don’t make a tiger angry, certainly, or it will take revenge. But also, it makes you ask the question, ‘Which is the dangerous animal, tigers or humans?’ We think of tigers as dangerous, but of course we’re not at risk because of tigers, they’re at risk because of us. There are 40 million humans but only 500 tigers, so they really are an endangered species, and that’s mainly because of us hunting them and living in their habitat and taking away their natural food.

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

## Unit 2, Lesson C

### Track 02.12

PART 1

**Becky** Could you give me a hand with this please, Tessa?

**Tessa** Sure.

**Becky** I just, I just can’t get the right height.

**Tessa** OK.

**Becky** Great, thank you.

**Tessa** No problem.

…

**Tessa** Good shot?

**Becky** Not really. I think I need to be closer. It’s quite difficult.

**Tessa** Yeah, it’s hard, isn’t it? … Do you need all this equipment?

**Becky** I find it helps.

**Tessa** Do you?

**Becky** Usually. Ah, this is fun.

**Tessa** Yeah, much better than sitting in a lecture at college. All that theory!

**Becky** Well, that can be interesting …

**Tessa** I’d really like to take a photo of something a bit more exciting – maybe a squirrel.

**Becky** A squirrel? That’ll be good … if we can find one …

### Track 02.14

PART 2

**Tessa** Nice daffodils.

**Becky** Gorgeous, aren’t they?

**Becky** Can I have a look? Wow, what a great shot!

**Tessa** It’s all right.

**Becky** You know just how to get a really good shot. The light is amazing.

**Tessa** Thanks. Guess it’s not bad. Can I have a look at yours?

**Becky** It’s pretty boring.

**Tessa** Don’t you want me to?

**Becky** No – I mean it’s not a problem. I just feel it’s a pretty ordinary shot. You know, just … nothing special. Compared to yours. Have you ever worked as a photographer?

**Tessa** Me? No. It was just something I kind of got into. Kind of a hobby. How about you?

**Becky** No, never. I used to have this job working in HR, but I’ve just given that up.

**Tessa** Too stressful?

**Becky** Sort of.

**Tessa** Or too boring?

**Becky** Well … both! My café job’s enough to pay the bills – just. You?

**Tessa** I’m just studying at the moment; I haven’t got a job …

**Becky** Oh right …

**Tessa** Shhh!

**Becky** What?

**Tessa** Squirrel. Over there.

**Becky** Oh right. Great.

**Tessa** We’ll need to get a bit closer. But quietly.

**Becky** You go first.

**Tessa** No, no. You go.

**Becky** No, really – you should go.

**Tessa** It’s fine. This is your shot.

**Becky** Sure?

**Tessa** Yeah.

**Becky** OK. Oh no! It’s run away. Ah, this is a really bad shot. The light’s all wrong. I need a reflector.

**Tessa** Can I have a look?

**Becky** I don’t like it.

**Tessa** This is great.

**Becky** Really?

**Tessa** Yeah, it’s your best shot.

**Becky** But I didn’t have a chance to set it up.

**Tessa** Maybe sometimes you don’t need to.

**Becky** Hm. OK. Maybe not. You know, one thing I don’t like about this assignment.

**Tessa** What’s that?

**Becky** It’s so cold!

**Tessa** Yeah, it’s freezing, isn’t it?

**Becky** My flat’s not far away. Do you fancy a nice warm cup of coffee?

**Tessa** OK. Yeah. Why not?

**Becky** Great. Let’s go.

## Unit 2, Lesson D

### Track 02.16

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

### Track 02.17

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

## Unit 3, Lesson A

### Track 03.01

**Woman** ‘My teacher will get angry if I make mistakes.’

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

**Woman** ‘Children learn faster than adults.’

**Teacher** I guess you could say that children aren’t as busy as adults – they probably have a bit less going on in their lives. And that helps. They’re less distracted and, you could say, a bit more open to learning.

But adults – well, they often have really good motivation. They’re often quite focused and they’re really keen to learn. So this motivation can make them faster learners than children.

**Woman** ‘I must practise every day in order to make progress.’

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

**Woman** ‘If something seems very easy, I must be doing it wrong.’

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

**Woman** ‘Long practice sessions are best.’

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

### Track 03.02

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

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

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

## Unit 3, Lesson B

### Track 03.06

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

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

**Peter** You’ve lived in Kenya yourself.

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

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

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

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

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

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

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

### Track 03.07

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

**Marta** Yes.

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

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

**Peter** Like you.

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

**Peter** So sport isn’t as fair as we like to think?

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

## Unit 3, Lesson C

### Track 03.09

PART 1

**Becky** So when are you going to tell your parents about your promotion?

**Tom** This weekend, I think. We’re seeing them on Saturday, remember?

**Becky** Oh yes. Anyway, as I was saying – about Tessa …

**Tom** Tessa, yes, your classmate …

**Becky** She’s just got this amazing natural ability.

**Tom** So have you.

**Becky** But I’ve been taking photos for years …

**Tom** Very good ones too …

**Becky** … and I’ve gradually got better, but Tessa …

**Tom** Maybe she’s been practising for years, too. In secret! … So what’s for dinner then?

**Becky** Well, I got some cheese, some chicken and some salad.

**Tom** Cheese? You mean the one on offer?

**Becky** Yeah. Two for one – bargain.

**Tom** Yes, it was a bargain. That’s why I got some.

**Becky** Well, I guess I know what we are having for dinner.

**Tom** Cheese on toast?

**Becky** Cheese on toast.

### Track 03.10

PART 2

**Tom** Anyway, as I was saying … about the wedding. I was thinking we should start making some decisions if we want to get married in June.

**Becky** Yes, you’re right.

**Tom** So what do we need to think about?

**Becky** Well, the usual things … guests, a venue for the reception, the cake.

**Tom** So maybe the first thing to decide is …

**Becky** … who should we invite?

**Tom** I mean, do we want a large wedding with lots of guests or just a small one?

**Becky** How about … how about we invite no one?

**Tom** What?

**Becky** We can just have a secret wedding. You know, go to Las Vegas in America – or something like that.

**Tom** Seriously?

**Becky** It’s an idea …

**Tom** Seriously Becky – don’t you think it’s a good idea to set a limit? Say, no more than 80 guests?

**Becky** Yes, I suppose it is.

**Tom** OK.

**Becky** And … Tessa!

**Tom** Sure – we can invite her.

**Becky** … well, yes … but I was thinking … we’ll need a photographer.

**Tom** Well, yes.

**Becky** But don’t you agree that Tessa would be perfect as the photographer?

**Tom** Um … Becky … that’s kind of an unnecessary detail right now.

**Becky** Yes. Of course.

**Tom** To go back to the guests …

**Becky** OK, so how many relatives, how many friends?

### Track 03.13

PART 3

**Tom** So, if we just invite close family and friends …

**Becky** We’ll have to invite Aunt Clare.

**Tom** Your mad Aunt Clare?

**Becky** We have to invite her.

**Tom** Of course, we could sit her next to my Uncle Fred.

**Becky** But he never says anything.

**Tom** Exactly – the perfect pair.

**Becky** Who else? What about the people you work with?

**Tom** Hmm – I don’t know about that.

**Becky** We could always invite them to the evening reception.

**Tom** Don’t you agree that it’d be easier not to invite them?

**Becky** But I would like to invite Tessa.

**Tom** As I said – that’s fine. Anyway, I think we need to limit it to close friends and family members. Even the scary ones.

**Becky** I sort of get both excited and nervous when I think about it.

**Tom** It’ll be fine. So the next question is where?

**Becky** Well, there’s that lovely old hotel … you know, near where my cousin lives.

**Tom** Oh … Regent’s Lodge.

**Becky** Actually … thinking about where … after we’re married. Where are we going to live?

**Tom** Hm. Good question.

**Becky** What you might call a necessary detail?

## Unit 3, Lesson D

### Track 03.15

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

Lizzie No, just over six months.

Reporter and before that?

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

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

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

Reporter And in the future?

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

Reporter Good luck with your race. Hey, Barry – that was quite an impressive jump.

Barry Thanks.

Reporter So how long have you been doing this?

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

Reporter And did you get started here at the centre?

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

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

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

Reporter Any plans for the future?

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

Reporter That’s a great looking board. Have fun! That was a pretty energetic game, Patricia.

Patricia Yeah, it was fun.

Reporter So you’re new to the game?

Patricia Yeah, I started about nine months ago.

Reporter How did you get into it?

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

Reporter How did you decide?

Patricia Well, I was always quite good at basketball, but I wanted to try something new. And I wanted a sport that would get me fit, and this certainly does. Once I’d looked into a range of options – the choice was easy.

Reporter This is a fairly new sport in the UK …

Patricia Yeah.

Reporter So how is it different from basketball?

Patricia Well, you can actually take three steps with the ball – so long as you do it in three seconds.

Reporter That’s not long. And how often do you practise?

Patricia Once a week and then we have a friendly game. I enjoy the social side of things as much as the competing. Next year my team’s thinking about entering some championships.

Reporter Well, I hope you continue to enjoy it.

## Unit 3, Review and Extension

### Track 03.16

A Oh no. There’s glass all over the floor.

B Well, you dropped it so I think you should clear it up.

A I can’t, I’ve got to go. Couldn’t you do it? Please?

A What does ‘potential’ mean?

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

A Did you manage to learn Spanish?

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

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

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

## Unit 4, Lesson A

### Track 04.04

**Presenter** Monica, is it true that being very rich doesn't make you happy? People

often say this, but is it really true?

**Monica**  No, it's not. In fact, there was some research done quite recently at Harvard University where they studied 4,000 millionaires. And they found that the people with $10 billion or more were much happier than the people with about 1 or 2 million. So having a *lot* of money actually seems to make people happy. But what they also found was that people who'd made their own money were much happier than people who'd inherited it or people who had got rich by marrying into a wealthy family, say.

**Presenter** So it’s better to make your own money?

**Monica** Definitely, yes, if you can.

**Presenter** What about suddenly having a lot of money, say if you win the lottery or you suddenly inherit money from someone who dies. Does that influence people’s behaviour? You often hear stories of how it makes people unhappy.

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

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

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

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

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

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

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

**Presenter** Experiences?

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

**Presenter** OK, so there we have it. When you win that £5 million, forget the cars and The new house, and go on a long holiday instead.

### Track 04.06

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

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

## Unit 4, Lesson B

### Track 04.09

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

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

## Unit 4, Lesson C

### Track 04.12

PART 1

**Becky** Now let’s have a look at some of the most successful ones. Tessa took this one.

**Tessa** We really like the way the light is hitting the tree.

**Becky** And here’s a similar shot, but from a different angle with a plane crossing the sky. We got some close-ups of flowers. We managed to get some good shots of daffodils.

**Tessa** The light was really good for this one.

**Becky** And we were lucky and managed to get a couple of wildlife shots. Here’s a shot of a swan that Tessa took. And finally … my shot of a squirrel.

…

**Becky** Thank you for listening.

**Tutor** OK, thank you, Becky ... and Tessa. Some very good work. There were some interesting close-up shots there, very sharp details and clear colours. Yes, a very good first assignment. Well done both of you. OK. Now for your next assignment – Bridges. Pick a bridge that you like. Photograph it and then write an essay to go with it. OK? We’ll see how you get on. You’ve got one month.

### Track 04.13

PART 2

**Becky** That went quite well.

**Tessa** Yeah.

**Becky** It was fun. So, bridges for the next assignment.

**Tessa** Yes, bridges. So boring.

**Becky** Oh, I don’t know, it’s not that boring. All that fantastic architecture. That could be quite interesting.

**Tessa** Yeah, maybe you’re right, I’m not sure. But there’s all that theory for the essay. I didn’t take any notes in yesterday’s lecture.

**Becky** Don’t worry, I took loads of notes. You can borrow mine.

**Tessa** Can I?

**Becky** Sure. Come round to the café later and I’ll give them to you.

…

**Becky** Must go now. Bye!

### Track 04.14

Tessa Yes, bridges. So boring.

Becky Oh, I don’t know, it’s not that boring. All that fantastic architecture. That could be quite interesting

### Track 04.15

**1**

**A** I thought the goalkeeper was useless. He was the weakest player in the team.

**B** Really, did you think so? I thought he played quite well.

**2**

**A** €60 for fish and a salad! That’s far too much.

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

**3**

**A** Did you see that bank managers earn an average of 100,000 a year? It’s crazy!

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

**4**

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

**B** Oh, I don’t know. I think it could be quite good fun.

**5**

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

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

### Track 04.16

1

A I thought that was a really interesting lecture.

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

**2**

A I find photography a very difficult subject.

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

**3**

A Look at that bridge. It’s so unusual.

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

**4**

A I thought the questions in the exam were incredibly easy.

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

### Track 04.17

PART 3

**Becky** Here you are. My lecture notes.

**Tessa** Ah great, thanks.

**Becky** And these…

**Tessa** Thank you.

**Becky** And here are some other notes I made earlier.

**Tessa** Ah, OK, thank you. Plenty to read here.

**Becky** It’s not too much, is it?

**Tessa** Um, well … no, thank you. You’ve saved my life.

**Becky** Don’t worry, that’s OK. I’m more into the theory than you are.

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

**Becky** By the way, Tom and I were sorting out details of the wedding last night.

**Tessa** Oh yeah?

**Becky** And well we thought – if you’re interested – we’d love you to take the photos.

**Tessa** Me? Are you serious?

**Becky** Yeah, why not?

**Tessa** Well, I’m not … I don’t think I’m good enough.

**Becky** Oh don’t be silly. Of course you are. Oh, will you? Please?

**Tessa** Well, yes, if you want me to. I mean … I’d love to.

**Becky** Great. Better get back to work.

**Phil** Oh no. No!

**Becky** What is it, Phil?

**Phil** I’ve just deleted the whole chapter. I only meant to delete the paragraph.

**Becky** Oh no.

**Tessa** Who’s that?

**Becky** That’s Phil. He’s always here. He’s writing a book. Well, trying to, anyway. When he isn’t accidentally deleting his work!

**Tessa** A writer … that’s interesting.

**Becky** See you later.

**Tessa** Hi.

**Phil** Hi.

**Tessa** Becky tells me you’re writing a book.

**Phil** Sort of.

**Tessa** That’s great. I like books.

**Phil** Mm.

**Tessa** I’d like to see what you’ve written, anyway. I’m sure it’s really good.

**Phil** Thanks. I haven’t written much yet.

**Tessa** Ah well, I’d better let you get on, bye. …

**Phil** Bye …

## Unit 4, Lesson D

### Track 04.18

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

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

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

## Unit 5, Lesson A, Vocabulary Focus

### Track 05.01

**1** He often arrives late to meetings and doesn’t bring everything he needs. He’s very disorganised.

**2** She always makes sensible decisions and she never does anything silly. She’s very responsible.

**3** She often expresses negative opinions about things and other people. She’s very critical.

**4** If he says he’s going to do something, he always does it. He’s very reliable.

**5** He doesn’t think about how the things he says might affect other people. He’s totally thoughtless.

**6** When you tell her your problems, she listens and tries to understand how your feel. She’s sympathetic.

**7** He always wants to do better than everyone else. He’s quite competitive.

## Unit 5, Lesson A

### Track 05.04

Lots of people get scared when they fly and they’re sure the plane’s going to crash, but in fact it’s one of the safest ways to travel. The odds of a plane crashing are only about one in a million and obviously they’re much less if you use an airline with a good safety record. It’s very unlikely that your plane will crash, but even if it does, you’ll probably be fine, because 95% of people in plane crashes survive. If you sit at the back of the plane or over the wing, near the exit, your chances get even better. So, if you’re worried about getting on that plane, don’t be, because you’ll almost certainly survive the journey. You’re more likely to have an accident in the car going to the airport – your chances of having a road accident are 1 in 8,000. So, the safest way to travel is to take a train to the airport and then fly. More good news is that you have quite a good chance of living to be 100, especially if you don’t worry too much. According to a recent report, in richer countries of the world, women who are 25 now have a 1 in 4 chance of reaching their 100th birthday – men of 25 only have a 1 in 6 chance, not quite so good. But the chances are getting better all the time, so a girl born now has a 1 in 3 chance of living to 100 and a boy has a 1 in 4 chance. Of course, this depends on what country you’re in. In some countries, like Japan, the chances are even higher and modern medicine may well make the chances higher still during your lifetime. So, that’s the good news. You probably won’t die in a plane crash and you, or at least your children, could live to be 100. But the bad news is, you almost certainly won’t win the lottery. The chances of winning a big prize in the lottery are only about 1 in 18 million – so that’s extremely unlikely.

## Unit 5, Lesson B

### Track 05.08

**Martha** Monday of next week.

**Joe** Exciting.

**Martha** Sure is – this time next week I’ll be settling into my accommodation.

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

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

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

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

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

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

**Joe** What? From polar bears?

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

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

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

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

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

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

**Martha** Yeah, so, by the time I arrive the penguins will already have got into pairs and then, by the middle of November, each pair of penguins will have laid two eggs.

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

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

**Joe** And then?

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

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

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

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

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

**Joe** Like what exactly?

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

**Joe** That’s no fun.

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

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

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

**Joe** Sounds pretty cool to me.

## Unit 5, Lesson C

### Track 05.11

PART 1

**Becky** Phil? We’re closing.

**Phil** Nearly done. I’m just finishing this chapter. That’s it – done. See you tomorrow, then.

…

**Phil** What’s wrong, Sam?

**Sam** The usual. Not enough money coming in. I need to do something to get more customers.

**Phil** Hmm. You could stay open longer? In the evenings? You could serve meals. I’d eat here.

**Becky** You practically live here anyway. But it’s an idea, why not?

**Sam** It’d be a long day.

**Becky** You could do just Friday and Saturday to start with.

**Sam** Hmm, I’d need to hire a cook. Set up the kitchen properly. On the other hand, the extra money would be good … I don’t know.

**Becky** Anyway, time to go. Are you ready, Phil?

**Phil** Yeah, coming. Bye Sam.

**Sam** See you.

**Phil** Umm … that friend of yours … curly hair …

**Becky** Tessa?

**Phil** Tessa. Is she at college with you?

**Becky** Yeah.

**Phil** OK.

**Becky** Bye, Phil.

### Track 05.12

PART 2

**Emma** Bad day?

**Sam** The café. We’re not making enough money.

**Emma** Come on, you’re doing fine. Mid-week, it’s bound to be slow.

**Sam** I’m just worried. We’ve put all our money in this. I don’t want to lose it.

**Emma** No, of course you don’t. I can see that.

**Sam** Phil had an idea today.

**Emma** Yeah?

**Sam** Stay open Friday and Saturday evenings and serve food.

**Emma** Interesting.

**Sam** Of course, the trouble is we’d have to invest even more money – money that we haven’t got.

**Emma** Yes, but the good thing about it is, it might be a way to get more business.

**Sam** Well, we’d need to put in a proper kitchen, and that’ll probably cost a fortune. And we’ll have to hire someone to cook. People do often ask if we’re open in the evening, so there is a demand … I don’t know, it’s a big risk …

**Emma** I think it’s a lovely idea. I know the perfect person to do the cooking.

**Sam** Who?

**Emma** Me.

**Sam** You? Seriously?

**Emma** Why not? Promise I won’t charge much!

### Track 05.13

Sam Of course, the trouble is we’d have to invest even more money …

Emma Yes, but the good thing about it is it might be a way to get more business.

### Track 05.17

PART 3

**Emma** And maybe we could do a few other things.

**Sam** Such as?

**Emma** Well, how about entertainment? We could have live music, get locals to play at the weekend.

**Sam** Hmm, that might be worth a try … if they didn’t cost too much. In fact, we can probably get some students to do it for free.

**Emma** No!

**Sam** If we give them some food or something.

**Emma** Sam! You should pay them. That’s not fair!

**Sam** Hmm, maybe you’re right.

**Emma** Or display paintings or photos.

**Sam** That’s not a bad idea. Becky could help with that ... or Tessa.

**Emma** I know what you’re thinking.

**Sam** What?

**Emma** Look, if you want to use Tessa’s photos you should pay her for them. What I mean is, that she can display them and we can sell them.

**Sam** Hmm …

**Emma** Or readings. Have poetry readings.

**Sam** Hmm, that’s a possibility … I know who you’re thinking of ….

**Emma and Sam** Phil!

**Sam** And he’d definitely do it for free.What?

## Unit 5, Lesson D

### Track 05.19

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

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

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

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

## Unit 6, Lesson A

### Track 06.01

**Di** Because I was travelling on my own, I decided to book a place on a coach tour. I thought it’d be fun and, you know, it would be easy to meet people and hang out with them in the evenings. Well, that was true – I made friends quite easily. But the tour itself … well, I’d never do it like that again – not ever. The problem is the people organising these tours try to fill every hour in the timetable. It’s madness. Some days you have to be up, packed and ready to go by about 7.30 am. And all the time they’d say, ‘Remember to do this, remember to be back at such-and-such a time.’ I mean, I was on holiday – this felt like being in the army! And they never allowed enough time to visit places. I remember visiting the incredible Guggenheim Museum in Bilbao – I was so excited because I studied architecture in college and wanted to stay all day at one of the most famous buildings in the world. Instead, I could hear the tour guide shouting behind me, saying they would leave without me if I didn’t get back on the coach. Before going to the next place, I decided to leave the tour. A woman I became friends with on the tour decided to join me. We went off on our own to Pamplona for the Festival of **San Fermín** and spent a week there. After that, we continued travelling through Spain and then went to Portugal. It was much better to do things on our own. I didn’t like the way the trip started, but by the end, it was a holiday with a new friend and great adventures.

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

## Unit 6, Lesson A, Vocabulary Focus

### Track 06.08

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

## Unit 6, Lesson B

### Track 06.11

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

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

Interviewer 7,000?

Professor Barnett Yes, more or less. We don’t know exactly, because there could be languages in areas like the Amazon that we haven’t even discovered yet. In fact, we only have detailed knowledge of about 15% of the world’s languages.

Interviewer And some of these are very widely spoken.

Professor Barnett Yes, that’s right. Spanish, for example, is spoken by over 400 million people as a first language, English has close to 400 million native speakers, Portuguese and French have over 200 million. And the language with the most native speakers is Mandarin Chinese. It’s spoken by a billion people; that’s 14% of the world’s population. So, these languages are very big, and they’re doing fine. In general, the languages that are widely spoken are increasing while the languages that are spoken by smaller groups of people are declining.

Interviewer And is this something to worry about?

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

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

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

### Track 06.16

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

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

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

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

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

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

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

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

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

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

## Unit 6, Lesson C

### Track 06.17

PART 1

**Emma** So, if we leave late afternoon on Friday …

**Sam** I need to check with Becky though.

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

**Sam** Well, it’s asking quite a lot.

**Emma** She knows what to do, doesn’t she?

**Sam** Yeah, but it means she’ll have to look after the café for a day and a half by herself. Open up, set things up, deal with the cash, clean up – everything.

**Emma** True.

**Sam** That doesn’t seem very fair – she has only just started. Becky?

**Becky** Yeah?

**Emma** Do you mind if we ask you a favour?

**Becky** Of course not. What is it?

**Sam** Feel free to say no, but we – that is, Emma and I – we were hoping to get away … on Friday afternoon … for the weekend.

**Becky** Oh, lovely! Where?

**Sam** Paris, actually.

**Becky** Fantastic.

**Sam** So we were wondering …

**Becky** Do you want me to look after the café?

**Emma** Would you?

**Becky** Of course. I can close up on Friday and sort everything out on Saturday. Just tell me what you need me to do.

**Sam** Are you sure?

**Becky** Of course. I’m happy to help.

**Sam** Thanks. That’s really nice of you.

**Emma** Yes, thanks, Becky. It’s just … Sam hasn’t had a weekend off for more than nine months.

**Becky** My pleasure – it’s about time you two had a break together. And I know how everything works now – it’s no trouble at all.

**Emma** We really appreciate it.

**Becky** And if I don’t know what to do, I can always ask Phil. Can’t I, Phil?

**Phil** What’s that?

**Becky** You know all about the café.

**Phil** Do I?

**Sam** Don’t worry, JK. Go back to your book.

**Emma** Yes, make us all famous.

**Sam** I really am very grateful.

**Becky** It’s not a problem.

### Track 06.20

PART 2

**Becky** Hi there.

**Tessa** Hi. Just returning your notes.

**Phil** Great!

**Tessa** Great?

**Phil** Yes.

**Tessa** Great what?

**Phil** I’ve just had this great idea. For the story.

**Becky** Great!

**Tessa** So … um … What is it you’re writing?

**Phil** A science fiction novel.

**Tessa** Oh. I’m quite into science fiction.

**Phil** Oh. Really?

**Tessa** You must tell me about it – I mean, your story … your ideas. One day.

**Phil** Oh right. Yeah. Sure. One day. Love to.

**Becky** So … my notes.

**Tessa** Oh sorry. Thanks for the loan.

**Becky** No problem.

**Tessa** Hey, I was thinking. You know this project – photographing bridges. We should probably make a start soon. I know somewhere great we could go.

**Becky** Good idea. When were you thinking?

**Tessa** How about this weekend?

**Becky** Sorry, I can’t. I’ve just told Sam I’d look after the café.

**Tessa** No problem – how about the weekend after then?

**Becky** It’s a date.

**Tessa** Do you want a hand on Saturday?

**Becky** Here?

**Tessa** Yeah. I could help clear tables and … things like that.

**Becky** Great, thanks. That’s really kind of you.

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

**Becky** And if things are a bit slow …

**Tessa** What?

**Becky** Phil can tell you all about his book.

## Unit 6, Lesson D

### Track 06.23

**Alex** So where did you go?

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

**Alex** Wow, amazing.

**Kirsten** And we saw cowboys, didn’t we, John? Where was that?

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

**Alex** You mean like a gun fight? For show?

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

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

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

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

**Alex** Why not?

**Kirsten** We couldn’t blow up the airbed. It had a hole in it.

**John** So we slept on the ground. Really uncomfortable.

**Kirsten** Anyway, the next day we actually saw the Grand Canyon.

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

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

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

**Kirsten** No, we just drove round it. Round the South Rim, that’s where the best views are. And we camped there too.

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

**Kirsten** Yeah. So, anyway, then we watched the sunset over the Grand Canyon. Pretty amazing. And the next day we got up at 4.45 and saw the sunrise.

**Alex** 4.45!

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

**Kirsten** We saw a condor.

**John** Oh yes, they’re really rare apparently. Only 30 birds left. Really impressive birds.

**Alex** Mm, sounds great.

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

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

## Unit 6, Review and Extension

### Track 06.24

1

A You’re looking really tired.

B Yes, if I keep working 14-hour days, I’ll burn out.

A Yes, you need to be careful.

2

A It’s so hot in here.

B Yes, and there’s not much fresh air.

A I feel like I’m going to pass out.

B OK, let’s go outside.

**3**

**A** Have we got enough money for the holiday?

**B** I think so. I just need to work out the total cost.

**A** OK. Don’t forget to include some money for taxi fares.

**4**

**A** Why don’t you ask your family to help us move?

**B**  I can’t do that.

**A**  Why not?

**B** I’ve fallen out with my brother and we’re not speaking.

**5**

**A** Would you like some muesli for breakfast?

**B** Yes, but haven’t we run out of milk?

**A** Oh, have we? OK, I’ll pop down to the shops and get some more.

**6**

**A** There have been a lot of strong applications for the job.

**B** True. But of all the applicants, Maria really stands out.

**A** Yes, she performed very well at the interview.

**7**

**A** Robbie wasn’t a very nice child.

**B** No, he wasn’t. But he’s turned out to be a very nice young man.

**A** Yes, it’s amazing how much he’s changed.

**8**

**A** What are you going to do when we get to the resort?

**B** I’m going to lie by the swimming pool with a cold drink and just chill out.

**A** Hm – sounds like a good plan.

## Unit 7, Lesson A

### Track 07.05

**A** So what exactly is a smart city?

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

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

**B** Yes, London is a good example. They have a system where they monitor cars driving into the centre and automatically charge the driver for the time the car spends there. So it cuts down traffic congestion and pollution, but it also means the driver doesn’t have to stop and buy a ticket or look for money – so it saves time, too. And to use the public transport system you just need a single card and you can go everywhere with it. So you don’t need to spend time queuing for tickets. Or in Dublin, in Ireland, they have a system which monitors traffic congestion, so drivers can avoid streets with traffic jams, and it also tells drivers where they can find a free parking space. Apparently 30% of traffic congestion in most cities is caused by people looking for parking spaces, so that’s a huge saving in time and money.

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

**B** Yes, but it can take many different forms, it’s not just about traffic congestion. For example, there’s a new city in the UAE called Masdar. It’s in the middle of the desert and the whole city is powered by solar panels, and public transport is electric. So it’s a 100% sustainable city – it uses zero energy and there’s no air pollution. Or there’s another new city in Korea called Songdo, which is planned around a central park. So from all the residential areas there’s a fifteen-minute walk across the park to get to work and people can also use the park in their lunch break. I read a report recently that said that green spaces in cities really improve people’s mental health, so the park sounds like a great idea.

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

**B** Yes, exactly.

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

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

### Track 07.06

**Daniela** I think it’s a good idea to make cities better places to live because a lot of cities have developed on a kind of American model. In other words, the city centre is taken over by big companies so there are hardly any shops or people living there. Instead, most people live in big high-rise blocks around the edge of the city and they go to big shopping centres in their cars. So it’s really good to change that balance and make the city centre a place for people to live. I live in Munich, in Germany, and in a number of ways I think it is a ‘smart city’, because it’s been developed to suit the people who live there. The centre’s a pedestrian zone, closed off to traffic, people cycle everywhere and there are plenty of good cafés and parks and places to sit outside. So you can wander through the city and take your time, and it’s nice and quiet. Also, there’s a very good public transport system, so people don’t need their cars as much.

**Richard** I don’t think you have to design a city to make it a nice place to live. I live in Bangkok, the capital of Thailand, and it certainly isn’t a planned city – it’s just grown naturally. In some ways it’s quite a chaotic city, there are cars everywhere, lots of traffic jams, a lot of noise and there are very few green spaces where you can sit, so if you want a bit of peace and quiet, forget it! But I love living here. It’s so full of life and there are people everywhere. In the street where I live, there are lots of ordinary apartments plus a few hotels, there’s a very good vegetable market, there are quite a few restaurants and there are people selling things in the street. So there’s everything you need, plus lots of traffic, of course. So it certainly isn’t a ‘smart city’, but it’s very exciting to live here!

## Unit 7, Lesson B

### Track 07.10

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

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

## Unit 7, Lesson C

### Track 07.11

PART 1

**Tessa** This is a really good angle.

**Becky** Let’s have a look. Oh that’s great. We can use that one in the competition.

**Tessa** What competition?

**Becky** Didn’t you get the email?

**Tessa** I don’t think so. I don’t remember.

**Becky** It’s called ‘London architecture in photographs’. It’s a free competition. The college said they’ll enter our bridge photos.

**Tessa** I’m not sure I can be bothered. I don’t really see the point.

**Becky** Well, the first prize is £500.

**Tessa** OK, that’s different! Let’s take some more.

**Becky** Oh! I completely forgot the time – I’ve got to go. I’m meeting Tom at 12.00.

**Tessa** Why don’t you call him? Tell him you’ll be late.

**Becky** I can’t. We’re meeting the estate agent.

**Tessa** Estate agent?

**Becky** Yeah, we’re looking at flats. You know, we want to rent a flat. For after we’re married.

**Tessa** Oh right. You’d better go then.

**Becky** Yeah. See you later.

**Tessa** Bye. Good luck.

### Track 07.14

PART 2

**Becky** Hi. So sorry I’m late. I was taking photos with Tessa.

**Tom** That’s OK. This is Katie West. She’s from the estate agents.

**Becky** Hi, lovely to meet you. I’m Becky.

**Katie** Very nice to meet you, Becky. Good. So I’ll show you the first flat. We’ve had a lot of interest in this already. As you can see, it’s in a great location, right by the shops, close to the station. Follow me …

**Becky** Great.

**Katie** Here it is. It’s a lovely flat for two people. Not too big. Just right for the two of you.

**Tom** Two rooms and a kitchen?

**Katie** Yes, two rooms, a kitchen – and a bathroom.

**Tom** OK.

**Katie** So here’s the living room. Quite a good-sized room. And a nice view of the street … And here’s the second room. It’s a bit smaller, but it’s perfect as a bedroom. Nice and quiet in here – cosy … And here’s the kitchen. Quite practical and er … yeah, has everything you need for a kitchen. It’s very convenient. I’ll leave you to it.

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

**Becky** Tiny.

**Tom** Yeah, and too noisy. Right on the main road.

**Becky** Yeah. And it smells all damp. Horrible.

**Tom** Yes, awful.

**Becky** Oh dear.

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

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

**Tom** Yeah, um, it’s nice.

**Becky** It’s lovely! But maybe not quite what we’re looking for.

**Katie** OK.

### Track 07.15

PART 3

**Katie** This one’s just come on the market. I think you might like this one better. Have a look round, see what you think.

**Becky** Thank you. This is a lovely flat. But can we afford it?

**Tom** Well, with my promotion … I have got a bit more money now.

**Becky** It really is lovely.

**Tom** Look, this could be a kind of sitting area by the window …

**Becky** Yeah, that’s a great idea. And we could have some plants and some bookshelves, or a big lamp.

**Tom** Mm, that would work well.

**Becky** And this would make a great dining area, we could have a table and some interesting lights.

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

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

**Tom** Yeah … it’s a brilliant flat, um …

**Katie** Well, we have had one other enquiry this morning. But if you’re definitely interested …

**Tom** We’ll think about it. Can I let you know this afternoon?

**Katie** Of course, no problem.

### Track 07.16

**A** I thought this could be a kind of separate living area by the window …

**B** OK. Yeah, that’s a great idea.

**A** And we could have plants and bookshelves and things there, or a big lamp.

**B** Mm, that would work well.

**A** And this would make a good dining area, we could have a table here or something and some interesting lights.

**B** Fantastic.

## Unit 7, Lesson D

### Track 07.17

**Kamal**  I think it’s a really bad idea. What do we need a shopping centre for? I mean, we’ve got a local shop and that sells quite a good range of things – anything you need in an emergency. There’s a supermarket only about five kilometres away and it’s so easy to get there by bus. A shopping centre’s going to ruin this neighbourhood. Why can’t they create a nice green living space instead?

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

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

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

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

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

## Unit 8, Lesson A

### Track 08.01

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

**Mia** Hello Michael.

**Michael** And welcome.

**Mia** Thank you**.**

**Michael** The number is 0800 666961. Give us a call now with your personal finance question, but I believe we already have Jacob on the line.

**Jacob** Hello.

**Mia** Hello Jacob.

**Michael** So, Jacob, you’ve got a question about savings goals, is that right?

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

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

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

**Mia** Hmm … thought so.

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

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

**Jacob** Well, it’s about £15,000.

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

**Jacob** Yeah, about that.

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

**Jacob** Right.

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

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

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

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

**Mia** Well, no. Looks like you might have to make some lifestyle changes too, Jacob. But the first step is to manage your debt – sensibly. OK?

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

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

Sophie Hello?

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

Sophie Oh, right.

Mia How can I help, Sophie?

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

Mia So, tell me, Sophie. Have you got debts?

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

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

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

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

Sophie Yes, I see.

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

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

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

### Track 08.02

If I save a little every month, I’ll be able to afford a new car soon.

If I had £1 for every time I’ve heard that, I’d be a millionaire.

If I saved £50 every month, I’d have enough for a new computer by the end of the year.

If I were you, I wouldn’t borrow so much money.

If I see her tomorrow, I’m going to tell her my news.

If you’ve finished your test and you’re waiting to leave, you should come to my desk.

If you’ve finished your test and you’re waiting to leave, please come to my desk.

If I weren’t feeling so tired, I might go for a run.

## Unit 8, Lesson B

### Track 08.03

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

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

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

## Unit 8, Lesson B, Vocabulary Focus

### Track 08.07

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

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

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

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

A No, the jury said he was not guilty.

B Hmm. What did the judge say?

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

B Hmm. That’s a bit odd, isn’t it?

## Unit 8, Lesson C

### Track 08.10

PART 1

**Tom** The estate agent just called me back.

**Becky** And?

**Tom** We didn’t get the flat. We just missed it. Someone came in and signed a contract about an hour ago.

**Becky** Oh no. So we just missed it?

**Tom** Afraid so.

**Becky** That’s really disappointing.

**Tom** I know. I did try ringing earlier, but kept getting the estate agent’s voicemail.

**Becky** Don’t worry. It’s not your fault – we’re just unlucky.

**Tom** Yeah. I’ll go and see what else they’ve got a bit later on.

**Becky** Good idea. I’m sure there’ll be plenty of other places. We’ll find somewhere.

**Tom** Of course we will.

**Becky** Bye.

### Track 08.11

PART 2

**Sam** I’m just popping out for an hour.

**Becky** Sure.

**Sam** What’s up?

**Becky** Oh, flat hunting – you know …

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

**Becky** Yeah. You look very smart! What’s the big occasion?

**Sam** The bank.

**Becky** Oh … scary!

**Sam** Well, if I want to make improvements to the kitchen …

**Becky** Yeah, that’s going to be expensive.

**Sam** Yeah. We need a new cooker, a bigger fridge – that sort of thing.

**Becky** Well, the evening meals have been popular though, haven’t they?

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

**Becky** Emma’s a great cook.

**Sam** Well, I always knew that!

**Becky** And it’s good to make changes.

**Sam** I hope the bank agrees.

**Becky** I’m sure they will. Good luck.

**Sam** Thanks!

### Track 08.12

A I’ve got my performance review with my boss tomorrow.

B You’ve had a good year. I’m sure it’ll be fine.

A I’d like a pay rise, but I don’t think I’ll get it.

B Well, you never know.

C It’s our final game of the season tomorrow and two members of our team can’t play. We’re bound to lose.

D It might work out fine.

C But they’re our two best players.

D Never give up hope.

### Track 08.13

PART 3

**Tom** Sam!

**Sam** Hi Tom!

**Tom** Hi Sam. Escaped for a few minutes?

**Sam** I’ve just been to the bank.

**Tom** Oh yeah?

**Sam** To see about a loan to improve the kitchen.

**Tom** Oh right. How did it go?

**Sam** I don’t really know. You know banks … they never say much at first. And then they say no!

**Tom** Yeah, the same thing happened to me.

**Sam** At the bank?

**Tom** No, at the estate agent’s. They weren’t very helpful.

**Sam** Yeah, right, finding somewhere to live. It’s really difficult, isn’t it?

**Tom** Yeah, it is. Sorry. I’ve got to get back to work. Are you going this way?

**Sam** Yeah. Erm, Becky said it’s been hard work.

**Tom** Yeah, we missed out on the perfect flat.

**Sam** Hmm, I know the feeling.

**Tom** Oh?

**Sam** It was just like that when I was looking for the café.

**Tom** But you found a good place. The café’s great. And it’s in a good location.

**Sam** In the end. Someone else got it first – then they changed their mind.

**Tom** Oh right.

**Sam** So you never know …

**Tom** Well, I’ve learnt one thing.

**Sam** What’s that?

**Tom** The next time we find the perfect place, I’ll say yes straight away.

### Track 08.14

PART 4

**Katie** Hello, Tom. It’s Katie here from Barkers Estate Agents. Thanks for coming in earlier. Something interesting’s just come up. Can you call me back on 249 456?

**Tom** Hi, Katie? Katie – hi. Hi, it’s Tom Gibson here. Yes, I just got your voicemail …

## Unit 8, Lesson D

### Track 08.16

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

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

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

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

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

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

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

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

**Paul** Exactly, and he really didn’t want to be on TV. I thought the presenter was really pushy with him – she kept repeating the same question – ‘but didn’t you realise, didn’t you realise?’

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

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

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

**Paul** Hardly.

**Zoe** But the presenter did say that at the very end.

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

**Zoe** And the presenter did point out that many thieves are very charming.

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

**Zoe** Obviously not! If I were you, I wouldn’t watch that show any more.

## Unit 9, Lesson A

### Track 09.03

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

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

**Toby** But plasters don’t have electronics in them.

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

**Toby** Like what?

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

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

**Rosie** Yuck!

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

**Rosie** But it’s not natural.

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

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

**Toby** Nothing wrong with that.

**Rosie** And the end result is something that costs €250,000 to make! I mean, these scientists, who are sort of like Dr Frankenstein, how can they justify that?

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

**Rosie** How come?

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

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

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

**Rosie** Yeah, I know that. And…

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

**Rosie** Well, yeah, fair point …

**Toby** But what amazes me is that you can’t see the obvious answer – go vegan.

**Rosie** Vegan? Why would I do that? I like meat.

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

**Rosie** All right, but why *vegan*? What’s wrong with cheese?

**Toby** Dairy cows. They produce tonnes of carbon dioxide and methane, which are all harmful gases. Very bad for global warming.

**Rosie** Hmmm, I suppose that’s true. But tell me one thing.

**Toby** What?

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

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

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

**Toby** Yeah, but the bus service is really inconvenient.

**Rosie** Sure it is.

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

## Unit 9, Lesson B

### Track 09.07

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

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

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

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

**A** Man-eating bananas?

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

**A** And people believed that?

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

**A** Just because of an email?

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

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

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

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

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

**A** And the same thing happened?

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

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

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

### Track 09.08

**1** Maybe they suspected it was a hoax but they weren't sure.

**2** People had no idea what necrotising fasciitis was.

**3** They started discussing it on TV chat shows and eventually people came to the conclusion it was just a hoax.

**4** It sounded like a reasonable story, so I guess people just assumed it was true.

**5** So everyone stopped eating bananas from South Africa for a while, until they realised it was all a hoax.

## Unit 9, Lesson C

### Track 09.09

PART 1

**Becky** What’s all this about? What’s the big secret?

**Tom** We’ve got to be somewhere, that’s all.

**Becky** But where?

**Tom** Ah … it’s a surprise.

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

**Tom** It’ll be fine.

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

**Tom** Just wait and see.

**Becky** Where on earth are we going?

**Tom** Wait and see.

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

**Tom** Do you?

**Becky** Yeah. Is there another flat available around here?

**Tom** Follow me.

### Track 09.11

PART 2

**Becky** But Tom … this is the same flat.

**Tom** Welcome to our new home!

**Becky** Really?!

**Tom** Step right this way … What do you think?

**Becky** But didn’t you say yesterday that we’d missed out?

**Tom** And we did.

**Becky** So what happened?

**Tom** The estate agent called me back – the other people changed their mind.

**Becky** Really? So it’s ours if we want it?

**Tom** Um ... actually … it is ours.

**Becky** What?

**Tom** I paid a deposit this afternoon.

**Becky** But, Tom, I thought we were going to talk about it first.

**Tom** Oh. Right. I sort of thought we had.

**Becky** Well, I suppose – in a way.

**Tom** And you were so disappointed when we missed out.

**Becky** Yes. Yes, I was.

**Tom** And I didn’t want to miss out this time.

**Becky** But you could have said something.

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

**Becky** Well, next time make sure you ask me …

**Tom** Well?

**Becky** It’s a lovely surprise.

**Tom** You’re not too annoyed?

**Becky** No. In fact, not at all.

**Tom** You did say it was the perfect flat.

**Becky** And it is. I love this space … And the view … And the kitchen is so well designed …

**Tom** Did you guess?

**Becky** In the car?

**Tom** Yeah.

**Becky** Well, I thought you were taking me to see a flat.

**Tom** But not this one?

**Becky** No, of course not.

**Tom** I thought about it a bit yesterday, you know, the different route …

**Becky** I do love it. I can’t wait to move in.

**Tom** We have to sign the lease first.

**Becky** Yes, of course.

**Tom** And … oh … but there’s another document that we have to sign beforehand.

**Becky** What’s that?

**Tom** Our marriage licence – that’s all!

## Unit 9, Lesson D

### Track 09.16

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

**2** A friend of mine had a very bad cough which wouldn’t go away, so he tried a treatment called ‘radionics’. The person treating you takes something that belongs to you, like a piece of clothing or something, and then turns some dials on this box. It looks a bit like a radio actually. And then they decide what’s wrong with you. What a load of rubbish! I don’t know how people can believe things like that.

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

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

## Unit 10, Lesson A

### Track 10.03

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

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

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

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

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

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

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

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

## Unit 10, Lesson B

### Track 10.05

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

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

### Track 10.06

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

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

## Unit 10, Lesson C

### Track 10.10

PART 1

**Tutor** Oh hi, Tessa. I was just looking for you. Uh, can I have a quick word? It’s something important. Let’s go to my office.

**Tessa** Yeah.

**Becky** I’ll wait for you.

**Tutor** Don’t look so worried. It’s good news. We’ve had the results of the photo competition.

**Tessa** Oh yeah?

**Tutor** And you’ve won first prize. £500. Congratulations!

**Tessa** What?

**Tutor** Yes. Well done. We’re very pleased for you. And it’s excellent news for the college too.

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

**Tutor** No, you deserved to win. I don’t think you realise quite how good you are.

**Tessa** Well – no. I mean, yes, thank you.

### Track 10.11

PART 2

**Sam** So … two things to celebrate today. First, Becky and Tom, you’ve found your dream flat.

**Becky** Thanks to Tom making a quick decision.

**Tom** We almost didn’t get it.

**Emma** We hope you’ll both be very happy in it.

**Becky** So what’s the second thing?

**Sam** The second reason to celebrate … as you’ve seen, business is going well. The meals have really been a success. … thanks to Emma and your wonderful cooking … and to Phil, it was your idea to open late and serve meals. Brilliant! So, let’s cut this cake.

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

### Track 10.15

PART 3

**Becky** Hold on, there’s something else we have to celebrate. You know the photo competition? Our photos of the bridges? Well, Tessa won first prize.

**Emma** That’s brilliant!

**Sam** Yeah, great news.

**Emma** When did you find out?

**Tessa** I only heard this morning. I couldn’t believe it, I was so surprised. First prize! I still can’t get over it.

**Phil** Well done, Tessa. I knew you’d win. You take such great photos.

**Sam** So that’s three things to celebrate – the flat, the café and Tessa’s prize.

**Emma** And you looking happy for a change – that’s a fourth thing.

**Sam** OK. So can we eat this cake?

**Phil** Hang on a minute, before we start. I have got something to say … I know you won’t believe this, but … I’ve finished my novel.

**Emma** That’s great, Phil!

**Phil** I sent it off today. So, the coffee’s on me.

**Becky** You can’t afford to buy us coffee, you’re not JK Rowling yet!

**Tessa** You never know. Maybe one day? Well done, Phil. It’s such a good story. And so original.

**Phil** Thanks, Tessa.

**Tessa** I reckon you’ll get some good news soon.

**Phil** Hope so.

**Tessa** But you won’t forget us when you’re rich and famous?

**Phil** How could I?!

**Sam** Right, I’m going to cut this cake.

**Tom** Just a minute, before we start. One more thing. We’ve decided on a date for the wedding.

**Becky** Finally.

**Tom** Saturday the nineteenth of June … and you’re all invited!

**Sam** OK, any more good news, anyone? No? Right – now I am definitely going to cut this cake.

## Unit 10, Lesson D

### Track 10.17

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

**Kurt** Sure.

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

**Kurt** You could be.

**Rosa** Meaning?

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

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

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

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

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

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

**Kurt** Kind of?

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

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

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

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

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

**Kurt** You’re planning on going to university next year, right?

**Rosa** Yeah.

**Kurt** Well, for starters – don’t.

**Rosa** Really?

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

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

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

**Rosa** What do you mean?

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

**Rosa** Sure.

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

**Rosa** So what do you do?

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

**Rosa** Anything else?

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

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

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

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

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

**Rosa** Why didn’t you?

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

**Rosa** You play so beautifully.

**Kurt** Thank you.

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

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