# Empower Second Edition Advanced

# Student’s Book Audioscripts

## Contents

[Unit 1, Lesson A, Vocabulary Focus 6](#_Toc83672913)

[Track 01.05 6](#_Toc83672914)

[Unit 1, Lesson A 7](#_Toc83672915)

[Track 01.06 7](#_Toc83672916)

[Unit 1, Lesson B 10](#_Toc83672917)

[Track 01.09 10](#_Toc83672918)

[Track 01.10 11](#_Toc83672919)

[Unit 1, Lesson C 12](#_Toc83672920)

[Track 01.15 12](#_Toc83672921)

[Track 01.16 13](#_Toc83672922)

[Track 01.17 14](#_Toc83672923)

[Track 01.21 14](#_Toc83672924)

[Unit 1, Lesson D 15](#_Toc83672925)

[Track 01.22 15](#_Toc83672926)

[Unit 1, Review and Extension 17](#_Toc83672927)

[Track 01.23 17](#_Toc83672928)

[Unit 2, Lesson A 18](#_Toc83672929)

[Track 02.05 18](#_Toc83672930)

[Track 02.06 18](#_Toc83672931)

[Track 02.07 20](#_Toc83672932)

[Unit 2, Lesson B 20](#_Toc83672933)

[Track 02.11 20](#_Toc83672934)

[Unit 2, Lesson C 22](#_Toc83672935)

[Track 02.18 22](#_Toc83672936)

[Track 02.22 23](#_Toc83672937)

[Track 02.23 24](#_Toc83672938)

[Unit 2, Lesson D 25](#_Toc83672939)

[Track 02.24 25](#_Toc83672940)

[Unit 2, Review and Extension 26](#_Toc83672941)

[Track 02.25 26](#_Toc83672942)

[Unit 3, Lesson A 27](#_Toc83672943)

[Track 03.03 27](#_Toc83672944)

[Unit 3, Lesson B, Vocabulary Focus 29](#_Toc83672945)

[Track 03.05 29](#_Toc83672946)

[Track 03.07 29](#_Toc83672947)

[Unit 3, Lesson C 31](#_Toc83672948)

[Track 03.10 31](#_Toc83672949)

[Track 03.14 32](#_Toc83672950)

[Unit 3, Lesson D 33](#_Toc83672951)

[Track 03.17 33](#_Toc83672952)

[Unit 3, Review and Extension 34](#_Toc83672953)

[Track 03.18 34](#_Toc83672954)

[Unit 4, Lesson A 35](#_Toc83672955)

[Track 04.04 35](#_Toc83672956)

[Unit 4, Lesson B 37](#_Toc83672957)

[Track 04.06 37](#_Toc83672958)

[Track 04.10 38](#_Toc83672959)

[Unit 4, Lesson B, Vocabulary Focus 39](#_Toc83672960)

[Track 04.12 39](#_Toc83672961)

[Unit 4, Lesson C 40](#_Toc83672962)

[Track 04.13 40](#_Toc83672963)

[Track 04.17 41](#_Toc83672964)

[Unit 4, Lesson D 42](#_Toc83672965)

[Track 04.19 42](#_Toc83672966)

[Unit 4, Review and Extension 44](#_Toc83672967)

[Track 04.20 44](#_Toc83672968)

[Track 04.21 44](#_Toc83672969)

[Unit 5, Lesson A 45](#_Toc83672970)

[Track 05.08 45](#_Toc83672971)

[Unit 5, Lesson B 46](#_Toc83672972)

[Track 05.09 46](#_Toc83672973)

[Unit 5, Lesson C 48](#_Toc83672974)

[Track 05.13 48](#_Toc83672975)

[Track 05.15 48](#_Toc83672976)

[Track 05.18 49](#_Toc83672977)

[Track 05.20 50](#_Toc83672978)

[Unit 5, Lesson D 50](#_Toc83672979)

[Track 05.21 50](#_Toc83672980)

[Unit 5, Review and Extension 52](#_Toc83672981)

[Track 05.22 52](#_Toc83672982)

[Track 05.23 53](#_Toc83672983)

[Unit 6, Lesson A, Vocabulary Focus 54](#_Toc83672984)

[Track 06.01 54](#_Toc83672985)

[Unit 6, Lesson A 54](#_Toc83672986)

[Track 06.03 54](#_Toc83672987)

[Unit 6, Lesson B 56](#_Toc83672988)

[Track 06.07 56](#_Toc83672989)

[Track 06.11 57](#_Toc83672990)

[Unit 6, Lesson C 58](#_Toc83672991)

[Track 06.12 58](#_Toc83672992)

[Track 06.15 60](#_Toc83672993)

[Unit 6, Lesson D 61](#_Toc83672994)

[Track 06.18 61](#_Toc83672995)

[Unit 7, Lesson A, Vocabulary Focus 63](#_Toc83672996)

[Track 07.01 63](#_Toc83672997)

[Unit 7, Lesson A 63](#_Toc83672998)

[Track 07.04 63](#_Toc83672999)

[Track 07.08 64](#_Toc83673000)

[Track 07.09 65](#_Toc83673001)

[Unit 7, Lesson B 66](#_Toc83673002)

[Track 07.11 66](#_Toc83673003)

[Track 07.15 68](#_Toc83673004)

[Unit 7, Lesson C 68](#_Toc83673005)

[Track 07.17 68](#_Toc83673006)

[Track 07.21 69](#_Toc83673007)

[Unit 7, Lesson D 72](#_Toc83673008)

[Track 07.23 72](#_Toc83673009)

[Unit 7, Review and Extension 74](#_Toc83673010)

[Track 07.24 74](#_Toc83673011)

[Unit 8, Lesson A 75](#_Toc83673012)

[Track 08.01 75](#_Toc83673013)

[Track 08.04 75](#_Toc83673014)

[Unit 8, Lesson B, Vocabulary Focus 78](#_Toc83673015)

[Track 08.08 78](#_Toc83673016)

[Unit 8, Lesson B 78](#_Toc83673017)

[Track 08.11 78](#_Toc83673018)

[Unit 8, Lesson C 80](#_Toc83673019)

[Track 08.13 80](#_Toc83673020)

[Track 08.14 82](#_Toc83673021)

[PART 2 82](#_Toc83673022)

[Unit 8, Lesson D 83](#_Toc83673023)

[Track 08.18 83](#_Toc83673024)

[Unit 8, Review and Extension 85](#_Toc83673025)

[Track 08.20 85](#_Toc83673026)

[Unit 9, Lesson A 86](#_Toc83673027)

[Track 09.01 86](#_Toc83673028)

[Track 09.06 86](#_Toc83673029)

[Track 09.07 87](#_Toc83673030)

[Unit 9, Lesson B, Vocabulary Focus 88](#_Toc83673031)

[Track 09.10 88](#_Toc83673032)

[Unit 9, Lesson B 88](#_Toc83673033)

[Track 09.18 88](#_Toc83673034)

[Unit 9, Lesson C 91](#_Toc83673035)

[Track 09.19 91](#_Toc83673036)

[Track 09.21 92](#_Toc83673037)

[Track 09.24 93](#_Toc83673038)

[Unit 9, Lesson D 94](#_Toc83673039)

[Track 09.27 94](#_Toc83673040)

[Unit 9, Review and Extension 96](#_Toc83673041)

[Track 09.28 96](#_Toc83673042)

[Unit 10, Lesson A, Vocabulary Focus 97](#_Toc83673043)

[Track 10.02 97](#_Toc83673044)

[Unit 10, Lesson A 97](#_Toc83673045)

[Track 10.03 97](#_Toc83673046)

[Unit 10, Lesson B 100](#_Toc83673047)

[Track 10.10 100](#_Toc83673048)

[Unit 10, Lesson B, Vocabulary Focus 100](#_Toc83673049)

[Track 10.11 100](#_Toc83673050)

[Unit 10, Lesson B 101](#_Toc83673051)

[Track 10.13 101](#_Toc83673052)

[Track 10.16 101](#_Toc83673053)

[Unit 10, Lesson C 103](#_Toc83673054)

[Track 10.17 103](#_Toc83673055)

[Track 10.18 104](#_Toc83673056)

[Track 10.19 105](#_Toc83673057)

[Track 10.20 105](#_Toc83673058)

[Unit 10, Lesson D 106](#_Toc83673059)

[Track 10.24 106](#_Toc83673060)

[Unit 10, Review and Extension 108](#_Toc83673061)

[Track 10.25 108](#_Toc83673062)

[Track 10.26 108](#_Toc83673063)

## Unit 1, Lesson A, Vocabulary Focus

### Track 01.05

**1** Some learners appear to be able to acquire language without much formal study.

**2** I really struggle with English idioms. I can never remember them.

**3** I’m not sure if I’ll ever attain a native speaker level of competence, but I’m not sure I really need to.

**4** When he went to live in Korea, he quickly got accustomed to the sound of the language.

**5** I’ve brushed up on my Arabic because I’m going to Riyadh next week.

**6** Penny’s lucky – she has an ear for languages. She learns them much more easily than me.

**7** After about a year, he found he could hold a conversation in Italian without too much effort.

**8** Unless I put a new piece of language into practice immediately, I find I forget it.

**9** People tend to give up on second language learning too easily. You need to keep at it if you want to succeed.

**10** She spent six weeks in Poland and really immersed herself in the language and culture.

**11** It's easy to pick up phrases like 'hello' and 'excuse me' wherever you are in the world.

**12** The sounds of Finnish are quite unique, so I found it difficult to get to grips with the pronunciation.

**13** I need to practise my speaking now I'm back. I'm sure I'm really rusty.

## Unit 1, Lesson A

### Track 01.06

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

**Katya** Hi Josh.

**Josh** Or I could say … privet.

**Katya** Da.

**Josh** Or … olá.

**Katya** Sim.

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

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

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

**Katya** Isn’t it enough?

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

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

**Josh** Why Brazil?

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

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

**Katya** No, I was born in the UK. We moved to Brazil when I was about two years old. But my multilingual – or I should say at that stage – bilingual education had already got underway. Right from the beginning, my mother spoke to me only in Russian and my father only in English. So, I got exposure to both languages right from the beginning.

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

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

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

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

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

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

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

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

**Josh** And then Portuguese?

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

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

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

**Josh** And you weren’t confused?

**Katya** I have a vague memory of getting frustrated sometimes at nursery school, which was probably because of language.

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

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

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

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

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

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

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

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

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

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

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

**Katya** Nice to know.

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

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

**Josh** Did knowing other languages help?

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

**Josh** And Spanish?

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

**Josh** A few months?

**Katya** Yeah, more or less.

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

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

## Unit 1, Lesson B

### Track 01.09

The word radio was first used in the 1900s, although of course radios were invented long before that, in the 1820s, but they were originally called wirelesses. The word environmentalism was first used in the 1910s. People began to be concerned about pollution and wildlife towards the end of the 19th century, and in 1916 a National Park Service was set up in the USA to help protect wildlife. The word spacecraft, meaning any kind of spaceship or satellite, first appeared in the 1920s, at about the same time that science fiction stories became popular in films and magazines. However, the first real spacecraft, the Russian Sputnik, wasn’t launched until 1957. People started talking about babysitters in the 1930s, and the word technophobe, meaning someone who has a fear of technology, was first used in the 1940s. This was about the time when people started using technology such as vacuum cleaners and washing machines in the home. Brainwashing is making people believe an idea by constantly telling them it’s true. This word was introduced in the 1950s. And an in-joke – a joke that is only understood by a particular social group – was first used in the 1960s. In the 1970s people first started talking about Bollywood – the Indian film industry based in Bombay – in other words, the Bombay version of Hollywood. The concept of ecotourism came in in the 1980s when the tourism industry began to respond to the demand for tours which benefited, or at least did not harm, the local ecosystem. The 1990s saw the invention of blogs – originally called web logs – as more and more people became connected by the Internet. And, in the 2000s, people all over the world started doing the Japanese puzzle, sudoku. The word selfie was introduced in 2013, to describe photos people take of themselves with their mobiles – although the first known selfie was taken 170 years earlier by Robert Cornelius, who took a photo of himself using a mirror in 1839.

### Track 01.10

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

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

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

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

## Unit 1, Lesson C

### Track 01.15

**PART 1**

**Oscar** Well, that’s all from me today. Coming up after this short break is Katya with the City FM news …

**Alex** Nice one, Oscar.

**Oscar** Yeah, not bad. You’ve not broken the equipment again, have you, Alex?

**Alex** No. That’s your job!

…

**Alex** Hi Sara! How are you this morning? Oh. Full of the joys of spring, I see!

**Sara** What? Oh, Alex, it’s you …

**Alex** Well, don’t sound so pleased to see me!

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

**Alex** Right … ?

**Sara** She wants a meeting this morning.

**Alex** And … ?

**Sara** I’ve got a feeling it’s not exactly good news.

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

**Sara** Hm, that’d be something of a surprise. When’s the last time I turned in anything decent?

**Alex** Oh come on!

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

**Alex** I’ve just booked my holiday.

**Sara** Oh, good!

**Alex** Yeah, Italy!

**Sara** Lovely. You know, my Dad is Italian.

**Alex** No way! Hey, maybe you could teach me some bits and pieces, y’know, basic survival phrases, ‘please’ and ‘thank you’ and stuff like that?

**Sara** Survival phrases? I think I need a few of them myself!

**Alex** Hey, Sara! Ciao bella!

### Track 01.16

**PART 2**

**Nadia** Ah, Sara. Take a seat.

**Sara** Thanks, Nadia.

**Nadia** Now, do you know why I’ve asked to see you?

**Sara** Um … Is it something to do with our long-running series of interviews with authors?

**Nadia** Exactly. Look, Oscar has already booked six authors, give or take.

**Sara** Six?!

**Nadia** He’s even managed to persuade Max whatshisname to come in.

**Sara** Who?

**Nadia** Max whatshisname – you know, author of Solar Wind? The guy who wrote the entire book sitting on a bench on the Palace Pier, here in Brighton.

**Sara** Max Redwood! Wow, that’s great news!

**Nadia** So, how far have you got?

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

**Nadia** I appreciate you’re still finding your feet here at City FM.

**Sara** Well, I’m beginning to feel like I’ve got the hang of things.

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

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

**Nadia** Ah Oscar, do come in. Let’s touch base soon, Sara.

…

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

**Sara** Leave it out, Alex.

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

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

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

**Sara** Well, basically, she said if I don’t get something big, like an interview with a best-selling author, I’m out of here, or words to that effect.

**Alex** Ah!

**Sara** You don’t happen to know, like, a best-selling author or something, do you, Alex?

**Alex** No, ’fraid not.

**Sara** That’s not your new girlfriend, again, is it?

**Alex** Yeah, it’s Emma!

**Sara** She’s keen, isn’t she?

**Alex** Oh! Hang on, Em!

### Track 01.17

**1** William whatshisname, you know, the guy who wrote Romeo and Juliet.

**2** I went to the market and bought a few bits and pieces.

**3** She told me to go away, or words to that effect.

**4** I know a little Polish – you know, ‘hello’, ‘goodbye’, and stuff like that.

**5** I’ve been to 15 countries, give or take a few.

### Track 01.21

Well, I’d been renting accommodation, a room in a nice cottage in a village 60 miles from London, for four or five weeks, give or take. The landlord had told me at some point I’d be getting a flatmate, but to be honest, I’d kind of got used to being there on my own. To start with, I’d had all my stuff in my room, of course, but as the weeks went by, I kind of thought, ‘Hmm, I could put some bits and pieces in the spare room.’ And then, ‘Oh! I’ll put my drum kit in there too.’ And so it went on. I was really making myself at home! I’ll always remember the morning I met Michelle for the first time: I had a cold, and I was still in bed feeling sorry for myself, when suddenly I heard a key turn in the lock of the front door. I raced down the stairs with the full horror of the situation dawning on me. Just as I got to the bottom step, she opened the door to see me in my pyjamas and a blind panic. She looked at me and said, ‘Have I come at a bad time?’, or something along those lines. That was roughly 13 years ago now, and we’ve been close friends ever since – after we moved all my stuff out of her room!

## Unit 1, Lesson D

### Track 01.22

**Maxwell Kingsley** I think we’re in a unique situation today with regard to language diversity and there is no precedent for it in history. The English language has become the world’s dominant language, and although other languages such as Chinese and Spanish are more widespread, English is spoken by the largest number of non-native speakers. In fact, there are a vastly greater number of people who speak it as a non-native language than there are people who have English as their first language. There are probably around a billion people worldwide who speak English to some degree of proficiency as a foreign or second language – it’s a huge number of people. It’s been estimated for example that something like 80 per cent of all conversations in English between tourists are between non-native speakers, so a Russian talking to a Japanese, or a Spanish speaker talking to a German, but using English. The implications of this are, of course, enormous. Naturally, this is quite unrelated to the nature of the English language itself. Some people say English is an easy language, but in fact English has the same degree of complexity or simplicity as other languages, and the reasons for its dominance are largely historical, and to some extent, accidental. It just so happened, for example, that the USA adopted English as its national language, rather than French or Spanish. I mentioned earlier that the dominance of English is unique. It’s true, of course, that Latin played a similar role as an international language for around a thousand years, starting with the Roman Empire and continuing until the 16th century. Latin was the language of science and of theology, and rather like English today, it was used in intercultural communication. But its use was limited to a few highly educated people, so it wasn’t used nearly as widely as English is today. English is used by everyone, not just a small elite. People often talk about how English is threatening other languages, but I don’t personally believe that dominance of English as a world language is going to have much effect on the diversity of human languages. It’s true that smaller languages have been dying out and they will continue to die out, but that’s more as a result of improved communication, and not because of the spread of English. People are going to go on speaking their own language, whether it’s Russian or Italian or Arabic or whatever it is. There’s no sign at all that everyone is going to drop their own language or that there will be one single language spoken by everybody. It simply isn’t going to happen, in my view. So, the only real disadvantage of the dominance of English, as I see it, is for native speakers of English themselves, as it means that they have less need to learn other languages, so in a sense that’s an impoverishment for them. Also, of course it’s quite understandable that speakers of other major languages might resent the rise of English as a global language, but the good news for them is that the dominance of English probably won’t last. Before English, French was of course the international language, at least among educated people, for a couple of hundred years, and before that it was Latin and Arabic and Greek and so on. In other words, various languages have played this role and this has come and gone over time, and no doubt it will be the same with English. Take Sumerian for example, which was the main written language in most of the Middle East for centuries. The last records of Sumerian are from the third century, so it survived as an international language for over 3,000 years, but of course now most people haven’t even heard of it, it’s a dead language. Compare that with English – so far English as a truly global language has been going for about 50 years at the most, so who knows what’s going to happen to it? One thing that’s certain is that nothing lasts forever.

## Unit 1, Review and Extension

### Track 01.23

**1** Mark obviously has a nose for business investment; he has never lost us any money yet.

**2** I walked across to the photographers, shouting and yelling. I completely lost my head.

**3** Colleagues regard Mika as a safe pair of hands who can be relied upon to step in when required.

**4** It may happen, but I certainly wouldn’t stick my neck out and promise anything.

**5** After five years’ training for this event, he’s head and shoulders above the competition.

**6** I had to bite my tongue when my manager took credit for my work.

**7** I will fight tooth and nail to prevent any scheme which threatens local livelihoods.

## Unit 2, Lesson A

### Track 02.05

**PART 1**

**Lena** A few months ago, I went to a friend’s place for dinner. It was a fun night – lots of lively company – y’know, one of those nights you feel you’ve talked about everything and solved the world’s problems! Towards the end of the evening, I was feeling a bit tired and I just kind of sat back and watched and listened – did nothing. It was interesting. It struck me how what we say sort of defines who we are. Talking is a way of fitting in – y’know, a way of showing that we belong to a social group. The next day I couldn’t stop thinking about this and began to wonder what would happen if I just stopped talking all together and was just … silent. What would happen to me? How would I come across to other people? I decided to read up on the topic of vows of silence. There were some really interesting stories online. Often a vow of silence is for spiritual purposes and people go into some kind of retreat to cut themselves off from the outside world. I guess you could say that’s not about communicating at all – it’s like taking time out to focus on yourself. But some of the other stories I read were about people taking what you’d call a more public vow of silence. What I mean is they continued to live in the real world and communicate with people – just they didn’t speak. Some people did this as a protest – y’know, like against censorship or something like that. I didn’t have any kind of burning cause I wanted to protest against but, for my own reasons, I was still intrigued by the idea of a public vow of silence. So I decided to take one – just for a weekend. I knew I’d find it hard to last much longer than that. I looked on it as a kind of social experiment. I knew it was going to be a challenge!

### Track 02.06

**PART 2**

**Lena** So … a whole weekend without speaking. The person I found hardest to deal with was … myself. When I’m alone I often talk to myself, or sing, or hum. But, no – I wasn’t allowed to do any of that. I had to keep my vocal cords completely out of action. I managed OK, except for a couple of times – like when someone held a door open for me and a little ‘thank you’ slipped out. Also when my phone rang, I couldn’t answer. I was quite proud that I remembered, even when someone woke me up calling early on Saturday morning. But I did text back. So, you see, I still communicated – email, text – all that sort of thing. I just had to keep my mouth well and truly shut.

The first thing that amazed me was just how easy it is to communicate without words – like, buying a coffee. I just sort of pointed to what I wanted and nodded in agreement when the person in the café got it right. I even met a friend for a chat. I could react to what he had to say by means of a facial expression. Occasionally, I did have to write some things down on a notepad, but I was amazed how much information I could get across without trying too hard. The most interesting thing was the way other people related to me. When I was queuing in the supermarket, a woman tried to have a conversation with me. She bombarded me with questions. When she eventually realised that I couldn’t or wouldn’t speak, she just made up her own answers to her own questions. She had a whole conversation with herself about why I couldn’t speak! She thought I was unwell. Also, my landlord was interesting. I had to go and pay my rent on the Saturday. He always goes on about something when I go and see him – he usually likes to run down some politician or other. I don’t always agree with him, and we often end up having a heated discussion. But this time, I just listened … And when I left he said, ‘It was great to have a good chat.’ This was interesting. I don’t think he really noticed that I hadn’t been saying anything. He was so caught up in what he was saying he wasn’t very aware of me. And it made me think … well, aren’t we all a bit like that? We’re all so busy talking and expressing our ideas – it’s like a kind of prison that doesn’t allow us to communicate with each other and see what’s going on around us. Most of the time people treated me kindly. I often felt that my silence brought out the best in people. Being silent for two days really gave me a chance to see and feel things without feeling I needed to respond or react. I mean, I often wanted to, but I had to hold myself back. And this meant I just had to let things go – just let them be. And, you know, I felt more peaceful – more connected with everyone and everything. So it really was fascinating – my weekend of silence. I recommend giving it a go.

### Track 02.07

**1** Talking is a way of fitting in – y’know, a way of showing that we belong to a social group.

**2** How would I come across to other people?

**3** … people go into some kind of retreat to cut themselves off from the outside world.

**4** … when someone held a door open for me and a little ‘thank you’ slipped out.

**5** The most interesting thing was the way other people related to me.

**6** She bombarded me with questions.

**7** He always goes on about something when I go and see him …

**8** He usually likes to run down some politician or other.

**9** I often felt that my silence brought out the best in people.

**10** I often wanted to, but I had to hold myself back.

## Unit 2, Lesson B

### Track 02.11

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

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

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

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

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

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

**Presenter** And then?

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

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

**Ada** Yes – you’d hope so, yeah.

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

**Ada** I’m going to count the seconds – that’s the only way of doing it. Um … when I reach 20 seconds, or count on 20, I’m going to pull this string hard and um … then the parachute will open in about 5 seconds.

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

**Ada** Thank you.

…

**Ada** Hi.

**Presenter** Hi, you made it.

**Ada** Yes.

**Presenter** So how was it?

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

**Presenter** How did it feel?

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

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

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

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

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

## Unit 2, Lesson C

### Track 02.18

**PART 1**

**Emma** Uh-huh … yeah … uh-huh.

**Alex** Right, so I’ll pick you up about seven.

**Emma** Great!

**Alex** What else is going on today, then?

**Emma** Nothing much. Max is due back soon.

**Alex** Max? Who’s Max?

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

**Alex** Oh, yeah, that’s right.

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

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

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

**Alex** Hmm …

**Emma** And he’s just so volatile! It’s like walking on eggshells half the time.

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

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

**Alex** Why don’t you just tell him straight, then? Don’t beat around the bush. There’s a lot to be said for being upfront about things.

**Emma** I can’t just boot him out!

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

**Emma** Yeah.

**Alex** Max Redwood?

**Emma** Yes.

**Alex** The same as that guy who wrote Solar Wind?

**Emma** No, he is the guy who wrote Solar Wind.

**Alex** You mean it is him?! Your brother is *the* Max Redwood!

**Emma** It’s no big deal.

**Alex** I don’t believe it! Oscar is interviewing him tomorrow!

**Emma** I know. Look, I’ve really got to go. Max will no doubt be hungry when he gets in. See you tonight.

**Alex** Yeah, OK. Bye then … .

### Track 02.22

**PART 2**

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

**Max** Hadn’t really thought about it, to be honest.

**Emma** Well, I mean, it’s not as if you’re short of cash any more, is it?

**Max** True.

**Emma** It might be in your interests to invest some of it in property.

**Max** Invest? Property? What are you talking about?

**Emma** Well, it would be lovely to have your own workspace, wouldn’t it? What do you think?

**Max** Sure. Yeah. Yeah. But I can’t think about any of that right now.

**Emma** Why not?

**Max** Well, I’ve got that radio interview tomorrow.

**Emma** Uh-huh?

**Max** I don’t know what to say!

**Emma** Oh, don’t worry about it. You might want to have a think about what you could say tonight.

**Max** There’s nothing else to say about Solar Wind! The book is the book.

**Emma** Oh Max, don’t get so wound up about it. It’s only an interview.

**Max** Only an interview?! You’re joking.

**Emma** Hey. I’ll be able to listen to you.

**Max** Don’t you dare listen!

**Emma** Alright, alright. Calm down!

**Max** Maybe I’ll just go far, far away, take a vow of silence, live on a desert island somewhere …

**Emma** Yeah, you might as well!

**Max** Emma!

### Track 02.23

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

**2** There’s a lot to be said for being upfront about things.

**3** Have you thought about the possibility of finding your own place to live?

**4** It might be in your interests to invest some of it in property.

**5** You might want to have a think about what you could say tonight.

**6** Don’t get so wound up about it.

**7**  You might as well!

## Unit 2, Lesson D

### Track 02.24

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

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

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

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

## Unit 2, Review and Extension

### Track 02.25

**1**

**a** After a clever marketing campaign, the company’s profits are soaring.

**b** Temperatures plunged to a record low of minus 35 degrees last night.

**2**

**a**  I sat looking out of the window, letting my thoughts drift.

**b**  My mind was whirling and I simply couldn’t decide what to do next.

**3**

**a**  I’m enjoying my job so much that time seems to be just whizzing past.

**b**  I hate long-haul flights. Time always seems to crawl past.

## Unit 3, Lesson A

### Track 03.03

**Daniela**  Papi I volunteered all over the world – building homes in Papua New Guinea, doing post-tsunami work in Sri Lanka, helping paint a school in Thailand. And I used to think it was the best way to travel. In 2005, I decided to organise my own volunteer trip – a bike ride across Cambodia with five friends. We were going to teach students we met along the way and raise funds to build a school. We spent months fundraising – through book sales, and bake sales, and speaking at community groups. We named the trip ‘The PEPY Ride’ – with PEPY being ‘Protect the Earth, Protect Yourself’ – because we were going to teach about the environment and health. The thing is, it turned out, there was more than one small problem with our plan. First of all, we didn’t really know that much about the environment or health, or Cambodia for that matter. And the money that we raised for other small projects that we hadn’t researched very much got wasted or landed in corrupt hands. And that school we helped to build, well, when I arrived to see it, I found a half-empty building and realised something I already should have known – schools don’t teach kids, people do. I was pretty disappointed, as you can imagine, that we’d spent the better part of a year fundraising and planning and things hadn’t turned out to be as simple as the celebrity volunteer trips I’d seen on TV. So, I decided to stay in Cambodia a bit longer and figure out how we could put that school building, and the rest of the funds we had raised, to better use. That ‘little bit longer’ turned into six years living in Cambodia, during which time I founded an education NGO, and to raise money for the non-profit work we were doing, I started a volunteer travel company – where I led hundreds of volunteers on trips to Cambodia. At first, our tours looked a lot like that first bike ride, and I took people on trips where we’d teach English or yoga or paint a building. But I slowly began to see that I was part of a growing system that I no longer believed in. After a decade of joining and leading volunteer trips, and from interviewing volunteers from all around the world as part of a book I am now co-authoring, I now firmly believe that the growing practice of sending young people abroad to volunteer is often not only failing the communities they are meant to be serving, but also setting these travellers, and by extension our whole society, up for failure in the long run. More and more young people are going abroad to volunteer each year – as part of school requirements, to build their CVs, or part of gap-year trips. Much of this demand is fuelled by the opinion that because we come from financially wealthier countries, we have the right, or obligation, to bestow our benevolence on people. Never mind if we don’t speak the language, don’t have the skills or experience to qualify for the jobs we are doing, or don’t know anything about what life is like in that, quote-unquote, ‘poor place’. Now, as a former serial-volunteer myself, I am in no way trying to criticise the good intentions of these volunteer travellers. I know from my former experience our desire to help is sincere. But I also now know that good intentions are not enough. Yet, good intentions are usually enough to get people to support your efforts. The praise and encouragement for international volunteering is almost blind to the details, the process or the research for how these young volunteers are actually going to help. Throughout the time we were fundraising for that first bike trip, countless numbers of people praised our generosity and bravery – yet very few people questioned us at all about our plans. Perhaps instead of handing us a cheque someone should have asked us how we planned to learn all we needed to know to be of help to anybody. The local papers wrote articles about us that made it sound like part of our heroism was the fact that we didn’t know very much. I believe that our lack of critical engagement when it comes to international volunteering is creating a double standard.

## Unit 3, Lesson B, Vocabulary Focus

### Track 03.05

**1d**  We made slow progress through the mosquito-infested swamp, knee-deep in mud. We avoided the dark pools of stagnant water and eventually reached the firmer ground beyond.

**2c** We visited a remote village in the foothills. In front of the cottage was a rich green meadow where cows grazed. In the distance, beyond wooded slopes, the mountains rose up into the sky.

**3f** To the north lies an untouched wilderness. The rocky ground is unsuitable for farming. Empty moorland stretches towards the distant mountains.

**4g**  The rugged coastline is famous for its beauty. From where I stood, sheer cliffs dropped to the sea and, looking down, I saw the mouth of a cave in the cliff face.

**5b**  Never before had I been to such an arid desert. On our third day, we came to some huge sand dunes. We knew there was no way our 4x4 would be able to cross them.

**6a**  We were deep in the heart of the jungle now. Quietly, we moved through the dense undergrowth. Looking up, I saw the forest canopy far above my head and heard the cries of monkeys and birds.

**7e**  The island can only be described as a tropical paradise. The sight of pristine beaches and calm turquoise waters made us forget our long journey in an instant.

### Track 03.07

**Will**  What do you think to my boat, Saqba?

**Saqba** Oh the boat – it’s nice … no problem.

**Will**  You think it’s nice? No problem?

**Saqba** Yeah, no problem.

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

**Saqba**  Yeah, no problem.

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

**Saqba**  Yeah. We shall see again. Safe journey.

**Will** Thanks, mate! My first paddle strokes. Oh … First of thousands, probably. This is absolutely amazing. It’s very shallow in parts. You might be able to hear the base of the boat just rubbing along the rocks, but it’s so quiet out here. I’ve only been going about 20 minutes and already I’ve seen far more wildlife than I’ve seen in the last three days, just in the forest surrounded by jungle. There’s dragonflies buzzing around, cattle egrets, large blue herons, kingfishers … There’s a whole cloud of white butterflies just on the Sierra Leonean bank. I’m completely hemmed in on both sides by jungle. Ooh, a fish, a big fish swam straight past. The water is so clean here. I’m just silently drifting up to this enormous fish eagle. I can’t be much more than eight feet away from it now. It’s just staring straight at me. Big white-capped head, dark wings, burgundy-brown across the back. Just close enough now to see that it’s got a massive catfish in its talons. I think I might leave him to it. Managed to just get my camp sorted. So this is my first night alone in the forest. Er … I’ve got my mosquito net up. I’m actually in my hammock, but my hammock’s on the floor because … I’m in a little stone island in the middle of the river. Just at the end of the day there was quite a large cataract and I didn’t really fancy taking it on till tomorrow, so I’ve just camped in this little island, basically, but I’m kind of worried if it rains tonight though, that the rain might just run straight through the middle of my camp or something. I don’t know though, I guess I’ll find out. I’m just trying to catch my breath. I think … I think the island last night marked the start of a series of rapids, just these rock-strewn whitewater passages, maybe 100 to 150 metres long. And then you get a short break, and then another, and then another, and another. I just took on this last one here and made a terrible mess of it, ended up sideways, hit this big rock in the middle of the river, which almost flipped the raft, just managed to get control of it again, and shot out of the bottom of this kind of small waterfall. So I’m just taking some shelter in this eddy right now and I’m going to have to unpack everything and tip out any water that I’ve taken on. And the thing is – just got to be so careful because if I lose the raft, I’m finished. It’s got all my communication equipment on, it’s got all my food on, it’s got my shelter on it. Without it, I cannot survive and now I am so far from the next village.

## Unit 3, Lesson C

### Track 03.10

**PART 1**

**Oscar** OK! Max. So, I’ll just talk for a minute to introduce you, and then we’ll begin the interview, OK? Are you ready?

**Max** Er, well, yeah, er, I think so …

**Oscar** OK, when the light turns red, we’re live. Hello, I’m Oscar Simmons from City FM, and I’m here to talk to Max Redwood, author of the bestseller Solar Wind. Thank you for coming in to talk to us, Max!

**Max** Thanks.

**Oscar** So, as many of you will already know, Solar Wind is a story about space travel. And basically, in a nutshell, a group of explorers are visiting a remote planet which is populated by people, that is to say, aliens! Now, these aliens look very similar to humans, but have a radically different culture. I’d like to begin by asking you where you got the basic idea for Solar Wind, Max?

**Max** Well, the idea came to me when … it came to me when …

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

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

**Oscar** Oh, right?

**Max** But, well, to cut a long story short, I had to cancel it, so …

**Oscar** Right. So in other words, it all just came from your imagination, then?

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

**Oscar** OK. So next I’d like to move on to your childhood. Were you interested in science fiction growing up?

**Max** Er… Well … Yeah. …

**Oscar** Right, so now for the question that all our listeners will be asking … What happens next? Or, to put it another way, when will Solar Wind 2 be published?

**Max** Um …

**Oscar** Right, I see. So it’s top-secret information, then?

**Max** Um, I’m sorry?

**Oscar** What I meant by that was, you’re not allowed to give any dates yet?

**Max** Er …

**Oscar** Right, so, to wrap things up now, I’d just like to thank Max Redwood for taking the time out of his busy writing schedule to come in and talk to us today. Thank you, Max, and looking forward to Solar Wind 2!

**Max** Yeah, thanks. No problem.

**Alex** Max. Hi. Alex. I’m, er, Emma’s boyfriend.

**Max** Emma’s … Alex! Of course.

**Alex** Yeah, listen, um, I’ve read the book …

**Max** Look, I’m really sorry. I’ve got to go.

**Alex** Nice to meet you too!

### Track 03.14

**PART 2**

**Emma** Oh, hello, Max.

**Max** You didn’t listen, did you?

**Emma** Er, no. How did it go?

**Max** It was an outright disaster! I came across as a blithering idiot!

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

**Max** OK, let me try and think about this calmly, shall I? All things considered, I think my first and last radio interview, listened to by the entire city, was, how shall I put this … ? … A complete and utter embarrassment! And my career’s totally ruined! And I’ll never be able to show my face again! Yes, I think that just about sums it up.

**Emma** Calm down. I’ll put the kettle on. You’ll feel better after a cup of tea. And a biscuit? A chocolate one …

## Unit 3, Lesson D

### Track 03.17

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

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

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

## Unit 3, Review and Extension

### Track 03.18

**1** I made a small donation, but I know it’s just a drop in the ocean.

**2**  She clearly wants to get the lie of the land before she makes any big decisions.

**3** Regaining popular opinion is going to be an uphill struggle for the party.

**4** We’ve just had some great news from the hospital: Sam’s out of the woods.

**5**  I told her borrowing was a slippery slope. She’s going to have to get a second job.

**6** If you can’t answer a question, don’t get bogged down with it; just move on to the next one.

**7** Ever since they put the ad out, they’ve been completely swamped with phone calls.

## Unit 4, Lesson A

### Track 04.04

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

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

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

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

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

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

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

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

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

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

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

## Unit 4, Lesson B

### Track 04.06

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

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

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

### Track 04.10

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

## Unit 4, Lesson B, Vocabulary Focus

### Track 04.12

**1c** I vaguely remember seeing that film years ago, but I’ve got no idea what the story of it is.

**2e** If I think of my time in New York, the first thing that comes to mind is a yellow taxi.

**3a** I told him you were coming today, but it must have slipped his mind. Sorry, he’s not here.

**4d** The smell of freshly baked bread always triggers a memory of staying with my grandmother in the school holidays.

**5g**  Before going into class, she reads the register to refresh her memory of her students’ names.

**6f** If you cast your mind back to the last meeting, you’ll remember we agreed to increase the fee by £10.

**7b**  I’ll always treasure the memory of the warm welcome they gave us. It was a very special occasion.

## Unit 4, Lesson C

### Track 04.13

**PART 1**

**Nadia** So, Oscar, before you go, can we have a quick word about your interview with Max Redwood?

**Oscar** Grand, yes!

**Nadia** How do you think it went?

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

**Nadia** Right.

**Sara** Yeah, he wasn’t an easy guy to talk to.

**Oscar** Tell me about it! If you ask me, maybe he should stick to writing.

**Nadia** I see where you’re coming from, but guys, I think we’re forgetting something here.

**Oscar** What’s that?

**Nadia** We’re the professionals.

**Oscar** OK, but I thought I was being … professional.

**Nadia** It’s our job to get the best from our interviewees.

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

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

**Oscar** Really?!

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

**Oscar** OK …

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

**Oscar** I do take your point, but I’m not sure there’s anything more I could’ve done.

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

**Sara** No offence intended, Oscar, but … I couldn’t understand why you were asking about a sequel.

**Oscar** Well, he will be writing another book, surely?

**Sara** Well, anyway, Max clearly was a very hard nut to crack.

**Nadia** With all due respect, Sara, I don’t think you’re in a position to tell us what does and doesn’t make a good interviewer. We need to bear in mind that we’re trying to run a business here. It’s about getting results. We could lose a lot of listeners with an interview like that.

**Oscar** OK, point taken.

**Nadia** Let’s pick this up again tomorrow.

### Track 04.17

**PART 2**

**Sara** Phew, that was hard going!

**Alex** What, Nadia? Yeah, she can be quite tough, can’t she?

**Sara** You’re telling me! It’s the first time I’ve heard her criticise Oscar, though.

**Alex** Probably because of his interview with Max Redwood.

**Sara** You’ve hit the nail on the head!

**Alex** Speaking of which …

**Sara** Such a shame. I’ve read his book and it’s fascinating. He must have loads to say about it.

**Alex** Yeah. Speaking of which, you’ll never guess what I found out recently. Max Redwood is my girlfriend’s brother!

**Sara** You’re kidding! Emma’s brother?!

**Alex** Yep.

**Sara** No way! Have you met him?

**Alex** Um, sort of. But he is staying with Emma at the moment.

**Sara** Hey, I wonder if …

**Alex** Yeah?

**Sara** Well, y’know – could you maybe, y’know … ?

**Alex** What? Get his number for you?

**Sara** Well, yeah.

**Alex** Yeah, sure, I’ll call Emma.

**Sara** Brilliant! Thanks, Alex!

**Alex** I wouldn’t mention that you’re a journalist to start with though.

**Sara** Hm … Yeah, you’re right. I’ll say I’m a fan!

**Alex** Well, you are a fan, aren’t you?

**Sara** Well, yeah, I suppose I am!

**Alex** Hi Emma! Yeah, listen, I’ve got a favour to ask about your brother …

## Unit 4, Lesson D

### Track 04.19

**Interviewer** In just over a year, you went from being almost unknown to being talked about as one of the big names in South African hip-hop. How do you feel about that?

**Noni-K** Oh, I'm really happy about it, yeah, sure. But I mean – it's not the main thing for me, you know? Um, if my music speaks to other people, that's cool, but that's not really what I'm doing it for. I make the music I believe in, it's a way to find out who I am.

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

**Noni-K** Not really, no. I've always liked singing, but I never performed in public, not even right into my early teens. I was actually really shy. I mean, I liked singing and I knew I could sing well, but I didn't want to sing in public, no way!

**Interviewer** But that changed?

**Noni-K** Yeah, it took a long time, though.

**Interviewer** And when you were eight, your family moved from South Africa to London. What was that like for you?

**Noni-K** Oh it was a real eye-opener in lots of ways. All these different people suddenly, different cultures, different ways of living. You know, I'd come from a small town in South Africa, so it was really, eh ... different. Yeah – so it was good in some ways, but I never really felt at home in London.

**Interviewer** Like an outsider?

**Noni-K** Yeah, that's it. So I went back into myself quite a bit, all the way through my teens really – yeah, so it was quite a weird time. I mean, I was writing songs, but just for myself; I wasn't performing much.

**Interviewer** That comes across in your album, Breakout. It's quite dark in places, isn't it? Quite reflective?

**Noni-K** Yeah, that's right, it is. It's kind of about me changing, and seeing that I could move on from what I was like before. So I was tapping into those early teen years, in London. The teenage me, that was the dark part!

**Interviewer** OK. But you did move on?

**Noni-K** Yes, but probably not until I moved back to South Africa. When I was 17, I stayed with friends in Johannesburg, and that's when I really got into making music.

**Interviewer** That must have been a huge change.

**Noni-K** Oh yeah. Like coming back to my roots. And it was so much livelier.

**Interviewer** Livelier than London?

**Noni-K** Oh, definitely, yes. Johannesburg is just – so much happening, so creative ... music, art, everything – fashion, food, people! It feels really alive, you know? It was like, the moment I got off the bus from the airport, I knew this was the place I wanted to be. Like coming home. That sounds crazy but it really did, I just knew right away.

**Interviewer** So then you started writing new songs?

**Noni-K** Yeah, that's right. I hooked up with some other guys and we started sharing music, like playing together? And I just started experimenting more, I guess. I started writing, like, new stuff I'd never thought of before, more hip-hop but also other different influences, too.

**Interviewer** Soul?

**Noni-K** Yes, soul. What else? I dunno, I'm not really into all these genres, it's not that important.

**Interviewer** And that led to your first album?

**Noni-K** Yes, then we got together, me and these two other guys, and we started playing regular gigs, and then another friend let us use a studio – and that's how we recorded Breakout.

**Interviewer** Are you surprised that it was such a success? It's listened to all over the world, it's in Europe – Asia, too.

**Noni-K** Um, I guess I am surprised in a way. Like I say, I was doing it for myself, mainly. It's just where I am now.

## Unit 4, Review and Extension

### Track 04.20

**1**  Don’t hold back, please. Speak your mind.

**2** Thanks for telling me. I’ll bear it in mind when I’m making my decision.

**3**  I wish you’d tell me what the problem is. I can’t read your mind.

**4** You can do anything if you put your mind to it.

**5** It didn’t cross my mind to tell you.

### Track 04.21

**1c**  I’ll double check I locked the door. It gives me peace of mind.

**2a** I can’t cope with doing it right now. I’m not in the right frame of mind.

**3b** I know you’ve got doubts. Please try to keep an open mind.

**4e** Look at the state of my hair! I swear it has a mind of its own.

**5d** She’s stressed out. She has a lot on her mind.

## Unit 5, Lesson A

### Track 05.08

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

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

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

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

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

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

## Unit 5, Lesson B

### Track 05.09

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

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

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

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

## Unit 5, Lesson C

### Track 05.13

**PART 1**

**Sara** Hi, Mr Redwood? I’m Sara Neroni.

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

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

**Max** Oh, yes, please.

**Waitress** Two coffees.

**Max** Thanks.

**Sara** I am such a fan of your work! Thank you for agreeing to meet me like this.

**Max** Well, I try to find time for my fans. I’m just sorry we couldn’t meet up sooner.

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

**Max** Yeah. So, er, you work with my sister’s boyfriend Alex?

**Sara** Yes, that’s right. You’re staying with Emma at the moment, if my memory serves me correctly?

**Max** Just on a temporary basis, till I get my own place.

**Sara** It must be a bit hard to write, stuck in her flat?

**Max** Well, I’m not actually doing any writing at the moment.

**Sara** No?

**Max** No. To be honest, I think I’ve got writer’s block. But hopefully, I’ll snap out of it soon enough.

**Sara** Oh no! That must be tough.

**Max** Well, we all have our ups and downs, I guess.

**Sara** Yeah, I suppose.

### Track 05.15

**PART 2**

**Sara** It must be really difficult writing science fiction.

**Max** I suppose so. I reckon I should’ve been a crime writer.

**Sara** Yeah?

**Max** When your detective solves the murder, you just invent another murder, and then away you go.

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

**Max** Not so easy with science fiction. I think I’ve said everything I wanted to say in my first book.

**Sara** Oh? I was under the impression that you were writing another book?

**Max** No. No doubt you heard that from that guy from the radio interview.

**Sara** Oscar.

**Max** Yeah. Him. What stands out in my mind most is that that interview was a total disaster! I’d hazard a guess that he hadn’t even read my book. Hadn’t even opened my book. Otherwise, he wouldn’t have asked about a sequel!

**Sara** Hm …

### Track 05.18

**PART 3**

**Max** Still, enough about me. What about you? Presumably, you’re a technician, like Emma’s boyfriend, right?

**Sara** Well, I’m not actually …

**Max** Oh. I think I remember Emma saying that her boyfriend’s a technician at City FM.

**Sara** Yes, he is. But I’m a journalist, myself. Sorry.

**Max** Oh. I see. Emma didn’t mention that. I thought you were just a fan. I didn’t know you were a journalist.

**Sara** Suppose you’d known, would you still have agreed to meet with me?

**Max** Well, not after that interview with Oscar whatshisname!

**Sara** So, I suppose another interview would be out of the question.

**Max** Time to go!

**Sara** I’m sorry! It’s just that I’m a really big fan, and I really need this break. I just didn’t know how else to … Look, I’ve read your book and I absolutely love it. And I get that there simply can’t be a sequel – after all, time does stand still at the end, doesn’t it?

**Max** Right. Look, I might consider doing another interview.

**Sara** You would?

**Max** But I need to have a think about it. Let’s meet up again soon to talk some more?

**Sara** Oh, fantastic! Thank you so much! When are you free?

### Track 05.20

**A**  So when are you starting your new job? I was under the impression that you were starting next week.

**B**  Oh, no. That would be too soon. I need a holiday first!

**A** But, if my memory serves me correctly – you went to Spain last month for a long weekend, didn’t you?

**B** Who told you that?! I’d hazard a guess it was that sister of mine!

**A** Yeah, I think I remember her saying something along those lines.

**B**  Well, you can’t have too much of a good thing, can you? Presumably, you need a holiday too. Why don’t you come with me?

**A** Well, I can’t remember the last time I had a break. Why not?

## Unit 5, Lesson D

### Track 05.21

**Mario** I saw this really interesting job ad online – working in marketing for an IT company. It’s a bit like my current job, but there were opportunities in the new job for more travel and I thought, ‘Why not give it a go and apply?’ I sent in my CV and got offered an interview immediately. I thought, ‘Great!’ So I had this interview with an HR person. To start off with, it went really well. She told me she was impressed by my CV, and I could feel that I was giving her the answers she wanted to hear. Y’know, you just get a sense of whether a job interview is going well or not. Then, after about half an hour, this HR woman said, ‘Oh, and of course we’ll need log-ins for all the social media you use.’ And I replied, ‘Oh, you mean the professional one?’ And this kind of suspicious look crept across her face and she said, ‘No, I mean all social media.’ I was truly shocked – I was completely lost for words. For a minute I just sat there and didn’t say anything. Eventually she asked, ‘Is there a problem?’ At which point I said that I didn’t really think it was appropriate for a company to access private social media. Then there was this stony look in her eyes and she said, ‘All staff are required to provide access to the social media they use.’ I’m afraid I couldn’t help myself and I said that I felt they were overstepping a boundary by asking me for this, and there were really privacy concerns. But she didn’t back down. She said that the company expects access to social media, particularly of marketing staff. She said that it’s essential that we project a positive image at all times – both in person and online. Well, I don’t want my private life to be controlled in this way. And besides, I’ve heard of people getting sacked for making ‘inappropriate comments’ about work – but of course, it’s always the company that decides what’s inappropriate or not. So, in the end, I politely told this woman that I wouldn’t feel comfortable working for her company and quickly left. I mean, I know everyone’s life is more out there and online these days, but demanding to see my social media – that’s just a bit too Big Brother-ish for my liking.

**Laila** I read this article the other day about people being surprised or shocked because prospective employers expect access to applicants’ social media. I was a bit surprised by this article myself – surprised, because I thought, ‘What do people expect in this day and age?’ We live so much of our lives online and it’s such a public thing, so I don’t really see a problem with employers having a look at my social media posts. In fact, this happened to me a couple of months ago. I applied for a job as an account manager at an advertising agency. During the first interview, the guy who’s now my boss asked if he could friend me and I agreed immediately – in fact, we sorted this out during the interview. This meant he could read through all my personal information and posts. He called a couple of days later to say I’d got the job. And do you know what swung it in my favour? He really liked my way of presenting myself online, and he was impressed by the sports training and charity work that I do in my free time. He also thought my pet cockatoo was very cool! So really, why wouldn’t you want to give a prospective employer this kind of access? I really think it’s advisable to do so. Of course, if you’ve posted material that puts you in a bad light, then I can see why you wouldn’t. But in that case, the real issue is the way you use social media. I think that people tend to forget that just about anything you post online can be accessed in one way or another – so if you don’t want people to read it, then don’t post it. Social media is so much a part of my life and I feel completely relaxed about sharing information. I do think carefully about the way I present myself, but no more carefully than I would if I walked into a room full of people I don’t know. It’s the same thing – what’s the difference?

## Unit 5, Review and Extension

### Track 05.22

**1** Halden doesn’t feel like a place where you have to look over your shoulder.

**2** People who are up to no good are often very good at lying.

**3** I guess the inspectors need to be inspected. If there aren’t the proper controls, they get away with murder.

**4** The jury decided to give the accused the benefit of the doubt and came back with an innocent verdict.

**5**  Last week, he caught a thief red-handed loading sections of copper wire into a car.

**6**  A new film about famous partners in crime, Bonnie and Clyde, hits cinemas this weekend.

**7**  He got off lightly; he only had to repay the money. He didn’t go to prison.

**8**  The High Court lays down the law, and all the local judges have to follow its decisions.

### Track 05.23

**1**

**A** I can always tell when my children are up to no good. They have a guilty look on their face.

**B**  I never can. Unless I catch them red-handed, I can never work out if they’ve been naughty or not.

**2**

**A** He may have made up his story about feeling sick, but I’m going to give him the benefit of the doubt.

**B**  OK, but if you trust him too much, he’ll try and get away with murder.

**3**

**A** He’s found himself a partner in crime in a boy called Jim from school, and now he never comes home at a reasonable time any more.

**B**  You should lay down the law. He’s only a teenager.

**4**

**A** You really got off lightly at work after messing up that big order. I can’t believe they didn’t take it more seriously.

**B**  I know, I can’t stop looking over my shoulder now. I’m sure that can’t have been the end of it.

## Unit 6, Lesson A, Vocabulary Focus

### Track 06.01

**1** The strength of emotion in this close-up of her face seemed to almost hit me. It’s a truly powerful image.

**2**  He appears to be lifting a car with one hand. It’s just not possible – it’s completely nonsensical.

**3**  The kittens are loving that ball of wool! It’s an extremely playful photo.

**4** The photographer has captured gritty scenes of inner-city poverty. It isn’t pretty.

**5** It’s a very well-composed photo. There’s a perfect balance between the foreground and the sky and the land.

**6** These photos make a more meaningful statement about man’s impact on the environment than words could.

**7**  This is the most gently humorous photo in his portfolio. The expression on the man’s face really makes me smile.

**8** For me the most wonderfully exotic photo in the exhibition is the frozen desert. It’s another world for me.

**9**  It’s a very evocative image. You can’t look at it without feeling something.

**10** This photo was taken just after he lost the match. The raw emotion is painful to look at.

**11** The picture of Neil Armstrong stepping on to the moon in 1969 is truly iconic.

**12** The rather ironic expression on the woman’s face seems to be saying “Oh well, life’s like that”.

## Unit 6, Lesson A

### Track 06.03

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

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

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

**Monika** Yes, that’s correct. I’ve been doing this course about photography and it’s for complete beginners.

**Interviewer** Why did you decide to do the course?

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

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

**Monika** The tutorials? Not really, but then when I went to the course, and I started my course - I’ve been doing this course now for a few weeks - and I’m learning all the time, something new, so it’s really, really good.

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

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

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

**Monika** Well, yes, I’m always choosing the wrong shutter speed. And … I want to take photos of everything, and I don’t always follow the rules. But now I know that I have to be more careful with my settings of the camera and what exactly I want to take a photo of. So when I’m taking my photos now, I’m more cautious and kind of careful how I do it and what I really want to take photos of.

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

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

## Unit 6, Lesson B

### Track 06.07

**1d** I was absolutely devastated. It was the biggest game of the year and we had played appallingly.

**2b** I felt very frustrated. I needed to get in touch but I couldn’t track her down.

**3g** I was terribly restless. I couldn’t concentrate on my book or TV or work.

**4f**  I felt extremely jealous. My brother had money, friends and now a charming wife.

**5e** I felt a bit insecure. I was the only person at the party who was over 40.

**6a** I was totally speechless. It was the most beautiful thing I’d ever seen.

**7c** I feel so ashamed. My behaviour at the party was unforgivable.

**8h**  I felt absolutely petrified. There was a snake crawling across my foot.

### Track 06.11

**Presenter** And now to a local story that’s a bit of a mystery – and with a good Samaritan in the mix. An unknown woman is being hailed as a model citizen for saving the life of a tourist in the capital yesterday. Sione Leota – all the way from Samoa – got up early in the morning to do a bit of sightseeing. A keen photographer, Mr Leota was taking shots of some of our famous landmarks when he began to feel ill. He approached our mystery woman, who offered him a drink from her water bottle and then must have realised things really weren’t looking good. The woman helped Mr Leota into her husband’s car and they raced off to the nearest hospital. So, for an update let’s go live to our reporter May Lee. Hi, May.

**May** Hi, Gavin.

**Presenter** So how’s Mr Leota doing?

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

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

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

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

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

**Presenter** So how does Mr Leota feel about all this?

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

**Presenter** How long is Mr Leota likely to be in hospital?

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

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

## Unit 6, Lesson C

### Track 06.12

**PART 1**

**Sara** Er, Nadia?

**Nadia** Yes?

**Sara** I’ve got some great news! I met up with Max Redwood the other day, and he says he’s going to consider doing another interview with us!

**Nadia** What?

**Sara** Max Redwood? He says he’ll think about doing another interview with us.

**Nadia** Oh, I don’t know about that, Sara. You know, after last time.

**Sara** I know, but he’s really hot stuff at the moment!

**Nadia** That’s true, but would he actually have something to say?

**Sara** Well, if I do the proper preparation …

**Nadia** To be honest, it won’t even be my decision, Sara. I’d need to get Paul to sign off on this.

**Sara** Paul?

**Nadia** It would need someone more senior than me to give the go-ahead for this. There’s a lot of risk involved. It was a disaster last time. We need some really compelling reasons to go down this route again.

**Sara** I see. Well, I could come up with those! Look, I really think this is worth a shot.

**Nadia** Well look, why don’t I invite Paul to our next team meeting and we can raise it then?

**Sara** OK, great!

…

**Nadia** OK, the next item on the agenda is the author interview series. And, as I mentioned earlier, I’ve invited Paul today to get his take on it. OK, so over to you, Sara.

**Sara** Thank you.

**Paul** That’s not a picture of Max Redwood, is it?

**Sara** Yes, that’s right – an up-and-coming author, but not a forthcoming one, as poor Oscar discovered!

**Oscar** You can say that again!

**Nadia** Oscar!

**Sara** … And there were many questions left unanswered. Now, as luck would have it, I bumped into Max the other day and I’ve got him to consider doing another interview. My focus today is on this second interview. Let me talk you through why our listeners want to hear more from Max Redwood. Well, first and foremost – he wrote his book from a bench on the Palace Pier right here in Brighton. However, he’s not just a local celebrity – he’s becoming famous on a national level. Let me take you through some facts and figures.

**Oscar** This is a bit over the top, is it not, Sara?!

**Sara** I think these facts speak for themselves: sales of nearly half a million; rumours of a huge advance offered for a second novel; translations into eight languages; 300,000 Twitter followers … I don’t want to labour the point, but one thing is clear – Max Redwood is on the road to becoming an international best-selling author. Turning now to the focus of the interview itself, I’ve decided to talk about the creative process behind his work. More specifically, I propose to find out how science fiction writers like Redwood can imagine in such detail places and events that they can’t possibly have experienced in real life. So to recap on what I’ve been saying, I’m proposing to re-interview Max Redwood, due to his imminent stardom, and focus on what inspired him to write Solar Wind. Now, if you’d like me to elaborate on anything I’ve just said, go right ahead.

**Oscar** What will you do if Max won’t reveal any interesting information?

**Sara** Well, I’ll just have to cross that bridge when I come to it. But, I’m planning to work quite closely with him in the run-up to the interview, so there shouldn’t be any nasty surprises on the day.

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

**Sara** OK.

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

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

### Track 06.15

**PART 2**

**Alex** Atishoo! Sorry …

**Sara** Oh, you’re back!

**Alex** Yeah.

**Sara** How are you feeling?

**Alex** Well, not a hundred per cent to be honest, but, y’know …

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

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

**Sara** Pretty good, on the whole. But he thought I was a technician like you, and he was a bit angry when he found out I was a journalist.

**Alex** Oh sorry. I told you not to mention that you were a journalist.

**Sara** Not to worry. He didn’t seem to mind too much in the end.

**Alex** Well, that’s good.

**Sara** Anyway, more to the point, he’s agreed to think about doing another interview!

**Alex** Great!

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

**Alex** Hm. Have you got any further with the famous sequel that Oscar was talking about?

**Sara** Actually, no.

**Alex** No?

**Sara** No, there can’t be a sequel because his first book was the end of the story.

**Alex** Oh?

**Sara** Because at the end, time …

**Sara** **and Alex** … stands still!

**Alex** Oh, I see what you mean …

**Sara** Yeah, it’s a bit of a sore point with him, actually …

**Alex** Hmm. So he’s reached the end of his story, but has he done the beginning?

**Sara** What?

**Alex** Well, if he can’t do a sequel, he could do a prequel, y’know, what happens before the events in Solar Wind.

**Sara** Hmm, I wonder. You might be on to something there, Alex …

## Unit 6, Lesson D

### Track 06.18

**1**

**Interviewer** So how do you decide what to plant?

**Volunteer 1** We ask the kids mainly, we let them choose.

**Interviewer** Do they know enough about it?

**Volunteer 1** Well not really, I mean we don't just give them a free choice because they'll come up with things like coconuts or avocados, which take years to grow! So we draw up a list together and then they choose from that.

**Interviewer** What's on the list?

**Volunteer 1** Oh, a whole range of things. Fruit, like strawberries or melons, they're very popular. Eh, vegetables – beans, sweetcorn, things like that, which are easy to grow and you can watch them growing. Or peanuts – one school grew peanuts. Then they made bags of salted peanuts – they tasted great!

**2**

**Interviewer** So you pick up stuff from supermarkets?

**Volunteer 2** Yes, that’s right, at the end of the week when they throw things out. And from restaurants.

**Interviewer** Is it good quality?

**Volunteer 2** Oh yes, you'd be amazed what gets thrown out, it's quite incredible really. Things that are still perfectly fresh but past their sell-by date, so the shops aren’t allowed to sell them. It's such a waste. Vegetables, cheese, bread – everything.

**Interviewer** And then you take it round to people's homes?

**Volunteer 2** Sometimes yes, but we also have a centre, or a few centres round the city, I should say. So people can come and choose what they want. Sometimes we limit them to, say, three or four things, so everyone gets something.

**3**

**Interviewer** It must be a fun project to work on.

**Volunteer 3** It is, yes, lots of fun, and also it's very positive because it's something that almost everyone agrees is important. I've never met anyone who doesn't think the city should be greener, so that's a good starting point.

**Interviewer** And the kids must like it.

**Volunteer 3** Oh, they love it, yes. It's really satisfying actually because you can see how proud they are. We always let them write their name and they can stick it on the tree and it stays there, and then they can visit their tree and watch it grow. So it's not just a one-off thing, it has a long-term benefit, too.

## Unit 7, Lesson A, Vocabulary Focus

### Track 07.01

**1** He’s open-minded.

**2**  She’s warm-hearted.

**3** It was backbreaking work.

**4** It’s a heartwarming sight.

**5** She’s left-handed.

**6** He’s hard-hearted.

**7**  She’s clear-headed.

**8**  It’s mouth-watering.

**9**  The sight was jaw-dropping.

## Unit 7, Lesson A

## Track 07.04

**1**  It’s possible that we’ve been trying to augment, or improve, ourselves from the moment we invented tools.

**2**  It’s likely that people will decide to swap their own hands, arms or legs for bionic limbs.

**3**  Because of their cost, it’s not very likely that haptic gloves will be widely used in the foreseeable future.

**4**  There’s a good chance they’ll eventually be used for more everyday applications.

**5**  Who knows if before long we may be able to shake hands with business colleagues on the other side of the world!

**6** The idea of replacing someone's heart almost certainly seemed like science fiction.

**7**  Most of these devices are still very expensive, but costs will probably start to come down as the technology advances.

**8**  These new bionic organs are sure to perform better than their biological counterparts.

### Track 07.08

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

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

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

### Track 07.09

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

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

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

## Unit 7, Lesson B

### Track 07.11

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

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

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

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

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

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

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

**Zelda** Well, yes … The reason why it matters is, we’re living in an age of economic and physical connection. Er, our economies are connected. So, if the stock market in the USA sneezes, then we all catch a cold. We’ve all seen how; a deadly virus can break out in one part of the world and can travel around the globe very quickly. And more people are moving around. The thing we really need to understand is how other countries and cultures work. We’re more linked to each other than we used to be, so we need to be a lot more cosmopolitan.

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

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

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

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

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

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

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

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

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

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

**Presenter** How?

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

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

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

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

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

### Track 07.15

**1** What we don’t need is free wi-fi all over town.

**2** It’s only at work that I use a landline.

**3** All we have to do is unsubscribe from social media to help us reconnect.

**4** What’s incredible is just how liberating it is to go digital.

**5** The reason it worries me is that people end up living in virtual worlds and losing touch with reality.

## Unit 7, Lesson C

### Track 07.17

**PART 1**

**Max** Excuse me a moment, I’ll have to take this … Hi Wendy … Yes, I agree, we do need to talk this through. I’m with someone right now, though. Can I call you back? Yes. OK. Speak later. Bye. Sorry about that.

**Sara** No worries. Sometimes it can’t be avoided.

**Max** It was my publisher asking about another book.

**Sara** Oh? Most writers would be over the moon to get the opportunity to write a second novel.

**Max** Yeah, but I’m not sure I could, even if I wanted to.

**Sara** I’m sure that’s not true, Max. I’m sure you’ll come up with something soon. Hey, y’know, Alex had a good idea yesterday, for more to the Solar Wind story.

**Max** Alex?

**Sara** Yeah. You know how we said a sequel is impossible … Well, he said you ought to write a prequel. Y’know … Tell the story of what happens before Solar Wind.

**Max** So, you’ve been talking this through with my sister’s boyfriend?

**Sara** Well, yes, I thought it might be a good idea …

**Max** I think it’s a bit out of order!

**Sara** Sorry?

**Max** First, you hide the fact that you’re a journalist. Then, you go gossiping about me to the whole world! It’s not on!

**Sara** Well, I wouldn’t say Alex is the whole world, exactly …

**Max** To be perfectly honest, I’m not sure I can go through with another interview.

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

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

**Sara** Max, please, it’s not like that! I’m sorry, it was inexcusable of me to pretend I was a fan, but … I think you’re overreacting here.

**Max** Maybe so, but I think we had better call it a day. Please don’t bother me again.

### Track 07.21

**PART 2**

**Emma** Oh, hello Max! Take a look at this house. Isn’t it gorgeous?

**Max** Yeah, nice.

**Emma** Look, it’s dead cool. This website allows you to take a virtual tour around the house.

**Max** Right. But surely that price is way out of your league.

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

**Max** Me? Why?

**Emma** Well, you need somewhere to live.

**Max** Why don’t you just come out with it? You’re throwing me out!

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

**Max** Why is everyone trying to organise my life for me today? First Sara, now you!

**Emma** Max!

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

**Emma** Look, calm down, Max. I’m sorry. That wasn’t very tactful of me, was it? But, y’know, you do need a place of your own. We both do, to be honest.

**Max** You’re right. As always.

**Emma** Max.

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

**Emma** It’s OK. We all lose it from time to time.

**Max** Me more than most!

**Emma** Hmm. What were you saying about Sara?

**Max** Oh. Apparently, she and Alex have been discussing my next book. Alex’s got a brilliant idea, I’m told.

**Emma** Oh, I see. And what’s that?

**Max** Well, that I should write a prequel.

**Emma** Not a bad idea.

**Max** Do you honestly think that that idea hasn’t crossed my mind?!

**Emma** Oh, Max! Don’t get all angry again, please!

**Max** Well, for goodness’ sake! I’m fed up of being completely misunderstood all the time!

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

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

**Emma** Try me! Y’know, this is just typical you! Constantly whining about how nobody understands you, but given half the chance, you can’t be bothered to explain what’s going on in that big head of yours.

**Max** Emma! All right then, fine. I’ll tell you. I’m scared that I’ll ruin Solar Wind by writing something rubbish that everyone hates.

**Emma** What?

**Max** I’m scared, Em.

**Emma** Do you remember that time you wrote that short story for the school newspaper?

**Max** Not really.

**Emma** Oh, come on, you do so. What was it called … ? Um …

**Max** Solar Breeze.

**Emma** It wasn’t, was it? Anyway, you write that story, the whole school loves it, Mum and Dad are beside themselves with pride, as are you, and Miss Hall suggests you enter the National Short Story competition. Do you remember?

**Max** Yes.

**Emma** And what a hoo-ha that was! You were entering the competition, you weren’t entering the competition, you were, you weren’t. Mum, Dad and I had to endure listening to at least 30 versions of it – sometimes even in the middle of the night. We all went without sleep for about three weeks.

**Max** Emma, look, I know where you’re going with this, OK.

**Emma** Good! And in the end, you won first prize! And I was so proud of you, Max.

**Max** You were?

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

**Max** You’re right.

**Emma** And tell me, how did you leave it with Sara?

**Max** Sara? I guess I overreacted there too, if I’m honest. Well, I had a bit of a go at her, actually. Stormed off … I know what you’re thinking. Right again. I’d better ring and apologise.

**Emma** Yeah, I think you’d better do that, Max.

## Unit 7, Lesson D

### Track 07.23

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

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

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

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

## Unit 7, Review and Extension

### Track 07.24

**1** I’m sure she’ll be a successful team leader. She’s very self-confident.

**2**  Yoga is good for your health, and it also makes you more self-aware.

**3** He doesn’t care about anyone else. I’ve never met anyone who’s so self-centred.

**4**  She’s so self-satisfied that it never occurs to her that other people don’t like her.

**5** She gave up her job so her husband could pursue a career in politics. Why is she always so self-sacrificing?

**6** We’ve started growing our own vegetables, although I doubt we’ll ever be self-sufficient.

## Unit 8, Lesson A

### Track 08.01

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

**Jonathan** Well, that’s a surprisingly difficult question to answer. The simple answer is, we don’t really know. But there are several theories about it. One is that it helps us to conserve our energy during the period when it’s least useful to search for food, and another is that sleep provides a time when the body can repair and restore itself, and it seems this is especially important for the brain. One thing we know for sure is that we do need to sleep. Most people sleep for about 8 hours, which means we sleep for one third of our lives – so on average that’s 25 years spent asleep. The other thing we know is you can’t go for too long without sleep – it simply isn’t possible. The longest recorded time that anyone has stayed awake continuously is 11 days.

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

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

### Track 08.04

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

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

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

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

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

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

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

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

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

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

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

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

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

**Bernie** Hi.

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

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

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

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

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

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

**Presenter** You never oversleep?

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

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

**Iain**  Hi there, yes.

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

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

**Presenter** The whole village?

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

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

## Unit 8, Lesson B, Vocabulary Focus

### Track 08.08

**1e**  He was showing his age. His hair was thinning and greying around the temples.

**2I**  Her eyesight is deteriorating and she’s got arthritis in her knees.

**3a**  Yellowing teeth? Try our new whitening toothpaste. You’ll be amazed.

**4d** Moisturising daily combined with weekly facials helps to tighten and plump the skin.

**5h**  Tooth loss and heart trouble are not inevitable parts of ageing.

**6f**  Strengthening and toning exercises like yoga and Pilates help to give you energy.

**7b** Poor circulation can be improved by regular cardiovascular exercise.

**8c**  Weight loss can be aided by eating a varied and balanced diet.

**9g**  There’s no need to resort to painful injections or plastic surgery.

## Unit 8, Lesson B

### Track 08.11

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

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

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

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

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

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

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

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

**Peter Bowes** Can I taste it?

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

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

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

**Peter Bowes** Here goes.

**Martin Knight** It’s very colourful anyway.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Unit 8, Lesson C

### Track 08.13

**PART 1**

**Nadia** You’re here late, Sara.

**Sara** Oh, hi Nadia. Yeah, I’ve got a lot on.

**Nadia** How is the preparation coming along?

**Sara** Good, yeah. I’m just so grateful for this opportunity.

**Nadia** Well, it could have gone either way with Paul, really. But he said he could see how much it meant to you, and the work you’d put into the presentation. He feels confident you can make the interview a success – we both do.

**Sara** Oh, thanks, Nadia.

**Nadia** So, what kind of stuff are you getting from Max?

**Sara** There’s a couple of interesting angles we could take in terms of revealing his inspirations.

**Nadia** Oh?

**Sara** Yeah, I asked him how he got into science fiction and he said he started getting ideas on life on other planets when he was a kid. He broke his leg, and to cheer him up his dad bought him a telescope. He said he couldn’t sleep at night and he used to spend hours looking up at the night sky.

**Nadia** Hmm …

**Sara** So maybe we could explore the idea that insomnia breeds creativity …

**Nadia** Well, I’m not sure about the insomnia bit – it’s a bit of a tenuous link … but overall I think you’ve got some really good material here.

**Sara** But you haven’t heard the best bit yet!

**Nadia** What’s that?

**Sara** He has an idea for his next book, and he’s giving us the title of it first!

**Nadia** Wow! What is it?

**Sara** It’s … wait for it … Gravity Zero.

**Nadia** Hmm. Interesting … Are you OK there, Oscar? I didn’t hear you come in.

**Oscar** Yeah, yeah, I’m fine. Just forgot my car keys … again!

**Nadia** Anyway, Sara, I can’t believe you’ve got us an exclusive on that! Well done! Good night, Oscar.

**Oscar** Night.

## Track 08.14

### PART 2

**Miranda** Breaking News Online. Can I help you?

**Oscar** Hello, is that Miranda Hall?

**Miranda** Yes, speaking.

**Oscar** Oh, hello. This is Oscar Simmons. We met at a few press conferences. I don’t know if you remember?

**Miranda** Oh yes, Oscar Simmons, from City FM. Yes, I remember.

**Oscar** Great, well, I’m calling because I’ve been doing a little, um, what you might call freelance work? Anyway, I’ve got some information you may be interested in – straight from the horse’s mouth, I think it’s fair to say.

**Miranda** What kind of information?

**Oscar** Exclusive information about our very own Max Redwood. Y’know, author of Solar Wind?

**Miranda** Oh right, the guy who famously wrote the whole book staring out to sea from the end of the Palace Pier.

**Oscar** Exactly. I can give you an article about him, including a sneak preview of his next book.

**Miranda** I didn’t know he was writing a second novel?

**Oscar** He is! And I’m offering you the chance to be the first to announce it – with the title.

**Miranda** The title? Well, yes, that would certainly be of interest. There’s just the issue of how much you would like for it.

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

**Miranda** Oh, I think we’d be prepared to offer, say, two fifty? Would that be a fair suggestion?

**Oscar** Two fifty! Could you see your way to increasing that a little? I was kind of hoping for something more in the region of five hundred.

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

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

**Miranda** Fair’s fair. Remember we haven’t even seen what you’re offering yet.

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

**Miranda** And I need it by one o’clock? I want it on the website by today.

**Oscar** What? Today? Er, how flexible can you be on that?

**Miranda** Well, if I don’t get it by two and it’s not the kind of thing I’m looking for, the deal’s off.

**Oscar** OK, fair enough. One last thing …

**Miranda** What’s that?

**Oscar** Would you mind keeping my name off the article?

**Miranda** Freelance and anonymous, eh?

**Oscar** Yeah.

**Miranda** No problem.

**Oscar** Great. Thanks.

**Miranda** Thank you.

## Unit 8, Lesson D

### Track 08.18

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

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

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

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

**Interviewer** So you mean meat?

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

**Interviewer** But no milk.

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

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

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

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

**Julia** Thank you.

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

## Unit 8, Review and Extension

### Track 08.20

**1**  ‘Can you hear me?’

‘Yes, I can hear you loud and clear.’

**2**  I’m almost afraid to touch anything in her room. She keeps it so neat and tidy.

**3** I don’t want to have a long discussion over the phone, so let’s keep it short and sweet.

**4**  We got caught in a really bad blizzard, but fortunately we got home safe and sound.

## Unit 9, Lesson A

### Track 09.01

**1** There are plans to regenerate the port area of the city.

**2** It’s a beautiful old building. They just need to renovate it.

**3**  It’s good that students are moving into the area. It will help to rejuvenate it.

**4**  In order to make the film, they re-created a medieval village, complete with cottages and a market square.

**5** They’re moving the banks of the river so that it will regain its natural character.

**6**  They are going to redevelop an old industrial area to create parks and a wildlife zone.

### Track 09.06

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

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

### Track 09.07

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

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

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

## Unit 9, Lesson B, Vocabulary Focus

### Track 09.10

**1**  The council favoured an original design by a young architect because they wanted a striking and innovative town hall to bring a modern edge to their city.

**2**  As the town is fairly small, the large castle on the hill is really too imposing and seems out of place.

**3**  I’m sorry, but there’s nothing remarkable or new about the design of those houses – they’re totally nondescript and pretty dated.

**4**  I really like the gold leaf in the ceiling decorations, but for some people it’s tasteless and over the top.

**5**  The graceful, elegant lines of the building are very pleasing to the eye. It’s stunning!

## Unit 9, Lesson B

### Track 09.18

**Katie** You look tired.

**Ryan** Aren’t you?

**Katie** A bit – but I’d like to do something – to keep going.

**Ryan** Right now? All I want to do is sleep.

**Katie** Not a good idea – you’ll wake up in the middle of the night and won’t be able to get back to sleep. No, really, you should keep moving. It helps with the jetlag.

**Ryan** A 13-hour flight – I’m exhausted.

**Katie** I know. Let’s do something easy – just go for a walk.

**Ryan** OK.

**Katie** And let’s figure out what we can do tomorrow. We’ve got one whole day in Singapore, so let’s make the most of it.

**Ryan** Yeah, sure, good idea. I had a look at the guidebook on the flight.

**Katie** Oh good. And I did a bit of background reading before we left.

**Ryan** One place I thought of was Fort Canning Park.

**Katie** Oh yes. What’s there?

**Ryan** Well, it’s a park with gardens and stuff, but it used to be the fort the British Military – you know, there’s a bit of history there.

**Katie** OK ... that’s a possibility. But one of the websites I looked at said Singapore is fantastic for modern architecture.

**Ryan** Yeah, there seem to be a lot of modern buildings here.

**Katie** I’d really like to see Marina Bay Sands.

**Ryan** What’s that?

**Katie** Well, it’s mostly a hotel – too expensive for us – but there’s an ArtScience Museum near there and a pretty amazing shopping centre.

**Ryan** Shopping! Please, no. I couldn’t bear it.

**Katie** No, well, that’s not why I want to go. It’s just the design – it’s amazing. (a beat) Here, take a look …

**Ryan** Er … not really my taste, I have to say. Sorry.

**Katie** But can’t you see? It’s designed like three decks of cards.

**Ryan** And that’s supposed to make it attractive?

**Katie** And this part here – that looks like a lotus flower – that’s the museum. But the thing I really want to see is the SkyPark – see, that’s the bit at the top of the building. It links the three towers and it’s got gardens, a jogging track, even a swimming pool. I mean, having a park in the middle of the air – that’s incredible.

**Ryan** But Fort Canning has a park.

**Katie** Yeah, but it’s just an ordinary park.

**Ryan** With some history.

**Katie** It’s the whole colonial thing – I don’t find it all that interesting.

**Ryan** My grandfather was stationed there after the war.

**Katie** Oh.

**Ryan** So I’d really like to … you know.

**Katie** OK, fine. What about going to Marina Bay Sands first. We can have lunch there and then we can go to Fort Canning?

**Ryan** Oh, I was thinking about lunch somewhere else.

**Katie** Where?

**Ryan** Raffles Hotel.

**Katie** The old one?

**Ryan** The only one – and, yes, it dates back to the nineteenth century. But it’s been renovated. They do this sort of high tea in the Grand Lobby – sandwiches, cakes, that sort of thing. All very traditional – it looks really cool.

**Katie** And a bit old-fashioned. Besides which … look, here’s their website. You have to book well in advance. We won’t get a table.

**Ryan** OK – look, we’ve only got a day – let’s compromise. We go to Fort Canning in the morning and then Marina Bay Sands for lunch.

**Katie** Yeah – that works. And we could go to the ArtScience Museum after lunch.

**Ryan** I thought you were keen to see the SkyPark?

**Katie** Yeah, that too.

**Ryan** Well, if we go to the museum, then I get to choose the gardens we go to.

**Katie** What did you have in mind?

**Ryan** The Botanic Gardens – it’s got real live jungle creatures in it.

**Katie** Creepy – no thanks. Let’s skip the museum and visit the SkyPark at Marina Bay Sands. I mean, you said Fort Canning is a sort of old park.

**Ryan** Yeah but …

**Katie** They’re all more or less the same. But then there’s this really interesting residential complex called the Interlace. They’re six-storey apartment blocks but they’re sort of staggered in hexagons. They look really interesting.

**Ryan** I’m sure they are. But after Fort Canning and Marina Bay Sands maybe we’ll both just want to hang out and relax.

**Katie** Maybe.

**Ryan** So after lunch let’s just play things by ear.

**Katie** OK – fair enough.

## Unit 9, Lesson C

### Track 09.19

**PART 1**

**Emma** You’re cheerful today!

**Max** Yeah, well, I am. It seems like everything’s falling into place, at last.

**Emma** Oh?

**Max** Yeah! My new book’s coming together well and I really think it’s going to work. And, guess what? I think I’ve found a place to live.

**Emma** Wow, that’s brilliant!

**Max** Yeah, it’s in a renovated warehouse, down by the marina.

**Emma** Sounds very avant-garde! Hey, Max … there’s an article about you on Breaking News Online. Look!

**Max** But … I’ve never even spoken to anyone at Breaking News Online! This is outrageous! Listen: ‘Night owl Max Redwood spent his childhood gazing up at the night skies …’ This is beyond belief!

**Emma** But it’s true. I remember when Dad gave you that telescope.

**Max** They’ve got no right to publish this! Where on earth did they get this from?! Who wrote it?

**Emma** There’s no name.

**Max** I don’t believe it! They’ve even got the title of my next book in here!

**Emma** Let’s see … ‘Gravity Zero …’ So they do!

**Max** But I haven’t told … Sara! It’s disgraceful! How dare she?! …

**Emma** Sara? But she doesn’t work for Breaking News!

**Max** No, but she’s the only person I’ve told.

**Emma** Hmm, let’s not jump to conclusions. There’s something fishy about this. Why would Sara give the exclusive information that she needs for her big break to someone else?

**Max** I don’t know … I’m lost for words!

**Emma** I smell a rat.

**Max** What do you mean?

**Emma** Someone else at City FM must have leaked the information.

**Max** Maybe … Anyway, whoever it was, they’ve got no right! I’m ringing them right now!

**Emma** Hold your horses, Max! Think about what you want to say first.

### Track 09.21

**PART 2**

**Max** This is Max Redwood, and I’m calling to express my dissatisfaction … No … no … This is Max Redwood and words cannot express my anger … Oh, for goodness’ sake. Hello, is that the editor-in-chief at City FM?

**Nadia** Yes, speaking.

**Max** This is Max Redwood. I really feel you owe me an explanation for the article which appeared on Breaking News.

**Nadia** Yes, I’ve just seen that. I can assure you that we are just as upset as you are.

**Max** Really? Well … I spoke in confidence to Sara Neroni. The next thing I know, I’m in an anonymous story online, and the title of my next book has been announced! It’s totally unacceptable! Don’t you think you should take full responsibility for this?

**Nadia** There’s no need to raise your voice, Mr Redwood. I do understand, and I have every intention of investigating the matter. Should I discover that any of the team have been involved, I can assure you, there will be consequences.

**Max** How would you feel about someone you trusted revealing your confidential information in the press?! You’ve failed to fulfil your responsibility to protect my privacy!

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

**Max** Absolutely not. And I’d appreciate it if you didn’t try to contact me again. It’s over. Finished. Finito. The end.

### Track 09.24

**PART 3**

**Nadia** Oscar.

**Oscar** You wanted to see me?

**Nadia** Take a seat. Have you got something to tell me, Oscar?

**Oscar** Er, no, should I?

**Nadia** There’s an article on Breaking News Online about Max Redwood.

**Oscar** Oh?

**Nadia** Yes. It gave me a strong sense of déjà vu actually … it’s full of Sara’s information – including the title of the book.

**Oscar** Really?

**Nadia** Yes.

**Oscar** So, are you thinking someone leaked it?

**Nadia** Yes, I am, Oscar. You were the only other person in the office last night. I know you overheard our conversation.

**Oscar** What are you saying?

**Nadia** What’s more, I happened to find this business card on your desk – ‘Miranda Hall, Editor-in-Chief, Breaking News Online’… Had a little rendezvous with Miranda, have we?

**Oscar** I don’t know what you’re talking about.

**Nadia** Oscar, by selling information to other organisations, you are in breach of your contract.

**Oscar** You can’t sack me. I’ll take you to court!

**Nadia** I’m not going to sack you, you’re right. You’re going to resign. If you take us to court, you’ll lose, and you’ll never work in journalism again. I’ll expect your letter of resignation in the morning.

## Unit 9, Lesson D

### Track 09.27

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

**Lizzie** Here you are.

**Ron** But isn’t it my turn?

**Café worker** Thanks.

**Lizzie** The coffee’s on me, Ron.

**Ron** You sure, Lizzie?

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

**Ron** Really?

**Lizzie** Yeah.

**Ron** Shall we sit here?

**Lizzie** Yep.

**Ron** So … What’s up?

**Lizzie** What do you mean?

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

**Lizzie** Thoughtful – not miserable.

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

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

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

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

**Ron** So why the long face?

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

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

**Lizzie** Yeah, I remember.

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

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

**Ron** But I still miss her.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Lizzie** That’s certainly true.

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

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

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

**Lizzie** Yeah, something like that.

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

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

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

**Lizzie** Absolutely!

## Unit 9, Review and Extension

### Track 09.28

**1** He’s built this day up into so much I’m afraid he’ll be disappointed.

**2**  They forgot to build in auto-locking on this phone.

**3** He’s built up a huge fan base over the years.

**4**  I’m looking for ways to build on last year’s sales.

**5**  Our business is built around the idea that people want coffee with their books.

**6** She really needs to build up her confidence if she wants to get a job.

**7**  When the pressure builds up at work, you need a good, long break.

## Unit 10, Lesson A, Vocabulary Focus

### Track 10.02

**1** She demonstrated her understanding of complex social issues by explaining them in everyday language.

**2** I’ve been invited to address an audience of business experts at a conference in London.

**3** If you sense the audience is getting bored, you should move on to a new subject to keep their interest up.

**4**  Every time she got the wrong slide, she made comments under her breath that I couldn’t hear.

**5** She presented key information in easy-to-read tables.

**6** It really helps if you can illustrate the points you want to make with specific examples.

**7**  Don’t go into too much detail during your presentation – people can only process so much new information.

## Unit 10, Lesson A

### Track 10.03

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

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

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

## Unit 10, Lesson B

### Track 10.10

All these objects are lucky charms from different parts of the world. They’re all supposed to bring luck or protect you in some way. This is a horseshoe, and these were traditionally nailed above doorways in Britain and also in the USA, and they bring good luck to the household. Because they’re over the door, they stop bad luck entering the house and they protect it against magic spells. Some people say it’s important that the open side should be upwards, so the luck doesn’t ‘run out’. In other words the horseshoe collects the luck for you. Now this one is a special kind of mirror, which are traditionally used in China, and they’re an important part of feng shui. It’s customary to hang them above the front door of a house, and they always face outwards so they can ward off evil and protect the house. The idea is that the mirror deflects any bad energy coming towards the house, so it’s very important that you should hang them outside the house, not inside. And this figure of a cat is called maneki-neko, which literally means ‘beckoning cat’. You may see these if you go to a Chinese or Japanese shop or a restaurant – they’re often just by the door. They come from Japan originally, and they’re supposed to bring good fortune to the owner. You see the cat’s paw is raised – sometimes it’s the left paw and sometimes it’s the right paw. If it’s the left paw, this attracts customers. And if the right paw is raised, it invites good fortune and brings wealth to the owner – so it’s a good idea to have both kinds! And these are wish bracelets, which are worn as a good luck charm in Brazil. And they’re also worn just as a fashion accessory because they look good. The idea of these is, you tie the ribbon three times round your wrist and you make a wish with every knot you tie. If the ribbon wears out naturally and falls off your wrist, your wishes will come true. So it’s really important not to cut the ribbon off.

## Unit 10, Lesson B, Vocabulary Focus

### Track 10.11

**1**  She wore a good luck charm around her neck until the day she died, at the ripe old age of 104.

**2**  I had the good fortune to invest at exactly the right time and made millions.

**3** The cautionary tales are traditionally told by each generation of parents to teach their children morality.

**4**  It is customary to decorate the house with branches from pine trees at this time of year.

**5**  They sprinkle the beans and then sweep every room to banish demons and ward off evil.

**6**  Children make a wish and try to blow out the candles. It will come true if they manage to blow them all out.

## Unit 10, Lesson B

### Track 10.13

**1**  They’ve agreed to sell the house, so this time next week it’ll be ours – touch wood.

**2** I’ve failed the driving test twice now. Ah well, third time lucky.

**3**  ‘I do hope Lisa passes her English exam.’

‘Yes, I’ll keep my fingers crossed.’

**4**  You should wear a motorbike helmet. You’ve been lucky so far, but you’re tempting fate.

**5**  I know it’s not raining, but take an umbrella just to be on the safe side.

### Track 10.16

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

**Sandy** Well, their behaviour may seem eccentric, and of course it is, in the sense that they do things that most people don't do before doing sport, so what they do isn't exactly ‘normal’, but in fact this kind of behaviour makes total sense.

**Presenter** In what way?

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

**Presenter** Lots of adrenalin.

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

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

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

**Presenter** Even though in fact it can't possibly influence the outcome of the game. Not directly, anyway.

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

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

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

**Presenter** She's the judo champion, isn’t she?

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

**Presenter** Well, that makes sense.

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

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

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

**Presenter** Gosh, so it actually did improve their performance.

**Sandy** Yes, that was the ‘magic’, if you like to call it that. Because they believed in it, they performed better. And if you think about it, in a highly competitive sport like tennis, or defending a goal in football for that matter, a tiny advantage may just make that difference between success and failure, and that's why these rituals are especially common in sports like tennis and football.

## Unit 10, Lesson C

### Track 10.17

**PART 1**

**Max** I asked you not to contact me again, didn’t I?

**Nadia** I know that, Mr Redwood, but I just wanted to …

**Max** You’ve got a nerve!

**Nadia** Sorry, if I could just finish what I was saying, Max!

**Max** Oh, go on then!

**Nadia** I’ve managed to track down the source of the leaked story about you …

**Max** Don’t tell me! Sara was gossiping about me again …

**Nadia** Sorry to interrupt, but Sara wasn’t idly gossiping. She was updating me on her research and was overheard by another journalist, who showed some very poor judgement. He’s no longer a member of our team, I hasten to add.

**Max** I see.

**Nadia** I’d like you to at least consider coming in for your interview with Sara tomorrow. I know how much she was looking forward to it. And I think it would be refreshing for all of us, after our experiences with Oscar Simmons!

**Max** Hmm …

### Track 10.18

**PART 2**

**Sara** Thanks for this, Max.

**Max** No worries.

**Sara** Hello. My name is Sara Neroni, and I’m going to be talking to Max Redwood, author of the best-selling science fiction novel Solar Wind, and who is in the process of writing his second novel, Gravity Zero. Good to see you, Max!

**Max**  Thanks. And good to see you too, Sara.

**Sara** Now, as anybody who’s read your first book will know, you’re an incredibly imaginative, creative person, Max, but where do you get your inspiration from? Could you tell us a little bit about that, please?

**Max** Before we get started, can I just make a point about creativity? I just wanted to say that … it doesn’t come easily all the time. I was in a bad place up until recently. I thought all of my ideas had dried up … but, my fans got me through that and encouraged me to keep at it.

**Sara** Oh, really? I’m glad to hear that.

**Max** But anyway, to answer your question about inspiration, I think I first got interested in space travel when I was growing up.

**Sara** Speaking of which, you grew up here in Brighton, didn’t you?

**Max** Yeah, that’s right. It was really my dad who got me into space – I mean, first got me interested in space! He bought me this telescope and we would look up at the stars at night together. I’d imagine all sorts of weird and wonderful worlds up there.

**Sara** and **Max** And did you say / And I never …

**Sara** Please, after you.

**Max** Yeah, as I was saying, I never forgot those worlds.

**Sara** Now if you don’t mind me coming in here, you had trouble sleeping as a child, didn’t you?

**Max** Yeah, that’s right. So I spent more time than most kids that age in my own little world …

### Track 10.19

**A** So, I understand you’re a motivational speaker.

**B** That’s right. Basically I go to company conferences and give talks on …

**A** Sorry to interrupt, but where are these conferences?

**B** Oh, all over the country. Overseas sometimes, too. But, as I was saying, companies employ me to talk about my mountaineering adventures to share a message of drive and ambition.

**A** And I don’t suppose you imagined when you started mountaineering that you would end up doing this.

**B** No, I …

**A** I mean, did you think …

**B** Sorry?

**A** No, I’m sorry. Go on.

**B** Well, no. I never imagined I would be going around speaking at conferences …

**A** If you don’t mind me coming in here, you have some really exciting stories of your mountaineering days, don’t you?

**B** Sorry, if I could just finish what I was saying. I never imagined speaking at conferences, but I’d just like to say that I’ve been amazed at the warm welcome I’ve received in the business world.

**A** That’s good to hear. Now, …

### Track 10.20

**PART 3**

**Sara** Thanks, Max. I think that went really well.

**Max** Yeah – seemed to go OK. I quite enjoyed it actually!

**Alex** Hats off to you both!

**Sara** Well, credit where credit’s due – Max made it so easy.

**Max** Well …

**Sara** You were so different this time, weren’t you? Y’know, from that interview with Oscar?

**Alex** Well, that’s because you’re a better interviewer than Oscar.

**Max** That’s right, you are.

**Alex** And I’ll tell you what, I overheard Nadia singing your praises this morning.

**Sara** Really?

**Alex** Gushing, she was. Thinks you’re the best thing since sliced bread!

**Sara** Do you think my job is safe then?

**Alex** Definitely.

**Max** Listen, Sara … Alex and Emma are coming over to my new place tonight. You’d be very welcome.

**Sara** Thanks very much, Max. I’d love to.

**Max** Great.

**Alex** Oh, wait till you see the place, Sara. It’s a converted warehouse. It’s massive, isn’t it, Max?

**Max** I suppose so.

**Sara** Oh, plenty of room for dancing then!

**Max** Well, it’s not going to be that kind of thing, really.

**Alex** No?

**Max** Well, I thought we could all sit down together and watch Moon Station X.

**Sara and** **Alex** Oh … Great …

## Unit 10, Lesson D

### Track 10.24

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

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

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

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

## Unit 10, Review and Extension

### Track 10.25

**1** I can’t believe what you said in that meeting! You should count yourself lucky that nobody was listening.

**2**  We’re inviting you on the off chance that you’re free that night.

**3** The treatment is essential to give him a fighting chance.

**4**  I’m sorry you don’t like the situation, Mark, but it’s tough luck, I’m afraid.

**5**  I always blow my chances in interviews, because I get so nervous.

**6**  You know that book you wanted to borrow? Well, you you’re in luck! I found it under the bed.

**7**  Their top striker is out with an injury, and without him they don’t stand a chance.

### Track 10.26

**1**

**A** I can’t believe I missed the entry date for applications. I’ve really blown my chances there.

**B** Why don’t you send it in anyway, on the off chance they’re still recruiting?

**2**

**A** Do you have the notes from yesterday’s lecture?

**B** You’re in luck. That’s the first lecture I’ve taken notes at this year. Here you go.

**3**

**A** It’s six o’clock already. I don’t stand a chance of getting this homework finished tonight.

**B** Tough luck, I’m afraid. I’m not helping you.

**4**

**A** I’m worried about how badly I did in those exams.

**B** Well, count yourself lucky that everyone else did badly, too. At least you have a fighting chance of getting in.