

Audio scripts

▶ 01

- 1 How do you usually relax when you have some free time?
- 2 What do you do when you stay in? Where do you go when you go out?
- 3 Do you like being in a large group or would you rather be with a few close friends?

▶ 02

Speaker 1: I usually find watching TV quite relaxing but it depends on my mood.

Speaker 2: I tend to stay in on weekdays though I sometimes have friends round.

Speaker 3: Playing the guitar is good fun.

Speaker 1: Doing yoga helps me to switch off.

Speaker 2: I'm really into computer games.

Speaker 3: I go out for a pizza now and again.

▶ 03

Julia 1

The subject I enjoyed most was maths but I don't know why. Maybe it was because it is easy for me and I got good, er, er, I don't know the word for this ...

Julia 2

I'm hoping to go on an activity holiday in this country and learn water-skiing and other things, but my parents want me to go to the beach with them in Italy.

Stefan 3

His name is Thomas and I've known him all my life. He's the person I'd phone if I had any problems because he's always there for me and he gives me good advice. I'm really fond of him and I think we'll always stay in touch.

Stefan 4

I'm sorry. Would you repeat the question, please? OK, thanks. Well, some people think it's a bit boring, because there isn't a lot to do in the evenings, but I love it. It's near the mountains, but also not too far from the beach.

▶ 04

1

I suppose I've always been mad about music. I used to listen to my dad's favourite rock bands from the sixties but now I'm just into the same stuff as everyone else – hip hop mainly. Some people I know always want to be different so they'll only listen to new bands that haven't become popular yet. My friends and I will spend hours playing

different tracks to each other and making up new playlists. It's fun. I don't really bother with following my favourite bands on Instagram or anything like that – it's the music I'm interested in, not celebrities.

▶ 05

2

A lot of people I know only use online streaming to create their playlists but I can't always find the albums I want so I still download some stuff. I like to keep up with what's going on so I will check Instagram or Twitter regularly. It's the best way of finding out about gigs and release dates for new albums. I listen to music on my phone all day – I hate it when I can't find my earphones! I used to watch a lot of videos on YouTube before going to sleep but not so much anymore. I mainly like upbeat happy songs – I don't like slow depressing ballads.

3

I think you can be friends with people you have musical differences with. You can have other things in common with people besides music. Having said that, I could never go out with someone who had totally different tastes to me. And I do have a lot of arguments with some of my friends who love heavy metal, which I can't stand. I enjoy making playlists but I tend to listen to the same tracks again and again until I'm bored of them. I use a free online streaming service – I don't see the point in paying for whole albums when you don't have to.

4

Whatever I'm doing there's always music on in the background and when I'm out I'm always wearing earphones. I used to be obsessed with music videos too but now I find they're all the same. Before I go out I like playing music really loud – it puts me in the mood. Luckily my parents don't mind. They're really into music too and have influenced me a lot. When I was growing up, my mum would often play seventies disco music and dance around the kitchen. I think that's what's made me so open to all kinds of music.

5

I like being one of the first to discover a new band. I think artists are at their most creative when they're just starting out, so you probably won't be familiar with what's on my latest playlist. Once a band's become really famous and everyone's following them on social media, I start to lose interest. I try to see as much live music as I can because it's a completely different experience to watching a video. Often I'll download an album after I've seen a band play live.

Unit 2

06

sociable, comfortable, lovable, predictable, reliable, adventurous, cautious, generous, realistic, dramatic, pessimistic, sympathetic, practical, emotional, thoughtful, careful, harmful, helpful, hopeful, meaningful, useful

07

P = Presenter M = Max

P: As the youngest of four children, I know my older brothers and sisters always thought I had a much easier time. I didn't use to do as many jobs around the house and my parents were more relaxed about letting me do things as I got older. But has this affected my personality in any way? Our reporter, Max Berry, has been listening to psychologists at Southfield University who are doing some research into what's known as 'the birth order effect' – how your position in a family can affect your life. They've been asking people whether they believe there's any truth in this. Max, what can you tell us?

M: Well, Esther, it seems that the vast majority of people believe that the oldest child's always the most successful in later life. But apparently, there's a lot of evidence to show that it's actually middle children who have the best chance of leading happy, as well as successful, lives. People also believe that the youngest child always has a problem learning to be responsible and independent, which again isn't supported by any real facts.

08

P = Presenter M = Max

P: So, is it true, for example, that oldest children perform best in intelligence tests?

M: Well, yes. There are lots of studies which prove this to be the case. One explanation for this might be that parents often encourage the oldest child to help their younger brothers and sisters to learn new skills, especially learning to read, and this actually helps the older child become more confident and independent.

P: Interesting. So what other characteristics do oldest children have?

M: Some psychologists believe that first-borns like me often take life too seriously and worry too much. They may feel under pressure to be the best all the time, though I must say that isn't something that's ever been a problem for me. But as a young child, I do remember hating my younger brother and thinking that he was my parents' favourite, and this is something that's quite common in oldest children.

P: What about youngest children, like me?

M: Well, in families where there are three or more children, the baby of the family's often treated as just that – a baby. They're allowed to grow up more slowly. But their good points are that they're likely to question everything and to be imaginative and artistic. Just like you, Esther.

P: Are there any factors which increase the 'birth order effect' in some families?

M: According to some psychologists, it seems that in families where there are either two boys, or two girls, the birth order effect is stronger. But it can have hardly any impact on large families, or where siblings aren't close in age. Although some people believe the birth order effect is so important that it should influence really important decisions such as our choice of marriage partner.

P: So, if you're the oldest, should you marry someone who's also the oldest in their family?

M: Well, it's been suggested that two first-born children will have to work very hard to make a marriage a success, but that it'd be much easier for two third-born children because they're likely to be more relaxed. And two middle children will probably want to compete with each other, so it could be difficult for them to get on well.

P: That does make things complicated! But surely birth order isn't the most important thing which affects people's personalities?

M: Absolutely not. Before you start to examine every aspect of your life in relation to whether you were born first, middle or last, a word of caution. The influence this can have when we are children doesn't necessarily last as we become adults.

Our relationships outside our family can have just as much influence on the development of our personalities.

P: Right. So it might be wise to resist blaming your brothers and sisters for everything that's gone wrong in your life! Thanks very much ...

09

1

I've always found my nephew really cute, but it took me ages to have the confidence to be on my own with him without feeling nervous. I hadn't been around babies before so I found it a bit scary, but it's fine now.

2

I get on well with most of the family but one of my cousins is a bit weird. He's so argumentative. It's not worth talking to him really because he just

disagrees with whatever anybody says. It's a good thing he doesn't live that near.

3

My mum got married again a few years ago and my stepfather has a daughter. Luckily, she's about the same age as me and we both love riding, so it's great to have something in common.

4

I don't see my granddad that much as he lives hundreds of miles away. We'd like him to come and live nearer. He's quite old now but when I was younger we used to support the same football team so we always had loads to talk about on the phone.

5

I was quite surprised when my sister married Charlie, because he's very different from her other boyfriends. But actually he's a really nice guy to have as a brother-in-law and I've promised to give him tennis lessons.

▶ 10

A = Alana F = Federico

A: I think the relationship with a twin sister would be very important because you would probably be very close and tell her stuff you wouldn't tell other people.

F: Yes, that's very true. Even if I argue with my brother, we're still very close. But don't you think grandparents have a big influence on your life, too, because ...

A: I suppose so, but it depends how often you see them. I didn't see mine very often but I did learn a lot from them and they were very patient and kind to me.

F: So were mine, even if there was a generation gap. What's your view on the father/son relationship?

A: I'm not sure, but I imagine perhaps they would share hobbies together, like, er, well, learning to drive or playing football together.

F: I suppose so. My father was much older than most fathers but I suppose it depends on your personality, too, and if you have things in common.

A: I see what you mean. If you get an inspirational teacher, they have a huge effect on your life, too. I know somebody who took up, er, drama and became an actor because of the encouragement a teacher gave them.

F: Then there's ...

Unit 3

▶ 11

My name's David Burton and I'm here today to tell you about the work I do for charity and why I've decided to give all my money away – well most of it anyway!

By the time I was thirty, I was already a multimillionaire. That was something I'd never really dreamt of as a kid. Like all small boys my ambition was to become a footballer. But I soon realised that wasn't realistic and then I thought about becoming a policeman. My uncle was one and he always looked really cool in his uniform and he told me stories about exciting car chases. But my dad wasn't so keen on this plan – he wanted me to be a doctor or a lawyer – but his hopes were crushed when I dropped out of university to set myself up as an entrepreneur selling shoes in a market stall.

Without a degree or any money behind me I faced an uncertain future. And I think this experience has been very useful. I learnt that taking risks is something that you have to do to achieve anything in business. But I worked hard and I was lucky and within a few years I had 250 shops and employed 7,000 people.

I had far more money than I knew what to do with. I spent a lot on fast cars and even a helicopter but being able to afford this actually brought me little satisfaction – in fact I was emptier and lonelier than before. I realised I wanted to do something that would help transform people's lives, especially young people from disadvantaged backgrounds. So I began funding a charity which provided training in basic business skills.

I then decided to start running charity projects full time. While travelling in India, I heard about a charity that offered support to people who wanted to start a small business. I thought that was the most effective way of escaping poverty and I liked the idea of helping people to help themselves. The idea was to lend small amounts of money to individuals, which they would then pay back. The amount can be as little as £100 but the average is more like £450. The great thing is that in 99 percent of cases, the loan has been paid back on time.

So far we've made 1,450 loans worth over £1 million and helped change the future prospects of hundreds of families.

More recently I've been working on projects to improve facilities and opportunities for villagers in Malawi. The charity has been able to help build new schools and provided investment for farm machinery. One of the things I'm proudest of is being involved in a construction project for a new

hospital in a small town in Malawi. Seeing that finally up and running was a truly great feeling, far better than any business deal. What I learnt from this experience in particular was that being part of a community makes people far more content than becoming a millionaire.

I would advise anyone to give up dreaming of making loads of money because it doesn't make you as happy as you think. Of course having too much money isn't nearly as difficult as not having enough money – but it does make a lot of people miserable. Having said that, there are some advantages – not greater security as I imagined when I was younger – but greater freedom. I feel very privileged to be able to do something that I think is important and that makes the world a better place.

▶ 12

In both pictures there are people doing something which is very important to them. In the first picture the people look very happy because they are celebrating success. It looks like a graduation ceremony. In the second picture the man looks as if he's very proud of his car because he's taking very good care of it. It looks like hard work. He probably spent a lot of money on it and it looks like it's very valuable.

I'd say that both pictures show an achievement but the first picture is celebrating an experience whereas the second picture shows someone who values an expensive thing. The graduation photo is more special because it's something you can remember for your whole life. The car can be sold or it could be damaged in an accident – it's not something that lasts in the same way. While the man might really love his car, his passion is something he does on his own. The girl in the graduation photo seems happier because she's sharing her success with her family and friends. She looks like she's having more fun than the man.

UNIT 4

▶ 13

P = Presenter L = Leo

P: Today on *The Travel Programme*, we're interviewing the explorer, Leo Stone. He's talking about his recent expedition to the South Pole in the steps of his hero Ernest Shackleton, who, as we know, famously failed to reach the South Pole in 1908. Welcome to the programme, Leo.

L: Thank you.

P: First of all, can you tell us something about your team?

- L:** Sure. The really unusual thing about them is that we all have some kind of connection to members of Shackleton's team, whether directly or indirectly. I myself am a relative of a member of that 1908 expedition, who is, of course, no longer alive today.
- P:** So you had some unfinished family business.
- L:** Exactly. Shackleton had had to turn back before reaching the South Pole so some of us felt we had a special motivation to try to do what he so sadly didn't manage to accomplish. For me, it was my lifetime's ambition to give it a go.
- P:** Amazing. Did the trip take a long time to organise?
- L:** Yes. It took us five years to prepare for it. First and foremost, we had to find the money, which was no easy task. As you can imagine, the costs involved were enormous. Then there was the physical training. You'd think this would be the hardest part, but a couple of us have been in the army so we were used to this kind of thing. And one of the team members had run a few marathons – I think we were all relatively fit. It was actually the mental challenge that we struggled with the most; having to get our heads around a nine-hundred-mile journey.
- P:** So was the trip any easier for your 21st-century team than the original one?
- L:** In some ways, yes. But we still had to walk for ten hours a day with all our equipment. And then we had to put up our tent and cook a meal in what can only be described as a 'frozen hell'. But Shackleton was travelling into the unknown with only a compass to guide him, while our team had a map and modern navigation equipment.
- P:** And did you experience any of the same problems?
- L:** We did. For example, we had to spend two days in our tent because high winds made it impossible to continue, which Shackleton also endured. But it was worse for Shackleton because they were also very low on food at that point. And one of Shackleton's men fell seriously ill, which luckily our team was spared.
- P:** So what were your feelings when you were crossing the Antarctic plateau?
- L:** Well, I knew it was going to be very tough going, but I still wasn't prepared for the harsh reality. Apparently, it was when Shackleton came face to face with the brutal conditions there, that he began to doubt that he'd ever reach the Pole. I never got to that stage but it was really hard. Like Shackleton, we went up the Beardmore Glacier, which was incredibly dangerous with huge crevasses everywhere.

And when we finally arrived at the Antarctic plateau it was even worse – it being the coldest, driest place on earth. As with Shackleton's team, we experienced symptoms of altitude sickness but none of us lost confidence in what we were aiming to do.

- P:** Looking back, which part of the trip did you enjoy the most?
- L:** The highlight was definitely arriving at the place where Shackleton decided to turn back. The excitement and sense of joy was really inspiring and memorable – better even than getting to the Pole itself or the huge sense of relief at making it back to our families.
- P:** Do you think Shackleton deserves his reputation as a great hero?
- L:** Yes, I do. I've always really admired Shackleton, and anyone who doesn't know anything about him should definitely read one of the many books about him. His decision to turn back to save his men took great courage. That's why I respect him so much. He never did reach his goal and it was Roald Amundsen who finally made it to the South Pole in 1911. There are so many lessons we ...



14

- A:** So which two skills do you think would be the most useful?
- B:** Top of the list for me would be finding water and making a shelter because without these things you can't survive.
- A:** I'd put making a fire above making a shelter. I think learning to make a fire would be the highest priority for me because a fire can keep you warm and you can also use it to boil water so that it's safe to drink and for cooking.
- B:** That's true. So out of these five skills, making a fire and finding water would be the most useful.

Unit 5



15

N = Narrator S = Sarah

- N:** You are going to listen to an extract from a radio programme in which a food writer called Sarah Willis is talking about the history of cooking.
- S:** My name is Sarah Willis and I'm a food historian. Have you ever wondered what our lives would be like without cooking and how easy it would be to survive in the wild eating only raw food? Well, the answer is that humans are not very good at eating food

that hasn't been cooked and would find it almost impossible to survive on the diet of a chimpanzee, for example. Chimpanzees do eat a lot of fruit, which would be OK for us, not just bananas but all sorts of berries too, and this accounts for 60 percent of their diet. But the remaining 40 percent is made up of other plant food, which wouldn't really be suitable for human consumption. These plants don't contain sugar so they taste very bitter. The other problem with the chimpanzee diet is that human teeth aren't strong enough to chew the huge quantities of plants and we'd also need a bigger stomach to digest it all.

But long ago, before people discovered cooking, our human ancestors must have had a diet that was quite similar to a chimpanzee's. They would have spent an awful lot of time chewing in order to digest the raw food properly. They might spend eight hours a day finding food to eat and then about six hours actually eating it. Which didn't leave them much time for any leisure activities. So when people started cooking, life began to get a lot better. They had more time for other things and the food also tasted much better. But as well as that, cooking made it possible to preserve meat for longer, which meant they could save some for the next day – in case they didn't manage to find any.

No one knows exactly when people started cooking. But a lot of scientists believe the discovery of cooking was a really important development. They think that because of cooking, our mouths gradually became smaller and the brain became much bigger. These changes happened over thousands of years, of course. And as well as bringing about physical changes, some scientists believe the activity of cooking also introduced significant social change. They say that cooking food meant that everyone in the family ate at the same time, so it's where the tradition of sitting down together and having a family meal may have begun. But there were new risks involved too. For the first time, people couldn't eat their food immediately because it had to be cooked first. The long wait between catching or finding the food and then eating it meant there was always the possibility someone might take it. So the female cooks had to be protected against any thieves by the men who were also responsible for the hunting and gathering of food.

Until a few years ago, it was thought that cooking was a relatively recent development but now tests indicate that our ancestors

started cooking in Africa a very long time ago. Scientists have discovered that fire may have been used for this purpose over one million years ago, which is far earlier than was previously thought.

Scientists do know that people began cooking routinely during the last ice age around twelve thousand years ago. Cooking food was a good idea in the extreme cold because it gives more energy than raw food so cooking helped people survive this harsh environment.

▶ 16

OK, well obviously both photos show restaurants but the similarity ends there, I think. The one on the right is a much more special kind of place. It's probably really expensive and the food will be more adventurous and interesting than in the other photo. The photo on the left shows a self-service restaurant so the atmosphere will be more casual and the food is probably more basic, such as burgers or pizza.

I'd imagine the young people at the expensive restaurant are there because they are celebrating a special occasion and they wanted to do something different. But actually, they would probably prefer to be eating in a less formal situation, like in the other photo. The people in the fast-food restaurant probably go there because it's cheaper, they can eat quickly, and they don't have to dress up.

Unit 6

▶ 17

E = Examiner R = Roberto B = Beata

E: Roberto, which do you think you need more of to succeed in the arts: luck or talent?

R: I think a lot depends on luck. You need the opportunity to succeed and not everyone gets the right opportunity even if they're really talented. Then there are lots of examples of people who are really famous and successful but not very talented. I think these people need to have a lot of ambition and determination as well as luck. Would you agree with that, Beata?

B: I'm not sure. Basically, you're saying you don't really need talent to succeed. But you can't become successful without any talent at all.

R: Yes, I suppose you are right. You don't need a lot of talent to succeed but you do need a lot of luck.

▶ 18

1

It's one of my favourite plays so I was really excited about seeing it again. But I have to warn you – it's

probably quite different from any other production you may have seen by this company. On the whole, I think it works. The futuristic set is stunning, very cleverly contrasted with the present-day jeans and hoodies the cast have on. The specially composed music is a welcome addition and really helps to create a threatening atmosphere. But for some reason most of the action takes place in semi-darkness, so I just wish I'd been able to see everything a bit more clearly.

▶ 19

2

A: OK. So shall we meet in the theatre café at 6.30? That should give us time to have a coffee first.

B: But the play starts at 6.45, which means it probably won't finish until ten. I'll be so starving by then I won't be able to concentrate on the last act!

A: Well, why don't we meet a bit earlier and grab something quick at a pizza place nearby?

B: Yeah. I can't get there earlier than six though. I'm not sure that'll give us enough time, will it?

A: We should be OK. We've already got our tickets, remember.

B: Have we? OK then. Anyway, it's irritating that it starts so early. I don't know why they've done that.

3

Next up, information about another popular actor – for all you Josh Willard fans, we have some exciting news. Josh's new film, set in nineteenth-century Scotland, has its premiere next week and Josh will be here in London to attend. This is the first time he's appeared on the silver screen for quite a while, and the action-packed movie might well be a contender for all the awards going, if the critics are to be believed. Josh, who famously doesn't do many interviews, will appear on Channel 3's *Live Tonight*, so make sure you don't miss him talking to Ned Bryan. Then it's back to New York where he'll be starring alongside Natasha Reynolds in *The Holly Tree* at the District Theatre from the end of April ...

4

Once again the comedy festival will be held in Lenbury, but with a few changes to the usual programme. The organisers have decided that this year it'll be held in the third weekend in July rather than the first. The main stage is also moving from the Lenbury Theatre to a tent in the park, where there will be much more seating availability, although most of the smaller gigs will continue to take place in the theatre. The implication of the move of course is that more tickets'll be available

for the main events, which will be a very popular decision, especially with local students, who usually make up the large and enthusiastic majority of the audience.

5

A: So, Maria, is it true you're going to retire soon?

B: Yes. I'm shortly going to be thirty-five and I'm finding it's getting harder and harder for me physically. In fact, I still haven't totally got over that last back injury which kept me away from the stage for three months. But I could cope with that – the main issue is that all the overseas visits keep me away from my little boy for weeks at a time. He's only two and he's growing up so fast.

A: So you don't enjoy being on tour anymore?

B: Actually, if I could find a practical solution, I'd definitely carry on. It'll actually break my heart to give up dancing.

6

A: So, as usual, The View will be the biggest contemporary art event of the summer in terms of the number of artworks on display.

B: That's true, there'll be a huge collection. However, for me it's more the *range* of work which makes it stand out. Everything from landscape to abstract, and mostly by young artists who must surely be on the point of making a name for themselves in the art world.

A: That's right. Although it'll be the one or two big names which'll attract most art lovers.

B: Absolutely. It's a shame, though, that a permanent venue can't be found for the show. The museum's a bit old-fashioned and I don't think the displays are that imaginative really.

7

I'm really excited about the play. It's the first time I've worked with this particular director and that's always quite a challenge to begin with until you get used to each other's ways of working. Actually, I'm not sure how successful the show will be in this country because of course it tackles rather a depressing subject and people might prefer not to spend an evening at the theatre watching something that they may well find upsetting. But personally I think the play addresses an important issue and I believe strongly that the theatre is an excellent way to do it. That's why I agreed to produce the play and I do hope people will support it.

8

A: So who do you think will get the main part in the next musical?

B: I expect it'll be Zoe. She's probably the best singer and dancer, although my mum thinks it could be Molly. I agree she did an excellent audition. Mr Paignton says he's going to tell us in our next drama class.

A: When do you start rehearsals?

B: On Friday. It's going to be really hard work because the show opens in three weeks' time. In fact, I think I'll go now and read the script.

A: I'll help you learn your lines, if that's any help.

B: That'd be great, actually. My sister said she'd do it but she's very busy with her new job.

▶ 20

1

A: What're you doing this weekend?

B: I'm going to the dance festival in the park. It's on all weekend.

A: Oh, I'd really like to go but my brother's moving house and I have to help him.

B: Oh, that's a shame!

A: Never mind. I'm sure you'll enjoy it.

B: Yes. It should be fun, especially as I think the weather's going to be good.

2

A: Hi, Ben! Are you going to the film festival at the weekend?

B: Yes, on Saturday. I'm going to buy the tickets online this afternoon.

A: How much are they?

B: Only £15. I'll get you one if you like.

A: That would be great. What time does it start?

B: At 7.30. But I'm going to leave home early, at six o'clock because of the traffic. I'll pick you up on my way if you want.

Unit 7

▶ 21

Well, I'm not absolutely certain what the place on the right is but it could be an underwater hotel. The other one seems to have been built in the trees and is a hotel, too. The underwater hotel looks quite luxurious, whereas the treehouse appears to be more basic; but it's eco-friendly and it would definitely be less expensive to stay at.

It must be an interesting experience to stay at both of them, although I'd imagine the treehouse might not be such fun in bad weather. The hotel under the sea must feel a bit weird and scary at first, I think. Having said that, it would be wonderful to watch the fish without having to get wet.

Of the two, I think the treehouse would be more enjoyable to stay in because, although the underwater one would be the experience of a lifetime, guests would probably always be wondering what would happen if something went wrong.

▶ 22

- 1 Well, I'm not absolutely certain what the place on the right is.
- 2 It could be an underwater hotel.
- 3 The other one seems to have been built in the trees.
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▶ 23

bustling, cosy, inspiring, magnificent, mysterious, peaceful, polluted, remote, run-down

▶ 24

N = Narrator P = Presenter O = Olivia

- N:** You will hear a journalist interviewing a travel writer called Olivia Rees about a place called Shangri-La.
- P:** Today we turn to Shangri-La, a synonym for an earthly paradise, used all over the world as a name for hotels, restaurants and holiday homes. But the name actually comes from a famous novel called *Lost Horizon* by James Hilton, which was published in the 1930s. Why do you think this book became so popular, Olivia?
- O:** It's surprising really, because when it was published in 1933, Tibet, where the book was set, was a remote and insular place. It was also a very beautiful place, as people saw when the film based on it came out some years later. In my view, because the 1930s were a hard time, people were keen to forget their troubles and only too happy to read a fantasy about somewhere that was both peaceful and spiritual.
- P:** But why do people these days still relate to the novel?
- O:** Mmm, good question. It's a good story, of course – you know, a plane crashes into mountains in an isolated area and the survivors are taken to a tranquil and idyllic place. I suspect though that what makes it a classic novel is its timeless theme of how you deal with potential alternative paths in life – are you tempted to

stay in paradise or do you go back to the life you know? The people rescued from the plane all came to different decisions about this, as you know, which caused conflict amongst the two brothers.

- P:** In what way were the people who lived in Shangri-La unusual?
- O:** The author describes how there was little interest in material wealth in Shangri-La – the emphasis being on simplicity and a slow pace of living. Perhaps this accounts for why the inhabitants there, amazingly, lived for centuries, only showing any physical signs of age when they got to around a hundred. The monastery in Shangri-La also had a magnificent library containing the world's greatest works of literature – a place which contained all the wisdom of humanity – although it is unclear how many people made use of this facility.
- P:** You were obviously very interested in the author, James Hilton?
- O:** Yes, I read a lot about him and found his life very interesting. He'd been inspired by articles published in *National Geographic* magazine during the 1920s by early travellers to Tibet, and this provided fascinating, detailed descriptions of the scenery and the Buddhist way of life there. Hilton himself actually travelled no further than the British Library in London to research the location of *Lost Horizon*. But many, many people have since travelled to the region to try and find Shangri-La and to discover more about Buddhism.
- P:** Aren't there similarities between the story of Shangri-La and the Tibetan legend of Shambhala?
- O:** Indeed. Shambhala was also a kingdom, cut off from the outside world, where the people also lived in peace and harmony and which was also dominated by a magnificent white mountain. But I don't think these parallels are accidental or show that Hilton couldn't come up with anything new. It simply illustrates the strength of the appeal that the culture had for him and his desire to show how a perfect society should be run.
- P:** Why is the county of Zhongdian now known as Shangri-La?
- O:** It changed its name in 2002 for marketing reasons, even though Shangri-La was not actually based on one single place. Investment in the tourist industry provides a better living for the inhabitants of Zhongdian and means they're no longer so reliant on the tea trade for survival. Thousands of tourists visit every year to

see the monastery which they believe – rightly or wrongly – could've been the inspiration for Hilton's monastery in Shangri-La.

- P:** How do visitors react when they visit the modern-day Shangri-La?
- O:** Inevitably, visitors to modern-day Shangri-La often find it doesn't live up to their expectations. After all, although it's a fictional place, people have an idea in their mind of what it will be like and if it isn't exactly as the writer described it, they often find it a bit of a letdown. For one thing, there's no white mountain although nobody could deny the countryside is absolutely breathtaking. Finally, I'm afraid, you're more likely to meet a group of tourists than anyone over the age of one hundred.

Unit 8

▶ 25

Speaker 1

In my work as a counsellor, I'm already seeing a huge increase in the number of victims of cyber-bullying on social networking sites and this is a trend that can only get worse. To deal with bullying or other problems that can occur online, social networking counsellors will support people in their cyber-relationships using the same counselling skills we use today. The only difference is that, because we'll be online, it'll be easier for people to contact us when they need us – in the evenings, for example. This may mean that we'll have to change our working patterns and work out-of-office hours when required.

Speaker 2

I work as a robotics engineer for a company that makes robots to perform operations in hospitals. Robots are increasingly being used in this field, and it's a trend that'll continue to grow. We'll eventually get to a point where all operations are performed by robots, as they're perfect for doing highly skilled work. Building robots is slowly becoming more affordable. This means that routine operations like bypass surgery will be cheaper in the future because highly paid surgeons won't be needed as much. This'll be good news for patients who are waiting for operations.

Speaker 3

The company I work for is currently developing spaceships for leisure space travel. We aim to have six spaceships taking people on trips into space, each able to carry six passengers. I'm working as a test pilot at the moment, but eventually my role will be to recruit airline pilots and train them in the skills they'll need to become spaceship pilots. We're expecting there to be a lot of public interest

in our service, even though it'll only be something very wealthy individuals can afford. But it'll be the experience of a lifetime and something a lot of people will be willing to pay for.

Speaker 4

My company has been operating virtually for a few years now and this is a trend that's likely to continue across the globe. I work as a part of a team of virtual lawyers, all specialising in employment law. It means I don't have to live close to the city, which saves me a lot of money in rent and train fares as well as not having a long commute into work. Being accessible on the internet has encouraged people to contact us who, before, wouldn't have considered hiring a lawyer. So I can see that, instead of spending most of my time with clients from big firms in the city, I'll be dealing with people from all sorts of companies.

Speaker 5

I work for a large vertical farm, where vegetables are grown on shelves in giant glasshouses. I think it's the answer to feeding an increasing population, especially in towns and cities where space is so limited. Vertical farmers will be able to get food from the farm to the supermarket in under two hours. I think most of our vegetables will be produced in this way in the future because there are so many advantages. We don't use pesticides, all the water we use is recycled, and soon all of our electricity will be run on wind and solar energy and we don't have to worry about the weather.

▶ 26

- 1 Actually, I'm not sure about that.
- 2 I agree up to a point but ...
- 3 I suppose so.
- 4 That's just what I was going to say!
- 5 That's a good point.
- 6 Really? That's not how I see it.

▶ 27

1

Boss: So how are you getting on with the report, Amy?

Amy: I've done most of it but I still need to get some information from the sales team in Brazil before I can finish it.

Boss: OK. Good. Remember to keep it brief. Don't write loads of detail, and summarise the data in graphs if you can. No one has time to read very long reports.

Amy: Don't worry, it won't be more than four pages long.

2

OK, so, it's your dream job and you know they're interviewing at least ten other people. Who wouldn't be nervous? But remember, experienced interviewers want you to do your best and aren't there to catch you out, so try to forget about being nervous. One thing that can really help with the nerves is being sure of your facts. So memorise key information about where you worked and for how long. Also, find out as much as you can about your prospective employer. And ask one or two questions to show you've done your homework.

3

A = Angela M = Mike

A: I've just had JPS on the phone and they say they've left three messages for me but that I haven't phoned them back. Why wasn't I given the messages?

M: Oh dear. Well, I haven't taken any calls from JPS. They must've rung yesterday when I was out of the office on my training course.

A: OK, Mike. Sorry. But I really must find out who took those calls. We can't afford to upset such an important customer.

M: No problem, Angela. I'll look into why the messages weren't passed on if you like.

▶ 28

I = Interviewer L = Lauren

I: Lauren, how did you hear about this job?

L: Well, I spotted the advert while I was on the internet. I think it's something I'd be good at.

I: Being an entertainment coordinator will involve looking after very young children. Have you had much experience of doing this?

L: Well, I look after my niece and nephew every month and I'm taking them on a cycling holiday tomorrow.

I: Well, you might be unlucky, I'm afraid, because I've heard that it's going to rain.

L: Oh, I'm sure we'll still have a lot of fun.

I: Well, you sound very positive, and this is one of the qualities we're looking for. Anyway, enjoy your weekend!

L: Thanks.

I: Lauren, thanks for coming. We'll write soon, but don't worry if you don't hear anything for a few days.

Unit 9

▶ 29

Well, most top sportspeople would claim that their success is not so much down to natural ability but rather to effort, dedication and long hours of practice. Luck is rarely mentioned, unless they happen to lose, and that's sometimes blamed on something they couldn't control, like the weather.

▶ 30

N = Narrator P = Presenter M = Max

N: You will hear an interview with a journalist called Max Wilson about success in sport.

P: With me in the studio today is sports writer Max Wilson. Max, in your experience, how do successful sportspeople account for their success?

M: Hi. Well, most top sportspeople would claim that their success is not so much down to natural ability but rather to effort, dedication and long hours of practice. Luck is rarely mentioned, unless they happen to lose, and that's sometimes blamed on something they couldn't control, like the weather.

P: And do you have an explanation as to why records keep on being broken? Why do sportspeople seem to be continually improving their performance?

M: Well, this improvement in sport can't be because athletes are much bigger and stronger than they were fifty, or even a hundred years ago because experts say physical changes develop over a much longer time span. So it must be that people are getting better all the time because they're practising longer and harder. Sure, improvements in running shoes, tennis rackets and other technological advances play their part, but they can't account on their own for the differences in standards.

P: Could it also be that there are more talented young children around?

M: It is certainly true that successful tennis clubs like Spartak, in Moscow, recognise talent at a very young age and nurture it, with huge success. But a seemingly exceptional natural talent in a young child is often only the product of hours and hours of expert tuition and practice, and the child is unlikely to continue to make progress at such a fast rate.

P: So, I know you have read Matthew Syed's book *Bounce*, which is about how he became a successful table tennis player. In his book, what explanation does Matthew Syed give for his success?

- M:** Well, as you know, Matthew Syed used to be a British number one and top international table tennis player and he examines the relationship between talent, success and luck. He lists several factors which he believes contributed to his success and which had very little to do with his own talent. Matthew says his first piece of good fortune was that when he was eight, his parents decided to buy a full-size, professional table-tennis table, which they kept in the garage, as a way of keeping their boys occupied and out of trouble. Matthew says he was also lucky that his older brother was happy to fight out endless battles in the garage.
- P:** But Matthew must also have had a huge advantage by being able to join a very good table tennis club for young people near his home. This was called the Omega Club, wasn't it?
- M:** That's right. And it was while he was playing table tennis at the Omega Club that he was lucky enough to be spotted by the man who not only ran the club but was also one of the leading table tennis coaches in the country, Peter Charters. Charters also happened to be a teacher at Matthew's primary school. In those days, the Omega Club hadn't yet become a well-known club but the tiny group of members could play whenever they liked, day or night, even though there was only one table.
- P:** I see. And how does Matthew explain the success of the Omega Club members?
- M:** It's extraordinary how the members of the Omega Club – not just Matthew – soon started to attract a lot of attention. The street where Matthew lived, Silverdale Road, contained an astonishing number of the country's top players. Was this inevitable, given the quality of the coach, the talent of the players and the location of the Omega Club, or was it, as Matthew argues in the book, just a combination of lucky events? If he hadn't lived in Silverdale Road, he would have gone to a different school and he wouldn't have met Peter Charters, nor become a member of the Omega Club.
- P:** What do we know about the importance of luck?
- M:** Interestingly, a ten-year investigation into what makes people lucky or unlucky has concluded that people do make their own luck. Obviously, Matthew couldn't have succeeded without some raw talent, but he also took full advantage of the opportunities given to him, and this is what ultimately made him so successful. Lucky people are better at taking chances and finding ways to improve their

situation. Unlucky people are less likely to take risks and don't like change. If there are lessons to be learnt ...



31

E = Examiner C = Clara R = Ralf

- E:** What do you think makes some people more successful at sport than other people?
- C:** I'm sorry, did you say successful?
- E:** Yes, that's right.
- C:** Thanks. Well, it's difficult to say, of course, but I suppose a lot depends on your personality: whether you are self ... erm ... I mean sure of your ability.
- R:** Yes, and also really, really want to win. You have to be ... erm ... hungry. What I'm trying to say is, you need to be very determined.
- C:** But it's not enough if you ... you need the ability in the first place otherwise it doesn't matter how you are ... or rather, how ambitious you are.
- R:** Maybe, but some people say if you practise a lot ...
- C:** Yes but it isn't enough. There is also ... right, a ... you need a good body, for example, good health and you also need ...

Unit 10



32

1 Dylan

We grew up together, went to the same school, spent holidays together when we were kids. He's got to know my parents, and brothers and sisters, and grandparents over the years – so he's almost part of the family. Like having another brother. And we fight like brothers, too, about all sorts of things; politics, music and sport, mainly. Watching sport on TV with him is a nightmare. Sometimes he makes me change my mind about something, so it's good in a way, because he helps me to see things from a different point of view. And he makes me laugh a lot too, which is really important.

2 Martha

Even if we haven't seen each other for a few months, we can catch up really easily. We've got such a strong connection. Our relationship's built on trust – she knows she can call me up about anything and I'd help her in whatever way I can and she'd do the same for me. She's the best listener I know. She understands what I'm talking about even though her life is so different. I'm single and she's married. I work in a huge office and she works in her family's business. But we're not always serious; we do have a laugh together, too.

3 Alex

We met about ten years ago at a party at college when we were both studying law. We have the same taste in music and films so he's the one I call if there's a gig on or a film I want to see. Or he calls me. Sometimes we go out to eat as a foursome with our girlfriends, other times it's just a boys' night out. He loves football as much as I do but he supports a different team, so we never go to football matches together. Otherwise we end up arguing. We usually get to see each other about once a week but we message each other all the time, too.

4 Amy

We keep in touch by phone or online. That's OK – we're still very close but I'd like us to spend more time together. We can have conversations about anything from politics to music to family problems. We both feel strongly about politics but generally we see eye-to-eye on everything and rarely disagree. I suppose that's why we get on so well. When we first met, we used to go out together all the time but now I travel a lot for my job and she just got promoted so, unless we're very organised, it can be hard to arrange to go out. As long as we plan ahead, it's fine.

5 Ed

I suppose people sometimes wonder why we're such good friends. For example, he loves being the centre of attention whereas I'm quite shy. But apart from that, I think we've got a lot in common. I mean, we have a lot of shared experiences. We do the same job. We're both married with a young child and we've both lived in the same town for a few years. I'd really miss him if he moved away. We don't meet up or even text that often but I like just being able to call him up at short notice to see if he wants to go out.

33

- A:** OK, shall we begin?
- B:** Yes. We could start with childhood. What's really important to young kids is their friends, don't you think?
- A:** I suppose so, although maybe not so much if they have brothers and siblings to play with.
- B:** That's true, and they're still quite close to their parents at this age. Maybe friends are more important when you're teenagers, then.
- A:** Definitely, especially if you're quite shy. That's why they message each other a lot and go on Snapchat and so on. But what you need to have at that age as well is friends to go out with.
- B:** Yes, and as well as that to give you confidence because at that age it can be difficult. When you're older – between nineteen and twenty maybe – they're not so ...

A: Actually, ... oh sorry ...

B: No, that's OK. Go on.

A: I was just going to say that at college, friends are very important too. Otherwise you'd be very lonely.

B: It must also be lonely for adults if they're living on their own. So it's really important to have friends at work if you don't have a family, don't you think?

A: Yes, like you said, it must be lonely when you leave college and get a job in a new city or maybe in another country. I've got no experience of this yet but I'd imagine that friends are essential or you'd have no one to talk to! Would you say men and women have a different kind of friendship?

B: I think they're probably very similar. Although I think men like doing sport together or even just watching matches together, whereas women generally just like talking.

A: Yeah and as you say men like doing things together so ... er ... when you retire from your job it must be good to have someone to go out with and do things.

Unit 11**34****1**

Some people are 'risk-takers' and enjoy taking unnecessary and sometimes stupid risks, while others are 'risk-averse' and avoid taking the smallest risk at all costs. As someone who gets a thrill out of extreme mountain biking, I'm definitely a risk-taker. A lot of people find that quite hard to understand and wonder how I can enjoy something that they think's frightening and dangerous. But so long as people take safety seriously, I think everyone needs to be more adventurous. I feel quite strongly that using all your skill and strength to push yourself to the limit gives you the greatest sense of being alive. There's nothing quite like it.

2

- A:** Emma, what are you doing outside by yourself? Aren't you enjoying the party?
- B:** Not really. Parties aren't my thing. And it's so hot and crowded in there.
- A:** I know what you mean. But it's nice to meet new people.
- B:** Mmm, I never know what to say and also it's almost impossible to have a conversation when the music's so loud. And if you're not into dancing, there's not much point. So I think I'll make my excuses and head home soon.

A: I don't think I'll stay much longer either. I've got an early start in the morning.

3

A: Have you enjoyed this Mandarin course so far, Becky?

B: Yes, it's been really good. I was never any good at languages at school so I surprised myself. The biggest challenge has been learning the sounds – and the intonation is so different from English – but I knew that already.

A: Definitely. Other stuff I thought would be really hard has actually been quite straightforward. I mean, the verbs are simpler than English and there aren't any articles to worry about.

B: Right. I think it's good that we focused on speaking and haven't bothered with writing yet.

A: Yeah. That might not be as bad as we think either!

4

Now you said last time you liked the idea of doing a journalism course after you graduate. But you weren't sure whether you should get some experience first. I'd say that even with a degree in zoology it's not that easy to get a job with a conservation magazine. So what about getting a job volunteering for a conservation charity? There are some really interesting and worthwhile things you could do – like working with endangered species in Borneo. I've got a list of organisations I could put you in touch with. You could start writing a blog while you're there. Then you'd have some evidence that you're serious about a career in journalism.

5

A: It annoys me that a lot of people are so negative about rugby. I don't think there are any more injuries than in lots of other sports – skiing for example.

B: Or horse riding. I think that's probably the most dangerous.

A: I wonder. It might be interesting to find out.

B: But it's a great game. I prefer watching it to any other sport. And I'm so glad I had the opportunity to play at school. Not many girls did at that time.

A: To me it just seemed an organised form of fighting! It's funny I used to dread playing it at school but I'm completely hooked now. I never miss a game on TV.

6

A: So how are you getting on with your new boss?

B: Fine. She's actually given me a lot of responsibility already, which is good. But the scary thing is she just expects me to get on with

things – like I should already know what to do. And I don't like to keep bothering her with questions because she's so busy. Her management style is quite laid back – she doesn't try and motivate you all the time or tell you what to do. So it's challenging but better than the other way round. In my last job I always felt my boss didn't trust me enough to let me do anything without constant supervision. I felt she was always looking over my shoulder.

7

A: How do you feel about travelling alone? I'm not sure I'd like it.

B: Oh, it's fine most of the time. I like the fact that you don't have to make compromises about where to go or what to eat. You've got a lot more freedom. The only thing is that when you get home, you haven't got anyone to talk to about the trip. And it's nice to have someone to remember things with.

A: What about if you're feeling ill or when things go wrong?

B: Well, you meet people while you're travelling and someone's always there to help you sort things out. People are generally very kind.

8

Listen, I'm really sorry but I won't be able to get home to pick you up. I've been held up in a meeting. But don't worry because everything's been arranged. I've just booked a taxi to take you to the station at two o'clock. Oh, there's some money on the kitchen shelf to pay the fare. So you will be ready in time, won't you? And don't forget to clean your shoes. I'm hoping to get out of here in about half an hour and then I'll pick you up after the interview. So good luck. Just do your best and try to relax.

 **35**

I was pretty good at skateboarding and I used to love going to the park with my two sons. The problem was that, as my sons got older, they didn't want me hanging out with them. I always wished I'd had a skater friend my own age. I was lonely and self-conscious. I wasn't worried about having an accident because I was always careful and wore protective clothing and a helmet, but everyone kept saying 'It's time you stopped. You're too old for this.' So I gave in and stopped. And then last year they opened a brand new skate park, and I said to myself, 'If only I hadn't given up. If only I could start again!' But I've lost confidence. I wish I was twenty years younger, and I wish my wife wouldn't tell me I need a new hobby all the time.

 **36**

E = Examiner L = Layla

E: Layla, here are your photographs. They show people taking risks in different situations. I'd like you to compare the two photographs and say which person you think is taking the most risks, and why.

L: OK. Well, both photos show sportspeople who have to take risks while doing their chosen sport. The boxer faces risks of injury every time he has a fight. There's also the risk of permanent, long-term brain damage. The yachtswoman is in a similar situation because she has to rely on her skill to avoid getting into danger or being injured. Both the boxer and the yachtswoman have to be extremely fit and well trained. They're probably both aware of the risks they're taking. In a way, it's harder for the yachtswoman because she's completely alone, whereas the boxer has a team of people to help and support him. I think you'd have to be quite fearless and determined but also a little bit crazy to want to do dangerous sports like these. But although the possible dangers to the yachtswoman are serious, she has all kinds of technology available to her to help her avoid dangerous situations, so I'd say that she's taking less of a risk than the boxer. I'd imagine the chances of her getting injured out at sea are quite small compared to the boxer, who probably gets injured every time he has a fight.



E = Examiner L = Leo

- E:** Which of these activities would you prefer to do, Leo?
- L:** To be honest, I've never thought about doing either of them. But I'd choose sailing because it's out in the open air, you're surrounded by sea and sky and it must be a wonderful feeling.

Unit 12



N = Narrator J = Journalist

- N:** You will hear a journalist talking about a new type of hotel for paying guests.
- J:** You'd think a prison would be the last place anyone would willingly spend money to stay in, but you'd be wrong. Former prisons all over the world've been opening their gates to paying guests. Some have been converted into luxury hotels, but others, like the Karosta Prison in Latvia, are left almost unchanged, with none of the usual comforts, thanks to the rise in popularity of what's become known as 'reality tourism'. Unlike luxury tourism, people are given the chance to have an authentic and challenging experience.

Constructed in 1905 as a jail for sailors who didn't obey orders, Karosta Prison was taken over in the 1970s by the USSR's secret service, the KGB. Today, it's a hotel with a difference.

The extreme package offers the opportunity to experience life as a prisoner for a few hours and hundreds of people actually choose to stay here every year. Admittedly, most are on trips organised by their school, but there are growing numbers of businesspeople who come here on team-building exercises. Not too many on their honeymoon, I suspect.

I recently spent one night as a guest in Karosta prison. The extreme package started at 9p.m. when the prison guards lined everyone up in the courtyard and shouted out orders. Before we were taken to our cells, we had to put on a prison uniform and then one of the guards took a photo of each of us to include with the papers they kept on each 'prisoner'. I half-expected them to take our fingerprints too, but that didn't happen. After that it was 'dinner' – which consisted of a hunk of dry bread and black tea. If you wanted coffee or a cold drink, too bad. We were then shut in our cells for the night. There were four people in every cell, so we weren't alone, but we were given strict instructions to keep silent, until we were told we were allowed to speak.

After a very uncomfortable few hours, we were finally allowed to leave, which all of my cell mates did, along with almost everyone else, without waiting for breakfast. As it says in its publicity, the service is 'unfriendly and unwelcoming', which sums it up nicely. For me it was memorable, but not something I'd wish to repeat in a hurry, even though they only charge around ten euros. If this appeals to you, Tarceny Travel offer a three-day journey around Latvia during the summer, which includes staying at Karosta Prison for one night.

The Alcatraz prison hotel, near Frankfurt in Germany, is also located in a former prison and is named after the famous Alcatraz prison near San Francisco.

Guests have the option of choosing one of the basic cell rooms, which are very small, or one of the rather better 'comfort' rooms, which have private showers. Although the cells are clean and cheerful, there's still some discomfort; the beds, which are original and made by prisoners, are very narrow and there are still bars on the windows.

But if it's an authentic prison experience you're looking for, then the Alcatraz probably isn't for you. For a start, the staff couldn't be more friendly and welcoming, a huge contrast with what a convict would've experienced in the past.

The cost of staying at the Alcatraz is comparable to other budget hotels in the area, although I would've expected to pay a bit more. Prices range from forty-nine euros for a single to sixty-nine euros for a double in the less spacious cell rooms, while the larger rooms cost about twenty euros per night more.

If you've experienced a night in a prison hotel, we'd love to hear from you. Contact us at [www dot ...](http://www.dot...)

Practice Test

Part I

▶ 39

N = Narrator

N: You will hear people talking in eight different situations. For questions, 1-8, choose the best answer (A, B or C).

Question 1. You hear a man talking to a friend about a DIY job he has recently done.

A: So, was tiling the kitchen floor straightforward?

B: Yeah, not too bad. This wasn't the first floor I'd tiled though. I did our bathroom floor last year and that turned out all right. The secret's in the planning and preparation, and if you get that right, it should be easy enough.

A: Hmm ... and your kitchen's quite big too.

B: It is, so I thought it'd have taken me days to tile the floor but I actually surprised myself! I tell you what though ... my knees were aching by the time I'd done. My mate offered to give me a hand, but I told him I could manage by myself. I really should have accepted his offer!

N: Question 2. You hear a woman leaving a voicemail message.

A: Good morning. It's Zara from Atlantic Fish Supplies here. Sorry to take so long to get back to you. I've received your order, but unfortunately I can't get hold of that particular fish at the moment. But there's no need to be disappointed because I've found a very close substitute for it at a similar price. I'm sure it'll be great at the event you're catering for. It'll really impress your client as it's not the sort of thing their guests would typically have at home. So, if you want to go with this, let me know and I'll make sure I get it delivered to you in good time.

N: Question 3. You hear a mother talking to her son about doing some shopping.

A: Leo, I had a good look around for that computer game you wanted, but it seems to be out of stock everywhere at the moment.

B: Thanks, Mom. I'll check again when I'm in the shopping mall next week.

A: And as for the laptop battery you need ... well, the guy in the store says it'll apparently only be half the price if you order it online. So why don't you try that then? I know that I certainly wouldn't waste perfectly good money in a store downtown when I can go elsewhere. There's no point.

B: OK. Actually, that's a really good idea so that's what I'll do!

N: Question 4. You hear a man leaving a message for a colleague.

A: Helen, it's Jack here in Human Resources getting back to you regarding your proposal to hire software developers for the new project. The thing is that due to all the company-wide cuts, it was agreed at last month's senior management meeting that there'll be a freeze on hiring until the new financial year, so we'll have to make do with current resources. Bad news for some team members I'm sure, but those in certain key roles will have the opportunity to boost their income by doing extra hours. And who knows ... that may even lead to some people working their way up the career ladder, which would be a good thing obviously.

N: Question 5. You hear a man talking to his manager about a training session.

A: Well, it looks unlikely that training'll go ahead tonight.

B: Oh! Why?

A: Well, several team members, especially those living in remote areas, won't be able to get into town as visibility's practically zero now. And after what we've had all morning, the pitch is in no state to have us running over it.

B: We'll just have to make up for this before the big day by putting in some extra practice. We can review the situation again tomorrow I guess, but yeah ... for now there's not much we can do.

A: Exactly! It's just a case of waiting. I just hope that some of our men don't come down with that nasty virus that's going around.

N: Question 6. You hear a woman making an announcement at a train station.

A: We are sorry to have to announce that the 16.20 express service to Windsor Central from Platform 10 has been delayed due to a mechanical fault further down the line at Oxford. Could all passengers who have been waiting to board this service please make their way to the waiting room at the end of the platform. We hope to be able to provide further travel updates in due course and in the event that a replacement bus service will operate, all previously purchased train tickets will be valid for travel. A selection of hot drinks and snacks is available from the coffee shop on Platform 11.

N: Question 7. You hear two people talking about a coffee shop.

A: I must say they've done a good job with that new coffee shop in the high street. It's got a

bit of a buzz to it and it's always packed, so obviously plenty of people think the same as me.

B: Yeah, and you get a really decent cup of coffee for your money too, unlike some of those other coffee chains where they hand you half a cupful! And the lemon cake's incredible too ...

A: ... which is great if you like lemon cake, of course. To be honest though they could do with adding a few more cakes to the menu!

B: I think you're right. I'd thought that too, actually.

N: Question 8. You hear a woman leaving a message for her friend.

A: Hi Lisa, sorry to take so long to get back to you. You were asking about courses. Well, I definitely recommend the digital photography one at Oakwood College. There's one for all levels really, so don't worry if you think you don't know enough to join a class. I wouldn't leave it too long to sign up though, as classes usually fill up almost as soon as the new brochure's published. If you do decide to go ahead, I've got some material you can use as well ... I signed up for a monthly publication to help me with what I'd learnt. And there's loads of stuff online too. Let me know, OK?

N: That is the end of Part One. Now turn to Part Two.

Part 2



40

N = Narrator H = Harry

N: You will hear a talk by a man called Harry Carter, who is a pilot. For questions 9–18, complete the sentences with a word or short phrase. You now have 45 seconds to look at Part 2.

H: Hello everyone. I'm Harry Carter and I'm here to talk to you about my work as a commercial pilot for Emperor Airlines, which, as you may know, has offices in many cities in the United States. Its headquarters are in Texas, though, and I moved there from California to take up the role.

My love of flying started in childhood. My dad was a pilot, and from an early age, I travelled on planes where I was often lucky enough to sit in the flight deck. Later, I studied Aeronautical Engineering and regularly visited a flying club not far from where I lived to get a feel of what it would be like flying a plane. It was learning the ropes like that, more so than my university degree, that confirmed this was the career for me.

After qualifying, I came across a sponsorship opportunity with Emperor Airlines in a magazine, and funnily enough it was my instructor, rather than my father, who pushed

me to apply. It was a lengthy process with many tests and interviews. All things considered, I was fortunate to be offered a place. I didn't have much in the way of savings, but fortunately the airline provided funding, and though it wasn't enough to cover the whole period, it at least meant that I could get on with my training.

At Emperor Airlines, I was immediately allocated to a Senior First Officer and we had weekly email catch-ups. In addition, he visited me and other trainees. It's a hugely successful support system that they run for trainee pilots, where they can discuss the whole process, ask questions and so on – and get lots of encouragement! And without all that I think the whole thing would have been far harder.

So, how do you move up the ranks? Well, initially you start at the bottom as a First Officer on a particular type of aircraft. You then need to do a certain number of flying hours on that aircraft, as well as have the relevant training and industry experience. Clearly the airline also needs to have vacancies.

Now, what's my typical day like? Well, before departure, as First Officer I'm obliged to run through the day's paperwork, which covers flight paths and weather. Then, to work out how much fuel is required and the approximate flight times, the other pilot who'll be flying the plane with me, and I go through the details together. We brief the crew so everyone knows what to expect for the flight.

Then, it's down to one pilot to set up the flight deck – the routes, charts and so on – while the other carries out an external check to ensure all's in order in terms of safety. And obviously this is pretty crucial. Once everyone's on board and we're happy that everything's in order, the doors are closed and we take off.

My favourite part of the job's the view – my office window changes every day! And with the sheer variety of passengers and crew I get to meet, there's never a dull moment. Hearing my friends moan about their nine-to-five jobs makes me laugh – I mean, I could very well feel sorry for myself because the shifts I work are often long and can be a bit antisocial. But I really don't mind getting up at the crack of dawn or getting home at four in the morning when I have to.

Although I don't come into as much contact with passengers as the cabin crew obviously, I do enjoy getting out of the cockpit when I can to go and say a quick hello to people. Most passengers are actually pleasantly surprised to

see the pilot. And knowing that my colleagues would do anything to help me out gives me a real boost! Pilots have a lot of responsibility and there's nothing like being part of a strong team – and that's what we really are.

N: Now you will hear Part Two again.

That is the end of Part Two. Now turn to Part Three.

Part 3



41 N = Narrator

N: You will five short extracts in which professional sportspeople are talking about what motivates them most. For questions 19–23, choose from the list (A–H) what each speaker says. There are three extra letters which you do not need to use.

You now have thirty seconds to look at Part 3.

Speaker 1

For me sport's not so much about pushing myself so that I get to be one of the top athletes in the world ... winning gold medals all over the place, and so on. Or even beating my own personal best by getting faster each time I go out there on the track, though that's great when it happens. Sport's actually more about keeping my body in tip-top condition and making it better if I can. Health is wealth, as they say, and unfortunately people often only realise that when it's way too late, so I want to stay ahead of the game.

Speaker 2

I care about lots of aspects of being involved in sport actually, and in the case of my sport ... boxing ... I really want to show people what's achievable. And especially females who might not be traditionally drawn to this sport. I guess when I'm old and grey I'd like to be seen as a person who pushed the boundaries a little. I know that my dad, who was a boxer himself, is already so proud of what I've done and though that's not what pushes me forward, it's a lovely bonus, as is knowing that other boxers respect me because they see me as being at the top of my game.

Speaker 3

Well, there's no doubt about it that it's nice being looked up to by lots of other athletes, but that admiration can only take you so far. I train hard and I know that lots of young people out there feel inspired by my success to date, but what drives me forward now is that really strong desire I've got to become world class ... you know, being right up there with the best there are. I suppose the ultimate aim's getting through to the European championships. I know what I have to do and I'm up for the challenge! I just hope that all my hard work will be worth it.

Speaker 4

I enjoy the competitive element of being a professional sportsperson, I really do. It's always great to win and to know that you're the best there is in your sport. That's short-lived though ... you come down from that high that you get after a win fairly soon. What has a much longer-lasting effect is knowing how I can influence people everywhere ... you know ... instil in the next generation the will to go out and have a go at playing football. That's very rewarding indeed. It's always great to hear reports of the admiration people have for me and my team, and what that's led to. That's what really keeps me going!

Speaker 5

I took part in the long jump in the last Olympics and that's definitely going to go down as one of the most unforgettable experiences of my entire life. What made it all the more special was having my kids there with me. They're still very young, but actually old enough now to understand what it is I do and how strict my training schedule needs to be. They encourage me to do better in each jump I do, and it's knowing that they feel so much pride regarding my achievements that really makes me want to do better and better each time. It's a hard feeling to describe really.

N: Now you will hear Part Three again.

That is the end of Part Three.

Now turn to Part Four.

Part 4



42 N = Narrator I = Interviewer S = Sam

N: You will hear an interview with a health and lifestyle expert called Sam, who is talking about ways people can make themselves happy. For questions 24–30, choose the best answer (A, B or C).

You now have one minute to look at Part 4.

I: Today, our health and lifestyle expert, Sam, is going to tell us some simple tricks for making ourselves feel better when we're a bit down. So, Sam, my first question is 'What's the link between our mood and making decisions?'

S: Mood's really important when it comes to making decisions. Many people have problems with internal dialogue ... you know, that little voice inside your head that says, 'Oh, you'll never be able to do that' or 'You'll fail'. That's very damaging ... we mustn't allow it to affect our judgement. It's all about being more positive. And luckily this is something that everyone can do, regardless of age or gender.

- I:** Yes, that makes sense. And I imagine sleep's important too, isn't it?
- S:** Definitely. It's actually more about how well we sleep rather than how much. We should make sure that we're ready for sleep when we settle down for the night. That means spending time winding down beforehand ... you know, just relaxing, and giving our brain a chance to slow down. People who have trouble getting to sleep should try sleeping in different rooms in the house.
- I:** Right. Now we all get bad days. What advice would you give for when that happens?
- S:** Hmm ... er, I'd say laughter's important. You've heard the old saying 'laughter's the best medicine' ... well, there's a lot of truth in it! Laughing improves your mood so if you're having a bad day, just try being silly now and again. If you haven't got time to go and see a friend, look up some jokes online or watch something that'll make you laugh. Basically it's about learning to lighten your mood and seeing the funny side of life. Be a child again!
- I:** Uh-uh ... good tips. So, is there anything else?
- S:** Yes, there's what I call getting back to basics ... we're all so busy these days and we don't have time, or rather we don't make time for doing the simple stuff ... you know, like meeting up with friends you haven't seen for ages, walking your dog or going to a gallery and seeing some interesting art work. It's actually these little things that often make us happiest.
- I:** I'm with you on that. And how would you say love features in our personal happiness?
- S:** Well, it may seem obvious, but don't be afraid to let love into your life. After all, the ability to give and receive love is quite a desirable human quality. It seems to me that, as a society, we're either not as close to each other as we might be, or we often forget to show how much we value our loved ones. And that can cause negative feelings like anger or loneliness, for example. So, if you really want to work on making your attitude more positive, find a way to reconnect with people, especially those close to you.
- I:** That seems reasonable. Would you say that self-confidence plays a part in being happy?
- S:** Certainly. Participating in new mental activities improves confidence levels and the way we cope with problems in life. Building confidence could be as easy as discovering the meaning of new words or learning about new topics. Or, if you're right-handed, try using your left hand more frequently. This is because the left hand

connects with the right side of the brain, which is more creative.

- I:** I see. We're nearly out of time unfortunately. Any final points to add, about, say, the language we use when we're communicating?
- S:** Yes, I'd say that people use too much negative language. Focus on positive things instead, and learn to communicate your needs more effectively. For example, instead of telling people 'you shouldn't have done that', express your requirements by using phrases like 'I need you to'. The difference is that this peaceful language expresses needs and doesn't judge, so that can change the way the speaker's viewed and make them seem so much more positive.
- I:** Well Sam, it's been very interesting talking to you, but unfortunately we'll have to end it there. Thanks for joining us today.
- S:** And thank you!
- N:** Now you will hear Part Four again.
That is the end of Part Four.

Speaking Part 1

▶ 43

Where are you from?

Tell me about a dish that's popular in your country.

Do you cook every day?

What kinds of things do you like doing with your family at weekends?

Do you prefer hobbies that you do alone or hobbies that you do with other people?

Is there a new hobby that you would like to start?

Speaking Part 1

▶ 44

What are the advantages of learning another language? Why do you think this is?

Is it easier to learn a language when you're young?

What do you think is difficult about learning English?

Some people say the best way to learn a language is to go and live in the country where the language is spoken. Do you agree?

Do you think that speaking another language helps people to understand the culture of that country?

Some people say it would be better if there was just one language that was spoken in all countries. What do you think?

Thank you.

That is the end of the Speaking test.

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