

UNIT 1

Opener: BBC Vlogs

- 1 People would describe me as creative, artsy, humorous, bearded and most importantly caring and genuine.
- 2 Hi I'm Jo, and my friends would describe me as funny, most of the time, loud and slightly chaotic.
- 3 How would my friends describe me? I'd hope that they'd say that I'm friendly, funny and reliable.
- 4 How would my friends describe me? They'd probably say I'm kind and I'm caring, but that I'm always late.
- 5 My friends would describe me as caring and funny, I hope, erm, and also smiley.
- 6 My friends would describe me as happy, caring and fun.
- 7 My friends would describe me as energetic because I'm always full of energy. They would describe me as smiley because I'm always smiling, and they would describe me as funny because I love making jokes.
- 8 My friends would probably say that I'm generous, kind, honest and reliable. Definitely reliable.

1D: BBC Street Interviews

Exs 2A and 2B

- Alice: I would describe my lifestyle as, er, quite normal really. Erm, I ... I go to work, er, I come home ... I live with my parents. I think it's quite normal.
- Elliot: I have quite a normal lifestyle. I wake up early in the morning, I go to school, I have lunch outside, I do my homework and then I see my friends. And, I do that every day.
- Saffi: I'd say because we're students, erm, we live quite alternative lifestyles, erm, normally we'd be going out at the weekend, and always, like, together making dinner and things like that.
- Vambai: Er, my lifestyle is pretty normal. I wake up in the morning, go to work, er, come back home, cook for myself, eat dinner and go back to sleep.
- Kayla: I'm probably in the more alternative side of things.
- Tom: I'd say alternative as well.
- Jack: Yeah, alternative, yeah. Same.
- Philip: Er, I think my lifestyle is relatively normal and conservative. I have a regular type of job – I work in an office in finance – erm, I live quite near to work, I commute, er, to work by bicycle.
- Lotte: Er, yeah, probably the same – quite alternative. Um, mostly, yeah, just hanging out with friends on the weekends, er, doing quite a lot of studying for university. Erm, nothing that exciting really. Just quite normal, but, yeah.
- Adam: I guess my life is, is fairly comfortable. Erm, I live in ... I have my own house. Erm, I have two children, a wife and two children. Erm, and, er, yeah – it's not too bad.

Ex 2C

- Elliot: Erm, if I could change something about my lifestyle, I would do more exercise, would get ... maybe go for a run every day – that would be nice.
- Vambai: I would like to go out more. Erm, I would like to explore the country a bit more. And visit different places a bit more.
- Tom: Er, I would like to save more money. Yeah, and stop spending it all the time.
- Kayla: I want to travel a bit more. Erm, I seem to work quite a lot so, yeah, it would be nice to go travelling [to/around] different places.
- Jack: Er, work less for me as well. I'm sick of work, basically. So, yeah.
- Philip: Erm, it would be nice to have a more exciting job, not working in an office. Erm, maybe live somewhere a little bit warmer than the UK, with less rain.
- Adam: Erm, I'm pretty happy with the way that things are. Erm, I look forward to my children growing up, just seeing how they change, erm, and my life changing as, as they become adults, seeing how they get ... become, and then maybe having a bit more time to myself as well.

UNIT 2

Opener: BBC Vlogs

- 1 Er, I remember a summer holiday, erm, I spent with my family in the north of Spain in the mountains, and we had a fantastic time, hiking, canoeing and also I had my first camera so I took plenty of photos as well.
- 2 Happy memory, getting my first car, which was a tomato-red Mini.
- 3 When I was nine years old my father gave me as a birthday present a small kitty cat. At the beginning I was a little bit nervous because I thought that it was going to be very difficult to take care of it, but I was also very excited to have it between my arms.
- 4 I remember when I was about eight, I went to Spain with my family and it was really exciting because I got to try lots of traditional Spanish food. I also learnt how to swim and got to stay up late, which I found really fun.
- 5 A few years ago I was about to travel to Argentina. I was so excited about that trip. Unfortunately, the day before my flight, my bag was stolen with my passport in it. I thought I was not going to be able to make it. Luckily, a neighbour found my passport on the street and returned it to me just a few hours before my flight, so I was able to travel and had an amazing experience. I was so lucky and so grateful to my neighbour.

2D: BBC Documentary

Exs 2A and 2B

- Simon: In living memory, thousands of residents in the town of Matera were so poor they lived in damp, dark caves. People were living in the caves here until the 1950s, when the Italian prime minister declared this poverty a national scandal, and everybody was moved out, forcibly moved out of the caves, into public housing, and so a whole way of life ended. Matera is now turning its once shameful caves into an asset. Many of them are being refashioned as holiday homes and fancy hotels. Marco?
- Marco: Yeah, it's me. This is your cave.
- Simon: This is my ... Look at this! It's astonishing! This was a home!
- Marco: Family share the house with donkeys, cow, big animals.
- Simon: People lived with their animals inside the cave? I sense that you're turning this from something that is shameful or embarrassing, or people feel that way about it, into something to be incredibly proud of.
- Marco: Exactly. We start to understand that there is a way to live again. We need to be proud of this.
- Simon: Isn't it totally spectacular? Something and somewhere I won't ever forget. I'll enjoy a good night's sleep tonight, I think.
- Ahhh ...
- Wow! I mean, look at this. Come on, now!
- Oh, look. Italian wedding! Fantastic. What a completely splendid sight. Any wedding, anything like this, it represents rejuvenation, regeneration. It's so good to see, because too many towns and villages in southern Italy have been completely depopulated in recent generations, but here, this is ... this has got a future.

UNIT 3

Opener: BBC Vlogs

- 1 I'm interested in a lot of things so I could probably say that I'm curious about everything. I've always enjoyed learning new things about science, nature and I still really enjoy reading popular science books and articles.
- 2 I'm really interested in history, especially middle eastern history, erm, it's just something that I've always found interesting and I like to read about it, I like to watch documentaries about it and find out more.
- 3 I am curious about language learning and what happens to the brain when you learn more than one.
- 4 I'm curious about things that affect the environment, particularly global warming, climate change and what we can do to stop it.

- 5 I'm curious about food and how what we eat affects how we feel and how we behave.
- 6 Oh, I'm curious about so many things. I love music, I love art, I love history.
- 7 I'm really curious about what cats think. They act in such strange ways most of the time, and I always want to know what's going on in my cat's head.

3D: BBC Street Interviews Exs 2A and 2B

- Nikki: Erm, the things that're important in my life are friends, family and food.
- Lily: To me, friendships and my family are very important. But at the same time, doing things I'm interested in, such as art and writing, and anything creative, are also very important to me because I think it's very important to follow your dreams and do what you enjoy, and what makes you happy.
- Saffi: I'd say, erm, friends is a big thing because most of our friends are uni students so we can't see our families, so being together and eating dinner, and seeing each other lots [is] definitely a big thing.
- Lotte: Yeah, making time to socialise as much as you can, erm, looking out for each other, making sure that everyone's healthy ...
- Saffi: And mentally OK.
- Lotte: ... Yeah. Yeah.
- Natalia: Erm, I quite like music because I believe it is able to change your mood a lot. You know, if you're feeling depressed or sad, erm, putting on a certain song can make you ... kind of uplift you.
- Mon Zer: Succeeding and providing for my family.
- Devante: Er, my family, my friends, er ... what else is important to me? Having a freedom of thought, being able to learn, being able to teach each other, friends, family everyone, living a good life and keeping tidy, putting things away after I use them, I think is important to me. So, a... structure is really important to me nowadays.
- Gerard: I'd say [the] most important [thing] is ... for me is, will probably be friends and family. I think spending time with them, erm, making sure that there's a good balance between my work and my, like, personal life, my free time, make sure I've always got time for them.

Ex 2C

- Nikki: Erm, money. I'm not particularly, ... I don't find a career that important.
- Lily: For me, other people's opinions are not very important and, erm, they shouldn't be because you shouldn't, er, care a lot about what other people think about you.
- Lotte: Erm, for me, social media I don't care about too much. Erm, sort of keeping up with, kind of, current trends and Instagram, Facebook. I'd rather, sort of, socialise in the real world. [I'm] more interested in current events and the news, I guess.
- Mon Zer: I ... I don't care about, er, like, er, new trends that much.
- Gerard: So, things that aren't that important for me personally, erm, I'm not interested in sport at all. I've no interest in it, I don't really know anything about it. Erm, and probably brands. I'm not ... like, brand names, or ... I'm not really into brands at all or, sort of, status symbols.

UNIT 4

Opener: BBC Vlogs

- 1 Last year I won a really big golf tournament. I'm very proud of myself. I shot my best score of the year, a seventy-nine, which is a really good score in golf, especially for me.
- 2 Yes, I've won one thing in my life, which was an award for best classwork when I was ten years old.
- 3 Actually, I won a contest a few months ago, it was an opportunity to watch my favourite singer performing live, Alicia Keys, in London, and I loved it, it was such a good experience.
- 4 So, I've won quite a few awards, erm, I used to dance when I was younger, so I won quite a few competitions for dancing and I also won a couple of trophies as well. Erm, I've also won a few professional awards for writing, and that's about it really.

- 5 I usually never win anything, but I won these two turtles in Bali for showing up first to a party. It pays to be on time!
- 6 I don't often enter competitions, so I haven't won a lot, but I did enter a competition on Twitter last year and I won a television, and that was pretty cool. I think I won it because I was the only person who entered the competition. It wasn't a big Twitter account, but hey, I got a free TV.

4D: BBC Entertainment Exs 2A and 2B

- Narrator: Nepal. An ancient, mystical land. A land that's home to the world's highest peaks, and now also to a very important *Top Gear* test.
- Presenters: Hello.
Thank you.
Thank you.
Challenge.
What have we got?
You and your city cars will now undertake the ultimate commute – from Kathmandu to the Forbidden City of Lo Manthang.
Wow!
- Narrator: First, we'd have to escape Kathmandu.
- Presenter: A little bit, uh, chaotic round these parts.
- Narrator: The next thing to do was leave Kathmandu behind, pick up the highway and start our trek west.
- Presenters: Tell you what, Paddy, it's about to get really bumpy up here.
It can't get any worse, can it?
I think it just might be.
- Narrator: But then things got even tougher.
- Presenters: Oh, my ...
Up-up-up!
Could someone get back here quite quickly, please?
Great!
- Narrator: Miles from anywhere, our next job was to find somewhere to camp for the night.
- Presenters: This is nice, innit?
This is the worst camp spot I've ever seen.
Goodnight!
Seriously, boys. This is, this is ... frightening up here. I mean, literally, there was just enough room to get the car through.
Fred, I can't believe I'm saying this, but please can you give me a push?
That's literally all I've got. I think the engine's dying.
Fred, hook me up and just tow me. This is ridiculous.
Whoa, whoa!
Paddy!
- Narrator: So, this was it. After five days of punishment, and now just ten miles short of the finish, the Renault 4's journey was done.
- Presenter: Come on, Chris. Get in.
- Narrator: In the five days since leaving Kathmandu, our cars had covered the most arduous miles of their lives. They'd suffered breakdowns and failures. But working together, they'd claimed victories we had no right to expect of them. In the end, the journey had proved too much for some. But we'd come to Nepal to find the ultimate city car.
- Presenters: I'm through!
No, you're not!
The finish line!
Technically, Fred, you're not in.
I'm in! I'm in! I'm in!
- Narrator: He wasn't. And, ultimately, the Forbidden City had made its choice.
- Presenters: Crowned the winner! It's got the gold scarf on it, Chris.
On that, Paddy, I give it to you. I can't argue with you, man.

UNIT 5

Opener: BBC Vlogs

- 1 I always read the BBC site in the morning first thing, starting with the sport news, in particular football, erm, then I work through world news because I like to know what's happening in the world, and kind of work my way down to national, UK news and then what's happening in my local area.
- 2 Well, I listen to the radio a lot, I like to get the news from the radio, because they also tend to discuss issues further and interview people regarding current affairs.
- 3 I read a lot of news every day, I either read it online or I read, erm, a newspaper.
- 4 Erm, I try to be up to date with current affairs, so I read the news on my phone on an app and I try to read the news on my lunch break at work.
- 5 I get my news online. (I go) When I wake up I go online and I go straight to BBC news, and then ... I also like to read other news sites on the same article to make sure everyone that is saying the same thing.
- 6 I go to a few different sites, different sources, erm, because usually the truth just lies somewhere in the middle, erm, so I like to get different points of view.

5D: BBC Street Interviews Ex 2

- Isabelle: I think the kind of news that interests me the most must be, erm, international politics.
- Matt: Er, people doing well in life. Erm, good news stories. Erm, er, I'm tired of seeing negative stuff on the news.
- Natalia: Erm, I like, quite like things to do with crime because [it] just adds a bit of entertainment to my life.
- Rob: Erm, I follow politics in the news. Erm, as well as news about sport and, erm, culture.
- Devante: News about things I care about. I love news on technology, so I'm really into business development and I'm into technology helping us do things in a more efficient and, hopefully, cheaper way. Erm, I'm really into learning about the arts, I love musicals, I love news about music.
- Henry: Er, the news that I'm interested in is world news. I'm from Australia, so I really like, er, international politics, international relations, er, local news is also interesting.

Exs 3A and 3B

- Isabelle: I think print media will disappear over time and I think, er, the new generation might focus more on social media and get their news through different social media platforms, erm, and I think it might be hard then to distinguish real news from fake news.
- Matt: Er, it probably won't. It probably won't! But I hope it does. Erm, there's too much negativity on the news. There's far too much negativity.
- Natalia: I think the younger generation will be more interested in the news, but I think the way we access the news or, erm, information that would be included in the news will change from the traditional BBC website or the newspaper to social media, such as, like, Instagram and even Snapchat.
- Rob: Erm, hopefully people will stop getting their news from social media. Erm, yeah.
- Devante: Hopefully, it'll be a bit more selective so that you can click on the things that you're most interested in and just watch those rather than things that are quite depressing, quite sad, that are repeated every day, that get worse and worse, i.e. news that's out of your control, that's negative.
- Ayesha: Erm, I definitely think that celebrities are going to be more prominent in the news and that their role will be much more influential as well.
- Henry: Yes, I think the news will be online a lot more, including on social media. I think the news will be represented by younger people and mostly on social media platforms, such as Instagram, Facebook, er, and other internet things.

UNIT 6

Opener: BBC Vlogs

- 1 I think I'm a pretty creative person, but the things that I do aren't works of art, obviously. I love to dance, to sing, I sing quite a lot to be honest.
- 2 I'm not very creative in the literal sense. I can't play a musical instrument or sing, or, I'm not very good at art either, but I do enjoy creative writing, erm I always enjoyed that at school.
- 3 I really like baking cakes and bread. I started baking with a friend who I live with at university this year. Oh, and I'm also teaching myself to play the guitar.
- 4 Well, I'm not very good at art, and I don't play any instruments either, but I am creative in other ways, for example I love crafts and I have recently started knitting as well, and I really enjoy it.
- 5 The creative things that I'm interested in are drawing – I like to sketch things, I'm not very good but I do enjoy it. I also like gardening because I love to watch things grow.
- 6 I draw a lot and I paint a lot, but mainly digitally. I have a tablet which I can take with me wherever I want so I can draw whenever I want.

6D: BBC Documentary Exs 2A and 2B

- Narrator: Yinka Shonibare is a British–Nigerian artist working in the UK. His art takes many different forms: sculpture, painting, photography and film-making. Yinka is designing a sculpture for the Stephen Friedman Gallery. It's the art gallery's 20th anniversary, and it has supported Yinka since the start of his career.
- Yinka: So, I'm doing this rather surreal piece. I'm doing a sketch of this kind of man celebrating and he's got all these balloons pulling him up. So, that's *Balloon Man* I'm actually doing.
- Narrator: Yinka works with a team of craftspeople across the UK. They help him create his art works. His sketches for *Balloon Man* go to a studio in south London. Nigel Schofield has worked with Yinka for more than ten years.
- Nigel: We get the sketch from Yinka and you try and get the flavour of what he's trying to get across. This is a guy who's being lifted off the floor by balloons.
- Narrator: First, Nigel photographs himself hanging in the air like *Balloon Man*. Next, Nigel and his team use the photographs to help them create the basic structure of the sculpture. This helps them make sure the figure is realistic. Once Nigel has finished, the sculpture is sent to costume maker, Miranda Curran.
- Miranda: What's great is that ... there's a lot more sort of artistic freedom for me as a maker because I can ... You know, I'm given the fabrics and then I can work with them and do what I like with them, which is a really lovely way to work.
- Narrator: Like many of Yinka's sculptures, *Balloon Man* is dressed in brightly coloured African fabric. Yinka hasn't seen the finished sculpture yet, so the team move it into the main studio.
- Yinka: I'll just stand back a bit. Let's have a look. Yeah, that's looking ... That's looking good. I'll just have a look here.
- Narrator: After some last-minute changes, *Balloon Man* is finished and ready to go to the gallery.
- Stephen: Welcome.
- Yinka: Ah, Stephen. OK.
- Stephen: Here we are.
- Yinka: Wow.
- Stephen: What do you think?
- Yinka: That's looking good.
- Stephen: Right at the centre in the front room, of course. Where you belong.
- Yinka: It's really great, actually, that you've got it just on its own in the middle. Yeah. It's a celebratory piece.
- Stephen: It's exciting, it's fun, it's engaging. It's everything a work of art should be.

UNIT 7

Opener: BBC Vlogs

- 1 I think I feel happiest in the garden, either planting new plants or looking after the older ones. I also love to walk in nature and to be able to hear the birds singing.
- 2 The place that I feel happiest is on my bike. I like to ride through the countryside, I find it helps me think about complicated things and they become simpler, so it helps me solve problems. I enjoy seeing the flowers and the trees and the rivers, sometimes I even ride my bike to the sea which is about 30 kilometres from where I live.
- 3 I'm happiest either at my home in Brighton or when I'm visiting my family on a lovely sunny day.
- 4 I feel happiest sat around a dinner table with my friends and family.
- 5 I feel happiest in every place where I can be with my friends, just hanging out in the street, sharing our thoughts and having a lot of good moments, or even watching a film at home.
- 6 My favourite place is here. I'm in Northumberland by the ocean on the north-east coast of England and the sky is huge and the sea is beautiful, so this is where I feel the happiest.

7D: BBC Street Interviews Exs 2A and 3B

- Dan: Erm, probably India. Erm, because it's such a fantastic, big, diverse country, amazing food, amazing people. I'd love to go back.
- Saffi: Budapest, I think, because there's so much ... you can see so much in one city, you can go to ... you can be in Buda or Pest, and I didn't know that before I went there. Erm, and it's a really beautiful city and the people are really lovely and the food is amazing as well.
- Lotte: Yeah, I really love New Zealand. Erm, I went to Auckland two years ago, erm, and stayed there for about a month and the scenery was amazing, the people were so friendly, erm, and it was just a really beautiful place.
- Will: Erm, I think the most amazing place I've ever visited is, er, Mount Kilimanjaro. Just being at the top when sunrise is coming and you've got snow and there's very, very few people up there. It's quite a special place.
- Lumi: I think the most amazing place I've ever been to currently is Iceland. I went there to do ... shoot a film and to capture some of the Northern Lights and just general culture, but Iceland.
- Osaid: The most amazing place I've ever visited would probably be Syria a couple of years ago. Er, this is because there's so much history behind it and so many different ... and, such a wide variety of foods to try, and was really different from any food that I've tried in this country.
- Anabel: Erm, I think London because there's so many things to do here and each part of London is so different and diverse. Erm, and it just feels so lively. I just really enjoy spending time here.

Exs 2C and 3C

- Molly: I'm going to say by myself because I'm more of a ... I prefer my own company.
- Dan: Bit of both. Er, I like the freedom of travelling by myself, but, erm, ultimately, it's nice to travel with someone else because it can get a bit lonely on your own.
- Saffi: With other people.
- Lotte: I ... I'd say by myself. I think it ... you've got more room to do what you want, umm, and be more flexible with your plans.
- Nikki: I actually prefer going by myself because I'm a bit selfish and ... could do whatever I want without worrying if someone else is having a good time as well. But obviously there are some ... some times where you want to be in a big group and be with all your friends. But if you want to go somewhere specifically, just go on your own I'd say.

- Lumi: Preferably, probably by myself, but I do enjoy, er, travelling with people. But I like probably, like, small groups, so probably like, four max, maybe.
- Osaid: I prefer travelling with other people, just because I feel the experience is shared with my friends or family. Because when I'm travelling alone, whatever happens is mostly on my own and I find it safer to travel with other people.
- Anabel: Erm, I enjoy spending time with other, er, travelling with other people because, erm, then you can talk about the experience with them and enjoy it with them and share the memory with them, rather than just yourself.

UNIT 8

Opener: BBC Vlogs

- 1 Generally speaking, I'm pretty terrible at fixing things. If it's got anything to do with electronics, a motor or an engine then I haven't got a clue.
- 2 I try and fix something before getting help, erm, so with computers I'm quite good, but anything with cars, I'm pretty bad.
- 3 I think, generally, I'm good at fixing things, at least I always try before throwing something away or asking for help.
- 4 I'm really bad at fixing things – never ask me to fix something for you. I don't even know how to change a lightbulb, so when something breaks in my house, either I ask someone for help or I live with it.
- 5 Am I good at fixing things? Not really. I'm more of a project manager than a DIY expert if you know what I mean. So, I always have big plans, and then I need to find someone to do the actual work for me.
- 6 I am not very good at fixing things: I would say I'm quite good at breaking things. I am quite clumsy.

8D: BBC Documentary Exs 2A and 2B

- Narrator: Finely tuned ears and a wonderfully versatile voice have allowed humans to invent over 7,000 different languages.
And each of us, as we grow, pick up over a thousand new words every year. By your early teens, you have a working vocabulary of over 10,000 words. From an early age, Wendy Vo's brain has been bursting with languages.
- Wendy: When I was one, I spoke Vietnamese only, like, it was just like baby words. When I was two, I spoke English, Vietnamese, Spanish and Chinese, so four languages when I was two years old. Well, at least I started learning them.
- Narrator: She hasn't stopped at just four languages. Wendy spends an hour every week talking to a range of different people in their native tongues.
- Winita: I am Winita from India, and I teach Wendy Hindi.
- Rashida: My name is Rashida and I teach Wendy Arabic, from Yemen.
- Woman 1: And I teach Wendy Spanish. She speaks Spanish a lot better than some Hispanic kids do.
- Woman 2: At the Russian languages, she is very good.
- Woman 3: Portuguese.
- Woman 4: She is at the top because she can switch very ... in few seconds, from one language to the other one. And she can think, speak, write. It's unbelievable.
- Wendy: Vietnamese, English, Spanish, Chinese, French, Japanese, Hindi, Arabic, Russian, Cantonese and Portuguese.
- Narrator: Add them all up and Wendy has eleven different voices packed inside her head.