

UNIT 1

Audio 1.01

- 1 Nine times out of ten, she'll forget her bank card.
- 2 We'd spend hours sitting in a café, just chatting.
- 3 She'd always find the perfect birthday present for me.
- 4 He'll always offer to pay for my lunch.
- 5 We'd see each other every weekend.
- 6 She'll accept an invitation and then change her mind.
- 7 I'll always give my honest opinion.
- 8 They'd meet up every evening.

Audio 1.02

Hello, and welcome to the show. Today we're talking about researching your family history. Looking into your family's past has become a popular hobby and there are lots of websites you can use to help you trace your family tree back hundreds of years. So, today, we want to hear from you. Have you delved into the past and found long-lost secrets about family members? What appeals to you about researching your family's history and how does it feel when you succeed or fail? Or does the whole idea leave you cold? Call us now and join in the conversation.

Audio 1.03 and 1.04

P = Presenter D = Daniel A = Anita R = Rafael

- P: Our first caller is Daniel. Hello! What's your experience?
- D: Well, I was never interested in family history. I used to think, 'Why would I want to know about people just because they're distantly related to me?' A friend of mine who used to be really into this would often say, 'I've been doing some family research and you'll never guess what I've found out!' I'd think, 'Wonderful. No doubt you're going to tell me all about it ... in great detail!'
- P: So, what changed your mind?
- D: Well, one day my mum mentioned a relative of ours – her uncle – that no one really knew much about. He was a bit of a mystery and it kind of got me curious.
- P: Of course!
- D: So, I started doing a bit of digging around online and the more I did, the more interested I got. I started asking family members for old photos and it was surprising what connections between the past and the present I found, like Great Uncle Silas used to look incredibly like my brother does now. So, yeah, I'm really into it now. It's a bit like doing a jigsaw puzzle. Once you start, you can't stop until all the pieces are in place!
- P: Brilliant! I'm glad you're enjoying it. Now, Anita's on the line. What's your story?
- A: Well, I always got on well with my grandparents, but after they died, I realised I didn't know much about their early lives. I asked my mum and she didn't really know much about them either – so that was helpful!
- P: Oh, dear.
- A: Yeah. But I knew they were originally from the Netherlands, so I thought I'd try and find out more about them. What I didn't know was that their name, De Jong, is one of the most common Dutch surnames. When I did a search for that name, I got over 5,000 results! Great, I thought! How am I going to work my way through all these?
- P: Wow! What did you do?
- A: I tried some family history websites, but that didn't get me very far. Then I read about someone who'd researched their family history and found some unpleasant facts about their family members and I thought, 'Do I really want to risk finding out something bad?'
- P: Hmm, yeah.
- A: So, in the end I decided I'd treasure the memories I have of my grandparents and not try to dig up the past.
- P: Yeah, I can understand that! Well, thanks for calling. Next up is Rafael, who's a very keen family historian, I think?
- R: Yes, but for me, it isn't to do with learning more about the past. It's about finding connections in the present. My family's quite small – I've got just one brother and a couple of cousins. Then a friend told me they'd done their family tree and discovered loads of relatives they didn't know about and I thought, 'I wonder if I've got any long-lost relatives?' Two years later ... I've found I've actually got family all over the world – from Australia to Canada.
- P: Fantastic! And have you made contact with them?

- R: Yeah. I've met up with quite a few. It's surprising, because I've met people who are from quite different backgrounds, have very different opinions and so on. But also, we have a lot of things in common. I've been able to bond with them because we share more or less the same family tree and feel a sense of belonging. It's amazing!

Audio 1.05

- 1 No doubt you're going to tell me all about it!
- 2 I started doing a bit of digging around online.
- 3 I knew they were originally from the Netherlands.
- 4 I've found I've actually got family all over the world.

Audio 1.06

- 1 We live on the outskirts of the city.
- 2 She's studying architecture at university.
- 3 Most people live in inner-city areas.
- 4 The office block has been fully modernised.

Audio 1.07

- 1 A: Have you heard about Okas? He's doing a bungee jump off a tower block next month!
B: Really? I guess some people enjoy the adrenaline rush, but you wouldn't catch me doing it!
- 2 A: You know Rob's really into kitesurfing?
B: Yeah.
A: Well, he's asked me to go with him next weekend.
B: Really? I'd jump at the chance to do that!
- 3 A: What do you fancy doing tomorrow? We could go shopping, or just have a lazy day.
B: Oh, that's easy. Given the choice, I'd go for the lazy day.
- 4 A: Are you going to volunteer to give a talk at the open day?
B: Are you kidding? I'd run a mile at the thought of speaking in front of lots of people!
- 5 A: We haven't got anything planned for Friday evening. Would you rather go to the cinema, or watch a movie at home?
B: Watching a movie at home's OK, but I'd sooner go to the cinema. The big screen definitely adds to the experience.
- 6 A: Are you going to join in the dance competition? You're really good at dancing!
B: Dancing's OK, but I think I'll give it a miss. I'm not really that competitive.

Audio 1.08

- 1 I'd rather not be too late home tonight.
- 2 Given the choice, I'd go for an Italian meal.
- 3 I'd sooner save up and go for a longer holiday next summer.
- 4 I'd prefer a room at the back of the hotel, where it's quieter.
- 5 I think I'd rather ask for professional advice first.
- 6 I'd prefer to stay in tonight.

Audio 1.09 and 1.10

- A: Right. We've three days here in Paris and there are loads of things to do. What do you fancy doing first? We could go to the Louvre Museum, or would you rather look around the city?
- B: I'd go for your second choice, to get to know the city a bit.
- A: OK. There are tour buses. We could hop on one of those, or would you prefer to walk?
- B: Given the choice, I'd walk. I think you notice more that way. Also, it's a lovely sunny day.
- A: Oh, look at this – we could do a helicopter tour of the city! Do you fancy that?
- B: I think I'd probably give that a miss. You know I'm scared of flying. There's no way I'd enjoy being up in a helicopter!

Audio 1.11

P = Presenter A = Amanda

- P: Last week we were talking about comfort foods and, of course, one food that kept coming up was chocolate. So, I thought we'd explore this a bit further and ask, 'Why do we like chocolate so much?' With me is food chemist and self-confessed chocoholic Amanda Greyson. Amanda, tell us ... Has chocolate always been regarded as a luxury food, something we treat ourselves to?
- A: No. In fact, the first people who are known to have consumed cocoa beans did so in the form of a drink, which was made from

- ground cocoa beans and it was quite spicy, and quite bitter because it had no sugar added. It was seen as having health benefits and it was also thought to help people live longer.
- P: So, when did it turn into chocolate as we know it?
- A: It was the Spanish in the 1600s who first added honey and sugar to make it into a rich, sweet drink and at some point milk was also added, but the first chocolate bars didn't appear until the 1840s, in Belgium.
- P: So, relatively recently.
- A: Yes, and in fact the first chocolate bars had quite a rough texture. It was only in the 1870s that a Swiss chocolatier found a way to add more cocoa butter into the mix to produce the chocolate we know today, with that delicious creamy texture that melts on the tongue.
- P: Mmm, yes. OK, so that's the history. But what about the chemistry? Is it possible to say what exactly it is that makes chocolate so pleasurable to eat?
- A: Well, the sweetness, of course. Sweet foods are naturally appealing, and this helped us in our evolutionary past. Sugary foods such as fruit allowed us to take in extra food in the autumn and store it as fat through the winter.
- P: So, we're more or less programmed to like sweet food ...
- A: That's right. But chocolate also contains a lot of natural chemicals that stimulate the brain and give us energy. Then, added to that is the fact that, in Europe and the US at least, chocolate has always been seen as a treat, especially for children, so when we eat chocolate as adults, the smell and flavour probably remind us of happy feelings from the past.
- P: So, that would explain why it's the comfort food of choice for so many people.
- A: Yes, definitely. And the final secret ingredient is the ratio of fat to sugar. So, if you look at most chocolate bars, you'll see that they are around twenty to twenty-five percent fat and forty to fifty percent sugar. That's quite an unusual combination in natural foods. Foods that are naturally sweet, such as fruit, don't tend to have much fat and foods that are naturally fatty or greasy, such as meat, don't tend to be sweet. But the one natural food that *does* contain this exact same ratio of fat to sugar is milk, which is of course the very first thing we taste after we're born.
- P: That's so interesting.
- A: So it's been suggested that the appeal of chocolate as a comfort food is that it stimulates memories of those first few weeks of life, when we were comforted with milk.

UNIT 2

Audio 2.01

- 1 What he did was deny all the allegations of cheating.
- 2 What some students do is write exam notes on their hands.
- 3 What we suspect is that he somehow had access to the internet.
- 4 What they were doing was checking all the students' ID cards carefully.
- 5 What she forgot was that she hadn't switched her phone to silent.

Audio 2.02

- A: You've been on your phone for ages. And you seem really tense. What are you doing?
- B: I'm trying to buy this pair of trainers that I really like.
- A: So, just choose your size, pay for them and ...
- B: No, you don't understand. They're on an auction site – that's why I'm tense! There are only ten minutes of bidding time left. I've got a good chance of getting them. I just need to make sure no one offers more than I do.
- A: Oh, I never go on auction sites.
- B: Why? You can get some real bargains. Plus, it's really exciting to compete and try to buy something that other people want.
- A: Ah, but that's the problem – the excitement!
- B: What do you mean?
- A: It's called 'auction fever'.
- B: What is?
- A: The feeling of excitement you get when you're bidding for something. I can tell you're really tense now. That's because you're caught up in the auction process and ... the problem is, this stops you making rational decisions.
- B: But the only decision I've made is that I want the trainers.
- A: Yeah, but now, with only ten minutes to go, you're not thinking rationally about how much you should pay. Your emotions are

controlling you – that's what auction fever is. And that's why statistically people pay more on auction sites than they would in normal online stores.

- B: Not always, surely!
- A: No, but it happens a lot. I've been studying it as part of my psychology degree. Let's see the photo of the trainers. Yeah, look. It's a really attractive picture and you've been focusing on it for what? Nearly an hour? So, in your mind, you already *own* these trainers.
- B: Yeah, I can see myself wearing them.
- A: So, the way it works is that we tend to value things we already *have* more than things we *don't* have. So, because in your mind you already *own* the trainers, you're willing to pay more for them than you would if you were just browsing in a normal store.
- B: Hmm. Yeah, I can see that. You start to want the thing more.
- A: Exactly. And another thing is – look. There's only one pair here, but in a normal store there'd be loads. Again, our minds trick us and we tend to think things are more valuable if we think they might run out.
- B: Wow. That's so interesting and it really makes sense. Oh, no! Someone else has offered more than me. That's so annoying!
- A: Ah, and that's the final way that auctions make us bid in an irrational way – they make us compete! And when we start competing, we want to win. You're now in the situation where you don't want to lose to whoever just made that bid. So you bid more – more than the trainers are worth, just so you can come out on top!
- B: That's crazy! So, what should I do? Look, there's only a few minutes left! You have to admit, they're pretty smart trainers!
- A: Yeah, but if you start to think rationally again, you'll realise that you can probably get a similar pair for less from a standard store, if you just wait for the sales.
- B: Oh, it's so hard to stop! But you're right. OK. I'll close the app. There – done!

Audio 2.03

- 1 There are only ten minutes of bidding time left.
- 2 The problem is, this stops you making rational decisions.
- 3 That's so interesting and it really makes sense.
- 4 You have to admit, they're pretty smart trainers.

Audio 2.04

- 1 I hope I can be successful and fulfil my potential.
- 2 We should form an alliance with our rivals.
- 3 I think I really pushed beyond my limits last year.
- 4 These new products will help us gain a competitive edge.

Audio 2.05

- 1 For me, money is nowhere near as important as having a good quality of life. And that means time off! What's the point in working more and more if you can't go on holiday and enjoy yourself? Being able to do the things I want is infinitely more appealing to me than just earning more money. So I'd always go for a bonus scheme that offers me additional holidays if I meet my targets.
- 2 I've got young kids, and my family is every bit as important to me as my career. So regular pay rises are great, but for me, flexible working hours are invaluable for managing work and home commitments, so that would definitely top my list.
- 3 My dad keeps telling me that a pension scheme is really important. But I think focusing too much on the future is a waste of time for me, as I'm only in my twenties. At my stage of life, more immediate perks are way more attractive than ones I won't benefit from for forty years. I'd definitely benefit immediately from regular pay rises, as they'd mean I'd automatically get more money each year!

Audio 2.06

- 1 It's way better to work in a team than on your own.
- 2 The job is nothing like as interesting as I'd hoped.
- 3 His bonus is almost as much as his salary!
- 4 This new job is significantly more senior than my old one.
- 5 My new manager is slightly more flexible than my previous one.
- 6 We're just as busy as we were last year.

Audio 2.07 and 2.08

- A: Are you going to accept the job offer?
 B: I think so.
 A: Great. Is the salary good?
 B: Well, I can't say it's way more than I'm getting now. It's almost the same. But there are other things about it that are as important to me as a high salary.
 A: Like what?
 B: Well, the workplace is close to home. That's invaluable for me because I don't have a car.
 A: But will it be interesting and challenging?
 B: No, unfortunately it'll be nowhere near as interesting as the job I'm doing now. But the hours are shorter. To be honest, free time is much more important to me than any job!
 A: And what about the people who work there?
 B: Oh, they seem great. And getting on with colleagues is every bit as important as the actual work I do.
 A: I agree with you there.

Audio 2.09

Oscar:
 So, two years ago I'd been going through a hard time and I needed a new sense of purpose in life. I'd always enjoyed running, so when a friend suggested we do an ultra-marathon together, I jumped at the chance. It was a one-hundred-kilometre race and I knew it would be tough. So, we started training. We'd given ourselves six months to prepare and, I have to admit, I had some pretty low points during the training when I really thought I wouldn't be able to see it through. But somehow I kept going and once it got to the actual race, there was no way I was going to give up! And when I crossed that finish line, I had the most wonderful sense of having done something that most people wouldn't ever be able to do and I knew that if I could do that, I could cope with anything in life.

Grace:
 I lost my job five years ago and I was absolutely devastated. I'd worked in the same office for twenty years. I got on with everyone and I just didn't expect that I would ever leave. So, suddenly I had to rethink my whole career. Then one day a friend said to me, 'I think you'd be a great teacher.' And when I thought about it, the idea really appealed to me. But it meant going to university and doing a three-year degree course, which isn't easy as a mature student. I must admit I found the studying difficult, especially writing essays, but actually, what was hardest to cope with was having to study in the evenings and at weekends, which meant I couldn't see friends. So, it was tough, but at the same time I felt liberated. I was no longer tied down to the same old routine and I felt my life could head off in a new direction, if I wanted it to. It was great. I'm now a teacher and I love it!

Milo:
 Last year the company I work for organised a team-building weekend at this place by the coast. And when we got there, we were given the challenge of building a boat in two days. So, there we were, six of us, not really sure about where to start. We weren't allowed internet access, so we just had to use our own resources. And the first thing we all realised was that the only way to succeed was to work together. There was no way any of us could do it alone. And it was amazing. The simple realisation that we were all in this together completely changed the way we got on. No more rivalries, no more complaining about each other, we'd become a team. And two days later, we somehow managed to put together a boat that actually floated. In the end, it wasn't the boat itself that was important, it was the effect the process had had on us. From that point on, I've always tried to see people's positive sides, rather than focusing on things I don't like. When it really matters, everyone's got positive qualities.

UNIT 3

Audio 3.01

- 1 She sounded as if she was tired.
- 2 It seemed as though everything was against us that day.
- 3 She smiled at me, as if to show she understood.
- 4 It felt as though we'd known each other for years.
- 5 You look as though you're waiting for someone.

Audio 3.02

- 1 You'll be OK, no matter what happens.
- 2 No matter how hard I try, I never seem to win!
- 3 It doesn't matter if it rains.
- 4 Everyone can enjoy tennis, no matter how old they are.
- 5 He's determined to leave his job, no matter what I say.
- 6 No matter how often I tidy up, this place always seems a mess.

Audio 3.03

F = Freddie C = Carrie

- F: Hey, Carrie. Can I pick your brains about something?
 C: Sure, Freddie. What is it?
 F: Well, I've joined this debating society and I've got to give a talk about why it's important for the government to promote creativity and fund the arts. Can you just help me think things through with it?
 C: Sure, although ... I don't agree that the government should fund the arts.
 F: Really? Why not?
 C: Because it seems such a low priority, when you set it against all the really vital things that governments have to finance, like education, health, roads and railways ... all kinds of things that make such a difference to people's lives.
 F: Yeah, but surely the arts are just as important? I mean, you could argue that creativity and self-expression are just as necessary as practical things like roads or railways.
 C: Go on then. Why do you think it's necessary to have art galleries?
 F: Because art helps us make sense of our lives. It creates a record of our society, of the issues that affect us. Take climate change, for example. A single work of art can convey a message about climate change much more clearly and boldly than anyone could do in hundreds of words, because it does it visually. And it conveys the message in a way that stirs our emotions, so it inspires us. We *feel* the message as well as understand it logically.
 C: Yeah, that's true, I think. But why are old paintings in art galleries still relevant to the modern world?
 F: Well, you could argue that, like historical novels or movies, they can transport us back to a previous era, give us an understanding of what life was like then, what mattered to people. This can inform our understanding of the present.
 C: Yeah, but we can get those things from history books. The problem as I see it is that some branches of the arts only appeal to a tiny minority of people. It's hard to justify spending public money on them all. Take opera, for example. No one in my circle of friends has ever set foot in an opera house, so why should taxpayers fund it, so that a small number of people can have a night out? I mean, if you think about it, shouldn't the government give subsidies to music festivals, which I *do* go to with my friends? What's the difference?
 F: Well, there's an argument that as a society, we should support and encourage *all* forms of music. Those that can be profitable, like big music festivals, should pay for themselves through ticket sales and so on. Others that are perhaps more specialist, but still have artistic worth, should receive public money so they don't disappear.
 C: So, would you argue the same for theatre? That popular musicals, like the ones I love, can be funded by ticket sales, but the government should pay theatres to put on obscure plays from hundreds of years ago that no one wants to see? It doesn't make sense to me! And then, what about things like poetry? I mean, I studied poetry at school and I couldn't make head nor tail of it. I just kept thinking, why doesn't this writer use words I can actually understand!
 F: Hmm ... I think we're coming at this issue from completely opposite points of view. I don't think we'll ever see eye to eye, but it's been really useful to work through the arguments with you. Thanks.
 C: Any time!

Audio 3.04

- 1 I don't agree that the government should fund the arts.
- 2 Why do you think it's necessary to have art galleries?
- 3 This can inform our understanding of the present.
- 4 I don't think we'll ever see eye to eye.

Audio 3.05

- 1 A: One of the main issues I have is students not doing the homework I set them.
 B: I agree. It's really annoying. Maybe we should somehow punish them if they don't hand it in on time.
 A: I can see where you're coming from, but on a practical level it would be difficult to put any kind of punishment in place. For one thing, it would be very unfair on students who have a good and genuine reason for not being able to complete their work on time.
 B: Yes, that makes sense.
 A: A reward, on the other hand, might be easier to put in place.
 B: A reward? Yes, it might be more effective to give students some kind of small extra bonus for completing work on time.
 A: For example, a reward card like you can get in coffee shops. They get a stamp every time they hand work in on time, then they can get a free cup of coffee in the canteen when they've got ten stamps.
 B: That's quite a neat idea. I like that.
- 2 C: It's such a shame that there are so many lovely salads on offer, but so many students still choose the burger and chips!
 D: I know. I'd be tempted to ban the fatty foods and just offer the healthy options.
 C: I can see why you're suggesting that, but one disadvantage of that would be that some students might stop using the canteen entirely and find some fast-food outlets to go to, instead. Then the income for the canteen would drop. Alternatively, what about reducing the cost of the healthy options and we could slightly increase the cost of the unhealthy foods?
 D: Yeah, I can see the sense in that.

Audio 3.06

- 1 I can see where you're coming from, but it might cause us some problems.
 2 That's quite a neat idea, but I'm not sure it would be effective.
 3 I can see the sense in that, but on a practical level, I'm not sure we could make it work.
 4 That makes sense, but it might be more effective to try something different.
 5 I can see why you're suggesting that, but one disadvantage would be the cost.

Audio 3.07 and 3.08

- A: Whenever we meet up for an evening out, Rob's always late! I'm thinking of telling him not to bother turning up if he can't make it on time.
 B: I can see the sense in that, but on the other hand, there's often a good reason why he isn't on time. It's sometimes because his bus is late.
 A: That does sometimes happen. Maybe we could ask him to come by bike, like I do.
 B: I can see why you're suggesting that, but on a practical level, I don't think it's a great idea. He doesn't live in the city centre like you do. I doubt he'd like to go back home on a bike late at night.
 A: That's true. Maybe we should just accept that he's always going to be late.
 B: Alternatively, why not simply tell him we're meeting half an hour earlier than we really are? That way, he'd probably be on time.
 A: That's a really neat idea. Let's do that!

Audio 3.09

P = Presenter N = Nick

- P: Hi. Today I'm very lucky to have Nick Gates with me. He finds inspirational speakers who can give talks in schools. He's absolutely passionate about the importance of realistic role models for teenagers. Nick, why are they so important for young people?
 N: Basically, role models can show teenagers a vision of their future. Many of the schools we find speakers for are often in inner-city areas. The teenagers there don't tend to come into contact with people who've done well, so they can't set themselves goals they want to achieve. What they see are people doing low-paid jobs, so that's the only option they see for themselves when they're older.

- P: I get that. But young people will naturally find role models for themselves, won't they? I'm thinking of football stars, musicians, TV presenters ... Can't people like that become good role models?
 N: No, because they've gone way beyond 'doing well'. The gap is too great between them and the kids in school, even if they started out with similar backgrounds. Yes, kids can look up to them and dream, but they can't usually see a direct path they could follow to get to the same end point. So, it doesn't inspire them to work hard and plan their own goals.
 P: So, your organisation arranges for volunteers to go into schools to provide role models for kids.
 N: That's right. Our volunteers are successful people within the students' own communities. And by successful, I don't necessarily mean wealthy. I mean having a steady, reasonably paid job that they enjoy, confidence and a happy personal life.
 P: So, what kinds of people are you actually talking about?
 N: We get a full range of professional people ... doctors and lawyers, firefighters, people who've set up their own businesses, people working locally as artists and musicians. The most important thing is that they can come and communicate their passion, the choices they've made and the path they followed to get where they are today. I call it 'realistic inspiration', because it's giving teenagers an idea or dream to pursue, but also giving them the message that the dream is achievable.
 P: And is it important for the role models to be people the teenagers can identify with? I'm thinking of ethnic background, gender and so on.
 N: Absolutely. For example, there's not always much point showing girls a load of really successful men – they need to see women who are somehow similar to them, so they can actually imagine themselves in that role. Also, some studies have shown that if the role models who go into schools are super-intelligent, one-time A-grade students and seem to have it all, that's actually demotivating for students, because they think, 'I'll never be good enough to be like them.' They need to be ordinary people. And interestingly, having role models from different ethnic backgrounds is motivating for all students because this gets across the idea that the careers they have are open to everyone, and that can include young people.
 P: And does it work?
 N: Definitely. Studies have shown that getting the right kinds of role models into schools is certainly motivating for students, and can lead to better school attendance, improved exam results, that kind of thing.
 P: Well, you're obviously doing a great job, so keep it up!

UNIT 4

Audio 4.01

- 1 Don't worry. It should be fine.
 2 You should ask for help if you need it.
 3 I think he should give Ellie a hand.
 4 You should have told him about the party!
 5 You should have a look at some of Oskar's photos!

Audio 4.02

- 1 I don't know who they've been selling their products to.
 2 I'll have been living here for fifteen years.
 3 We've been working hard to promote the new toys.
 4 Hopefully, we'll have been paid by the end of the week.
 5 They'll have been travelling for over ten hours!

Audio 4.03

P = Presenter E = Eva

- P: Welcome to the Business Hour. Now, who isn't familiar with the term 'superfood'? We seem to see it in newspaper headlines virtually every week and it's widely accepted that certain foods like broccoli, blueberries or salmon are naturally very good for us – better for us than other similar foods. But is this really true, or just the result of clever marketing strategies? Today, we're talking to Eva Pinto, who has written a new book on the subject of superfoods. Hello, Eva.
 E: Hi.
 P: So, tell us first how the term 'superfood' came about. Was it the result of scientific studies or research?

- E: No, not at all. In fact, the first food to earn the label of 'superfood' was the banana, early in the twentieth century. A fruit company was trying to promote this fruit as a practical snack that you could carry around, saying that because you don't eat the skin, the part that you eat stays clean and healthy for longer than other fruits, like apples or pears.
- P: Really? So, the term was used just as part of a push to sell more bananas?
- E: That's right.
- P: Wow. And how did the idea spread to other foods?
- E: Basically, it's been a similar process, linked to marketing. If the food industry wants to promote a particular food, it funds a piece of research and only needs the slimmest evidence that the food contains an unusual vitamin, or a high level of a particular mineral, to claim it's a superfood.
- P: And presumably it's a successful strategy?
- E: Absolutely! I mean, would we all eat as much broccoli if it wasn't for its superfood status?
- P: Good question. But, is there a problem with certain foods being promoted as superfoods? I mean, they tend to be generally foods that are fresh and natural, which are probably good for us.
- E: Well, I think there is a problem. If we think about the concept of a healthy diet, it's all about variety – eating a wide range of different foods. All foods have their own combinations of nutrients, so the more varied your diet, the wider the range of nutrients you're going to get. If people believe that they only need to eat a small range of so-called superfoods, they may not bother to think about having a varied, balanced diet.
- P: I see.
- E: And, even more worryingly, it gives food producers a label they can use to disguise the overall poor quality of a particular food. For example, I could produce a sweet snack that has high levels of fat or sugar, but if I add some blueberries, or a few nuts, I can claim it has 'superfood' qualities. And who wouldn't be tempted by a tasty, sugary snack that's supposedly really good for you?
- P: So, how do you suggest people approach things which are promoted as 'superfoods'?
- E: I would say focus on eating as many healthy fruits and vegetables as you can, regardless of whether or not they have a superfood label. And generally, have as varied a diet as you can.
- P: Nice simple advice, Eva. Thanks for coming in today – and this reminds us yet again that we should always be aware of the different ways in which companies try to get us to buy things.

Audio 4.04

- 1 A: So, as you can imagine, this is a very big, busy hotel, and at times you might be under a lot of pressure, with guests waiting to check in and out. Do you have experience of working under a lot of pressure, and do you think you'd be able to handle it?
- B: Well, I've thought about this quite a lot. It's true that my previous job was fairly quiet, but what I can say is that I believe in giving great customer service. It's important to make each guest feel that your attention is focused purely on them and their needs, so the key is working quickly and efficiently.
- 2 A: Now, a lot of the customers we get here are very demanding, and they will complain if the food isn't exactly as they want it to be. What do you think is the best strategy for dealing with complaints?
- B: Well, that's quite a broad topic. Can I just say that I am well aware that this is a top-end establishment, so it's natural that customers should expect the best. Perhaps I could just talk about my experience of dealing with complaints in other places I've worked in, because I think although the situations are different, the principles are the same.
- 3 A: So, you'll have targets for the number of customers you have to call each day and of course there are targets for your overall volume of sales. One slight concern I have is that our products are quite technical and customers may ask detailed questions. Do you think that will be a problem for you?
- B: That's an interesting question. Of course, I don't have a technical background, but ... the main point here is that I'm willing to learn. I've already read up on all your products and my understanding of the technical details will improve quite quickly once I'm up and running in the job.

Audio 4.05

- 1 I'm experienced with training new staff members, so I'm confident about helping colleagues develop the skills they need for the job.
- 2 One of my main skills is managing budgets, so that won't be an issue for me.
- 3 I'm proficient in French and German, which will help me a lot in the role.
- 4 I'm very competent in managing people. I think that's one of my greatest strengths.
- 5 I have a lot of experience in working internationally and I enjoy the challenges it presents.

Audio 4.06 and 4.07

- A: So, you're applying to work as an assistant manager at one of our garden centres. Have you got much management experience?
- B: Well, can I just say that I have quite a lot from my previous job.
- A: OK. Our work here is quite seasonal – very busy in the spring and summer and often quiet at other times. This will be a big change for you, won't it?
- B: I've thought about this a lot. It will be different, but the most important point here is that I'm good at adapting to new situations.
- A: And obviously, we sell everything connected to gardening, but you don't have any specialist knowledge of plants. Don't you think this will be a problem for you?
- B: That's an interesting question. What I can say is that I'm a quick learner and happy to take advice from other people in the team.
- A: We pride ourselves on working as a team. How important do you think teamwork is?
- B: That's quite a broad topic. Perhaps I could just talk about an example of how I worked well as a team in my last job ...

Audio 4.08

Online stylists have become much more **popular** over the last few years and they provide a way for ordinary people to get access to professional fashion **advice** from experts. The services they offer may include suggesting general tips on styles to wear that will suit an individual's colouring and body shape, and also recommending **clothes** that individuals might like to try. Although the service can be **expensive** initially, a lot of people find that it helps them gain confidence by enabling them to make a wider variety of fashion choices.

Audio 4.09

P = Presenter O = Olivia A = Amy E = Ed

- P: Welcome to *Is it worth it?* the show where we talk about goods and services and ask if we really ought to be parting with our money for them. And today we're looking at online stylists. Olivia is first on the line. Hi. Tell us about your experience.
- O: Well, I had a personal consultation with a professional stylist over the internet. We talked things through for about an hour and I felt she really got to know me and my needs. I've always been a bit of an impulse buyer. I love clothes and make-up and if I see something I like, I buy it, but I've never really been able to get things to match. My wardrobe was full of lovely clothes, but I never seemed to have a complete outfit. So what the stylist did was to help bring everything together to create a look that was more 'me' – with outfits, shoes, make-up, perfume, everything. I was really pleased with the results and although the initial cost seemed quite high, I think in the long run it's saved me money because it's helped me make better use of the things I already had and it's stopped me from impulse buying!
- P: That's good to hear. Thanks, Olivia. And now we've got Amy. Tell us your story.
- A: So, I tried using a stylist because I got a new job and I simply didn't have time to think about shopping. I'm quite particular about what I wear and how I look. I like to look well-dressed and my make-up has to be right. Maybe I was expecting a bit too much from the service, but I would say that in the six months I was signed up, there wasn't a single item that really wowed me. It was all very predictable. The other thing that annoyed me was it was very clear to me that the recommendations were actually coming from a computer program because there was no individuality in the styles I

was being sent. I just felt I was part of some system, not a real person with real needs.

- P: I'm sorry to hear that, Amy. Next up is Ed. What was your experience like?
- E: Well, I've always hated shopping so I decided to try an online stylist just for convenience. I had to fill out loads of forms online, look at loads of pictures of different clothes and select the ones I liked and also say which brands suited me and what sizes were good for me, that kind of thing. Then I was sent recommendations once a month. I would say it was definitely time-efficient for me, because most of the recommendations were fine and it saved me having to spend hours browsing online or trailing around the shops. But in the end, I felt it was just costing me too much, because everything they recommended was about twice the price I normally would have paid. So that was a bit of a disappointment.

UNIT 5

Audio 5.01

- 1 I think I'd be happier if I'd studied medicine.
- 2 I'd have enjoyed the film more if it wasn't so long!
- 3 You'd have passed your exam if you spent more time studying.
- 4 If we'd moved to South America, I'd be fluent in Spanish.
- 5 If the weather was better, I'd have organised a barbecue.

Audio 5.02

- 1 The animals are not able to reproduce. They have reproductive problems.
- 2 Their behaviour is a result of their instincts. It is instinctive behaviour.
- 3 These birds migrate each year. They are migratory birds.
- 4 She believes in protecting the environment. She's an environmental campaigner.
- 5 I believe in conservation. I'm a conservationist.

Audio 5.03

P = Presenter D = Daniel

- P: Welcome to *Nature First*. This week we're talking about the best way to save endangered animals, which is something many of us feel very strongly about. With me is Daniel Shipley, a lecturer in conservation at the University of Sheffield. Welcome to the show.
- D: Hello.
- P: Now, I read the other day that tens of thousands of animal species are currently facing extinction. Is that right?
- D: Unfortunately, yes, and the problem is growing worse, caused by loss of habitat, pollution, all the usual reasons we're all familiar with.
- P: And all caused by human activity?
- D: Pretty much, yes.
- P: But you believe it's still possible to save many of these species?
- D: Of course. As I just said, the majority of animals are in danger because of human activities and I believe that human intervention is the best way to reverse the situation.
- P: Can you give us some examples?
- D: Yes. One good example is a kind of wild horse called Przewalski's Horse. This horse lives in parts of Central Asia and is the only kind of wild horse that still exists. It became endangered because local people bred it with their domesticated horses. It was declared extinct in the wild, but a programme was set up by zoos around the world to breed the animals there. This has been hugely successful and the first horses have already been reintroduced into their natural habitats.
- P: That's a good news story. So, zoos have a role to play in conservation?
- D: Definitely, but a relatively minor one because a lot of wild animals can't be bred successfully in zoos. The biggest changes come about when governments intervene directly to protect animals. For example, by the 1960s, wolves had pretty much disappeared from many parts of the United States, caused mainly by people shooting them in the belief that they posed a direct threat to humans and livestock, even though they are in fact vital to ecosystems. The government intervened and in the 1970s, implemented legislation

to protect them. So overnight it became illegal to kill or harm these animals. And now they've been successfully reintroduced into large areas of the US such as Yellowstone National Park, where they're still protected by law.

- P: But not all animals are hunted and killed directly by humans, are they?
- D: That's right. Take the case of a bird of prey, the peregrine falcon. At one time, these lived all over the world. They're amazing creatures. When they drop down to catch their prey, usually small birds, they can travel at over 320 kilometres an hour!
- P: Wow!
- D: But in the 1960s, they suffered because toxic pesticides got into the food chain – farmers put the pesticides on their crops, these got into insects, then into small birds that ate the insects and finally into the peregrines. So in 1972 the US government banned these extremely harmful pesticides and now the population of these magnificent birds is growing again.
- P: So, again, it took a change in the law to bring them back. But surely there are also things individuals can do to help?
- D: Absolutely. Buy sustainable, environmentally-friendly products by all means, and make your garden wildlife-friendly. But the most powerful thing that people can do – in my view – is to put pressure on your government to do more.

Audio 5.04

The giant panda is a type of large mammal native to China. They are one of the best-known symbols of conservation in the world, but their worldwide celebrity only took off in the early twentieth century, when an American fashion designer, Ruth Harkness, captured a baby panda and flew it to the US, where the American public immediately fell in love with it. In the 1960s, four panda reserves were created in China and a law was introduced which prohibited killing the animals. They are now no longer considered endangered.

Audio 5.05

- 1 A: We know that more and more families are struggling to cope and of course the kids suffer the most. I know a lot of children get free school meals, but that doesn't help them during the school holidays. And it isn't clear who's in a position to help out – I mean, schools are closed and there are no government schemes. Basically, there's a total lack of support.
B: In other words, no one's taking responsibility for the problem.
- 2 A: So, the swimming pool's closed down, there aren't any youth clubs and teenagers get moved on if they hang out in the shopping centre. There's nothing for young people to do, in a nutshell.
B: So what you're saying is we need more things for young people.
- 3 A: There's been a big increase in the number of burglaries, and thefts of cars are also up. In brief, more people than ever are reporting incidents to the police, but they don't have enough people to deal with everything that's happening.
B: To put it another way, the police need more resources.
- 4 A: Well, thank you all very much for your contributions. So, to recap, we've talked about emissions from cars and buses and the possibility of banning cars from the city centre and encouraging the local authority to invest in electric buses.
- 5 A: It just feels that this problem is too big for small campaign groups like us to deal with. Whatever changes individuals make in their daily lives, like riding their bike to work instead of driving, they can't do much to reduce greenhouse gases overall.
B: So what you mean is that governments need to take action.

Audio 5.06

- 1 To summarise, if we want to bring about change, we need to raise awareness of this problem.
- 2 What you're saying is the problem of pollution is getting worse and now is the time to take action.
- 3 To recap, we discussed a concert to raise money and also setting up an online donation scheme.

Audio 5.07 and 5.08

- 1 A: The library is struggling to stay open because it doesn't have enough funding to pay its staff to work full-time.
B: In other words, if we want to keep the library open, we'll need a fundraising campaign.
- 2 A: Three years ago, there were around 250 homeless people in the city. Last year, this figure had gone up to 400, and this year's count is 550.
B: What you're saying is that the problem is getting worse each year.
- 3 A: Millions of pounds are given each year to the area, but poverty isn't going away.
B: So, basically the current system isn't working.
- 4 A: It's easy for people to sign online petitions, but few would actually take action to bring about change.
B: So, you think they're a waste of time, in a nutshell.

Audio 5.09

Did you know, up to forty percent of the things we do every day are things we do purely out of habit, without thinking about them? Habits are powerful things, which is why creating new, better ones is a fantastic way to improve your life and increase your happiness. But, of course, we all know how hard it is to change our habits. It's so easy to say to ourselves, 'I'm going to get up early and do some exercise every morning', only to find we simply don't have the motivation or determination to see it through. That's why I'm going to talk you through some tried and tested methods for creating new habits, so you can succeed in making the changes you want.

First, don't try to change everything at once. We can all write a list as long as our arm of things we'd like to do better, but this isn't helpful. Choose just one thing to work on at a time. And start small. Minor changes that take less time are much less likely to go wrong and result in you giving up than major ones. Decide on a small adjustment to make first – something that won't take too much effort. So, rather than starting with running five kilometres every morning, start with a 10-minute walk. This way, you can get it done without using up your stores of motivation. Secondly, make a commitment. It's often said that it takes twenty-one days to build a new habit, but in reality this varies from person to person and also depends on the kind of change you're trying to bring about. So make a time commitment you can stick to, with a minimum of thirty days. This is short enough to make it a target you can reach, but it's long enough to start to get that new habit fixed in place. Next, relate your new habit to things you already do. So, if your new change is to go to the gym, decide you'll do it on your way home from work, so it's just a minor diversion from your existing routines. Now, building new habits is all about control and consistency, but it's clear that life will sometimes get in the way, and you'll have to break your habit from time to time. Don't let yourself get into the mindset that it's all or nothing. Accept that failure is part of the process of change, but don't let that failure become the new habit. If you miss one day, make sure you get back on track the next. You'll never be perfect, but aim for consistency. And finally, keep an eye on how you're doing. When you've got through your first thirty days, reward yourself – you've achieved something! We all need rewards, and they will strengthen your motivation to continue and hit your next target.

UNIT 6

Audio 6.01

- 1 In no way do I think we should rely on computers to this extent.
2 Never before have computers been able to predict the weather so accurately.
3 Under no circumstances would I ever lie to my friends.
4 Only in ten years' time will the consequences become clear.

Audio 6.02 and 6.03

P = Presenter N = Nick M = Megan J = Joey A = Alicia

- P: Today, we want your stories about sleeping too late. We've all done it – me included, but the question is, what's the worst thing you've missed because you didn't wake up? First on the line is Nick from York. Tell us what happened to you.
- N: Well, this was about two years ago. I'd applied for a job in the personnel department of a large company and I'd been given an interview at nine o'clock in the morning. I've never been a morning person, so I knew I'd struggle to get up.

- P: I know the feeling.
- N: So, I set three alarms – one by my bed, one on my desk and the third by my bedroom door, so I thought I'd be bound to hear at least one of the three.
- P: And what happened?
- N: I slept through all three! When I finally woke up, I couldn't believe it!
- P: Oh, no! So, I'm presuming you didn't get the job, Nick?
- N: No, but in fact it was fine. Looking back, I wouldn't have enjoyed the job. So it was lucky that fate intervened and it was definitely for the best.
- P: Well, I'm pleased about that. Let's hear from Megan now. What's your story?
- M: Oh, I still feel so bad when I think about this. A couple of years ago, on my birthday, some friends invited me round to their place for the evening. They didn't say much about it and I thought it would just be a quiet evening, you know. Well, anyway, I was a bit tired in the afternoon, so I decided to take a quick nap. I didn't wake up until midnight and by that time there were about fifty messages on my phone from friends wondering where I was. My friends had actually organised a big party for me – music, food, the lot! I just stared at all their messages and wanted to cry! I knew they'd never do it for me again!
- P: Oh, no. That's bad luck, Megan. But let's go to Joey now. What did you miss, Joey?
- J: My brother's graduation, when he finished university. I didn't miss it completely, but ... I'd forgotten to set my alarm, so I missed my bus. I was over an hour late. I turned up halfway through. I just remember walking in and everyone was looking at me. I felt such an idiot!
- P: Well, it could happen to anyone. Thanks for sharing. Now, I think we've got Alicia here and I think you missed out on an important trip?
- A: Yes, it's Alicia here, hi. Well, I had to get up very early to go to the airport a couple of years ago. But ... I fell asleep on the train on the way there. I woke up miles away, too late to catch my plane! The worst thing was, I'd asked the guy opposite to wake me up when we got to my stop, but can you believe he didn't bother and just got off the train at his stop? Oh, if I'd got hold of him!
- P: It's probably just as well you didn't! Well, we're out of time, so ...

Audio 6.04

- 1 When I finally woke up, I couldn't believe it!
2 Looking back, I wouldn't have enjoyed the job.
3 I'd forgotten to set my alarm, so I missed my bus
4 I fell asleep on the train on the way there.

Audio 6.05

- 1 I've had an email from my boss.
2 Is that for me?
3 Where are we going tonight?
4 What do you think that was?

Audio 6.06

S = Student H = Head

- 1 S: We're not happy with the new charges for the car park. Some students live outside the city and have to drive to college, so it isn't reasonable to expect them to pay for car parking every day. It's going to cost them a fortune!
H: Yes, I can see that. We do need to get some income to help maintain the car park, but what I can do is set up a system of parking permits for students who have to drive, with a small annual charge. How does that sound?
S: Yes, that sounds like a good compromise.
- 2 H: What's the issue with the canteen?
S: It closes far too early. It closes at four o'clock, but lessons go on until six. It means students who have lessons later in the day can't get a cup of coffee or something to eat. This isn't really acceptable.
H: The problem is, it costs money to keep it open. Maybe we could come to an arrangement about having some self-service machines available when the canteen is closed.
S: Yes, we'd be happy with that.

- 3 H: I gather you have a complaint about your student accommodation?
- S: Yes. I signed up for a small student room on the main college campus and I was told I could have one, but now they're telling me the only ones available are larger rooms, which are more expensive. I don't think it's fair I have to pay more, just because of a mistake by the college.
- H: Hmm, yes, I see your point. I can offer you a reduction in your rent, so it's the same as for one of the smaller rooms.
- S: Great. Yes, that's acceptable to me.

Audio 6.07

- 1 It isn't reasonable to expect me to work overtime with no extra pay.
- 2 I don't think it's fair I should be paid less than some of my colleagues who do the same job as I do.
- 3 I always have to stay longer at the end of the day and clear up everyone's mess. It really isn't acceptable.

Audio 6.08 and 6.09

- A: I hear you wanted to talk to me. What can I do for you?
- B: Well, I love working here, but I always seem to get the weekend shifts, whereas other members of staff rarely work at weekends. I don't think it's fair that I should always have to work at the weekend.
- A: I see what you mean. The problem is, other members of staff have been here longer than you and they're mainly older, so they have family commitments.
- B: I understand that, but it isn't reasonable to expect me to give up my social life, just because I'm younger. Also, I don't get paid any extra for working at the weekend.
- A: OK. Well, maybe we could come to an arrangement. What about working every other weekend?
- B: Yes, that sounds like a good compromise.
- A: And I can offer you an extra £20 for every weekend shift you work.
- B: OK. Yes, I'm happy with that. Thanks.

Audio 6.10

- D: How did your presentation go, Barbara?
- B: Oh, Dan, it was awful! I was really well prepared, but as usual, the technology let me down. I couldn't connect my laptop to the screen, so I couldn't show all my graphs and charts.
- D: That's so annoying! I mean, technology's great when it works, but when it fails, it's a real pain!
- B: I know. That's why I'm against driverless cars. I know some people are really enthusiastic about the idea, but I just think – the program's bound to go wrong, and what happens then?
- D: I know what you mean, although you have to admit it would be pretty amazing to get into your car, input your destination and just sit back and watch a movie while the car takes you there. It would take all the stress out of driving, wouldn't it?
- B: Well, yes and no. I don't think I'd ever be able to take my eyes off the road! I'd be constantly terrified the car would do something stupid, like go the wrong way down a one-way street.
- D: That's true. I guess there are lots of situations that technology can't really deal with like, if a road is suddenly closed and there's a diversion.
- B: Exactly, Dan. And I read about a case where a police officer stopped a driverless car in a city in California for going too slowly. It was probably just following its programming, but it was holding all the traffic up and that's dangerous in itself because when other drivers become impatient, they're more likely to make bad decisions.
- D: Yeah. And that's another interesting point, actually. Who do the police arrest if a driverless car's driving badly? Who's to blame?
- B: More importantly, who's responsible if there's an accident? You can't lock the car up for dangerous driving!
- D: That's true. So, do you think driverless cars are just a bad idea and should never be allowed?
- B: I guess that's what I feel deep down. Like we were saying, technology's great when it works, but it does let you down sometimes. And if the technology in a driverless car fails, it could have really serious consequences. Don't you think?
- D: I'm not sure. I mean, isn't it the case that all new technology has issues when it first comes out and gradually, it gets refined and improved and the problems get sorted out? People are always

nervous about new innovations, aren't they? I mean, when the first trains were developed, people were terrified that the human body wouldn't be able to cope with travelling so fast! Now, travelling at high speed is just a normal part of life, so maybe in five years' time, we won't think twice about getting into a car and letting it drive us.

- B: Hmm, maybe. In general, I do try to embrace new technology, but I just feel in this case there's too much at stake if the technology fails. I guess lots of people will definitely be using driverless cars in a few years' time, but hopefully not everywhere – not when the conditions call for a lot of quick decisions to be made.
- D: Yeah, I think you're right.

UNIT 7

Audio 7.01

- 1 After a while, we started to feel extremely cold and hungry.
- 2 She was reasonably happy in her job for the first few years.
- 3 Interestingly, we found out later that the two of them were related.
- 4 We meet up and go for a coffee together from time to time.
- 5 Two years later, I realised what a terrible mistake I had made.
- 6 She found herself out of work, temporarily.

Audio 7.02

Today I want to talk about word origins. It's been estimated that English has around a million words and they made their way into the language in many different ways. For some words, the meaning has stayed more or less the same since they were first used, yet for others the meanings have changed beyond recognition.

One of the most interesting groups of words, in my opinion, reflects the ways in which people saw the world in earlier times. One good example of this is the word *disaster*. The word is now defined as any unfortunate event, from someone losing their job to a natural event such as an earthquake. In the modern world, events of this kind are seen as random – just bad luck. But in the 1500s, it was believed that events on Earth were controlled by the position of the stars, so anything unpleasant or unlucky that happened was the result of the stars being in unlucky positions. The Italian for 'star' is *astro*, so a *disastro* is literally a bad arrangement of the stars – in English, a plain *disaster*. The word *influenza* (or *flu* for short) has a similar origin, coming from the Italian word for 'influence', as again, it was thought that the stars influenced our health.

Another route for new words into English was from contact with other cultures and ways of life. When English sailors first arrived in India, they had never seen dense, tropical forests before and had no word for them, so they took the Hindi word *jangal* and adapted it to an English pronunciation, where it became *jungle*. Similarly, the *ketchup* that we all put on our burgers and chips originated as a Chinese word for a spicy sauce that English explorers first encountered during their voyages of discovery around 500 years ago.

Words such as *quiz* and *robot* lead us to another group of fascinating word origins. According to the popular story, the word *quiz* originated as a joke, when the manager of a Dublin theatre boasted that he could make a new word and get everyone talking about it within 24 hours. He supposedly employed people to write the word on walls all over the city and his efforts did in fact lead to people talking about the new word, which took on the meaning of a *puzzle* and is now an established word in the language. The creation of the word *robot* was similarly down to one person, a writer from the Czech Republic who, long before modern computer technology, used the word in one of his plays to talk about an artificial human that was created to serve others. Later, when scientists really did develop machines to serve us in this way, they took the word and decided to make use of it. Finally, although a lot is known about where our words come from, there are some surprising gaps. The origin of the everyday word *OK*, used to convey agreement, remains a mystery. Although its first use can be traced back to an American newspaper article in 1839, the writer of the article probably didn't invent it and its origin is uncertain. Many theories have been put forward, including that it's an abbreviation for 'all correct', but this has not been established as fact.

Audio 7.03

- 1 It's been estimated that English has around a million words.
- 2 The word is now defined as any unfortunate event.
- 3 It was thought that the stars influenced our health.
- 4 They had never seen dense, tropical forests before.

Audio 7.04

- 1 Because Theo is allergic to cow's milk, he drinks oat milk instead.
- 2 As it's so late, I suggest we just have a light meal.
- 3 Since we are interested in food, we're always looking for new restaurants to try.
- 4 Because of the bad weather, we had to cancel the barbecue.
- 5 As a result of the survey, the cafeteria decided to offer more vegan options.

Audio 7.05

- 1 A: Are you OK, Katie?
B: Not really. It's these shoes – I bought them last week. They look great, but my feet are killing me!
A: Let's have a look. Oh, your toes are all up in the end!
B: I know. They're about ten sizes too small, but I just couldn't resist them. They look so good, but I can't wait to take them off!
- 2 A: Hi, Louis. Been shopping? What's in your bag? Oh, what is that? That's not your usual style of jumper!
B: Too right! I wouldn't be seen dead in it! It's horrible! I'm taking it to the second-hand shop to get rid of it. I've told my grandma a million times not to buy me clothes for my birthday, but she doesn't listen!
A: Ah, what a shame.
- 3 A: So, Helga, I'm sure there'll be something in your wardrobe that you can wear for your interview.
B: There isn't.
A: What about this dress?
B: Oh, no! That's centuries old! Look, the style is completely out of fashion now!
A: Yes, but you don't have to be a slave to fashion, you know. And you're going to a job interview, not a trendy party.
B: I know, but I'd die of shame if any of my friends saw me in it!
- 4 A: Hi, James. Have you got your phone back yet?
B: No. They said there isn't much wrong with it, but it's taking forever! They said it won't be ready until the end of next week.
A: Really?
B: Yeah, and it's going to cost a fortune! It would have been cheaper to get a new phone!

Audio 7.06

- 1 I wouldn't be seen dead in that coat.
- 2 This hat cost a fortune!
- 3 Oh, these boots are killing me!
- 4 I'd die of embarrassment if I had to wear that dress!

Audio 7.07 and 7.08

- A: I can't believe you've never been in a second-hand shop before. There are so many bargains! Look at this, a really nice wool jacket for only £6.
- B: It's horrible! I wouldn't be seen *dead* in it!
- A: You have to think about whether something will look OK, rather than just focusing on designer labels.
- B: But I love new clothes. There's *nothing* like that feeling of wearing something new for the first time!
- A: OK, so how about these jeans? Look, they've got a designer label, and they haven't been worn much.
- B: They're OK, but look at the queue for the changing room. It'll take *forever* to try them on! Can't we just go and get something to eat? I'm *starving*!
- A: OK, OK.
- B: Oh, just a minute. Look at those shoes. They're a really good brand. They would cost a *fortune* new! Oh, I've got to try those on!

Audio 7.09

James:
The thing I find interesting about early memories is that they're so vivid. I can still feel that mixture of excitement and fear as I walked into my new classroom for the first time with all those

kids I'd never seen before. I had my bag with my sports kit and everything, all brand new. And yeah, then Miss Evans walked in and told us all to find a seat and sit down. I don't know quite what I was expecting. I think my older brothers had terrified me by telling me how strict and fierce teachers could be, but I just remember thinking she seemed really kind because she kept telling us it was all OK and we were going to have lots of fun. I don't remember many other details about the day, apart from having to do some dancing at the end of the afternoon, which I hated!

Ellie:

One of my earliest memories was being in my grandparents' house. It's a big old house, out in the countryside and I think I can remember it so vividly because it was so completely different to being at home. You know, there was countryside all around, birds singing and lots of insects – I remember them! Anyway, I remember being spoiled all day with treats and my granddad getting out his train set for us to play with – the one he had when he was a young boy. But the highlight of the day was when it got dark and my granddad took me up to his attic room where he had a telescope set up. I was absolutely fascinated by that! He let me look through it and I just couldn't believe what I was seeing. I'd never really seen the stars like that before and it just really caught my imagination. So, yeah, a really powerful memory.

Josh:

I think probably the first proper memories I have are of a trip to the south coast. I think I must've been about four or maybe five – it was definitely before I started school, but it was the first time I'd seen the sea and it made a big impression on me. I don't remember everything, obviously, but I know from talking to my parents that we were there for a week and I just have these images in my mind of all the exciting things we did – like running away from the waves and making castles in the sand. Then there were all these stalls along the sea front and I remember having a go at a game and getting a teddy bear as a prize. I also remember we bought some chips and I wanted to go back to the beach to eat them, but my parents wouldn't let me – I think they thought it'd be too far to walk and the chips would get cold. So I remember feeling disappointed about that. But, yeah, I just remember a very happy time.

UNIT 8

Audio 8.01

- 1 Even though the film has a sad ending, it's still uplifting.
- 2 Social media is certainly useful. However, it also creates a lot of problems.
- 3 Fun though the holiday was, I don't think we'll be going back there.
- 4 The film was really good, though some of the acting wasn't brilliant.

Audio 8.02

- 1 I think I'll have finished work by five o'clock.
- 2 Maybe new, cleaner forms of transport will have been developed by then.
- 3 I'm sure she'll have been promoted by next year.
- 4 I'm sure Jason will have heard about the job by next week.

Audio 8.03

P = Presenter F = Fabio

- P: Last week's show was all about new inventions that could have a big impact on the world. So, I thought that this week, we'd spend a bit of time seeing the other side of things and take a look at some inventions that are perhaps a little less crucial. With me is Fabio Corelli, a journalist for the magazine *Technology Today*. Fabio, I think you've got some examples of inventions that we could perhaps do without ...
- F: Yes. The first one is the *Hoverbrella*, which is basically an umbrella which you attach to a drone – you know, one of those small flying machines a lot of people use for taking photos. The idea is that you have a remote control and use it to keep the umbrella in the air, above your head.
- P: So, like a hands-free umbrella?
- F: Yes.
- P: And, can you imagine it being useful?
- F: Well, I mean, in theory you don't have to hold the umbrella, so you have both your hands free, but in practice, you *do* have to hold the remote control, so you don't really gain anything.

- P: Yes, and I'd guess it would be quite tricky to keep it directly above your head.
- F: Absolutely!
- P: Well, that gets eight out of ten from me for being a pointless invention. What's the next one?
- F: The next one is the Stop Snacking Sweater. This is to tackle the problem many of us face, which is grazing on snacks while we're watching TV. It's so difficult to resist, isn't it?
- P: Oh, yes, I definitely suffer from that.
- F: So this invention is basically a jumper, but the sleeves are joined together at the front and your hands stay inside the garment, ...
- P: Ah, and you can't be tempted to open a packet of crisps or a bar of chocolate!
- F: Exactly.
- P: I mean, clearly there *is* a serious problem with people consuming junk food, but I'm not sure an invention like this is going to solve it.
- F: Quite. But the final one I want to mention is even more pointless – it's the Watch Your Step Rug. This is a rug for people who can't be bothered to take off their dirty shoes when they come into the house. It's basically a rug with holes in for your feet. So, the idea is, you step in the holes in the rug, so your feet go onto the floor beneath, so the rug will never get dirty.
- P: Oh, no! Please tell me this isn't serious!
- F: Yes, you guessed it. In fact, none of the inventions I've talked about are intended to be used. They have all been created by Matty Benedetto, for his website, 'Unnecessary inventions'. Matty is a genuine inventor, but he designs inventions to solve problems that don't really exist. He produces working models, often using a 3-D printer. Then, he uploads photos and videos of his inventions onto his website.
- P: And what's his motivation?
- F: Partly because he simply loves inventing things, and partly it's to show what a waste of time it is producing and selling things we don't really need.
- P: Well, I definitely agree with that, especially when there are a lot of *serious* problems that people *should* be putting their minds to solving.

Audio 8.04

- 1 In practice, you do have to hold the remote control.
- 2 The idea is, you step in the holes in the rug.
- 3 He designs inventions to solve problems that don't really exist.
- 4 He uploads photos and videos of his inventions onto his website

Audio 8.05

- 1 A: Frankly, I object to paying ten percent extra for a meal! I think the price on the menu should be what you pay. It's wrong that they expect you to give more.
B: But the other side of the coin is that people who work in the restaurant often rely on tips because they're not very well paid.
C: Yes, I'm with Claire here. I think it's a bit stingy not to leave a tip, especially when the waiters have been helpful.
A: Well, I guess we're all different.
- 2 A: I hate it when people can't be bothered to think about what to buy me for my birthday. I mean, cash just isn't a real present, is it?
B: Well, I guess that's one way of looking at it, but on the other hand I really hate getting something completely unsuitable, like a piece of clothing that I have to pretend to love!
C: Yes, that makes two of us. As I see it, I'd rather have cash and use it to buy something I want.
- 3 A: So ... I've been in my job for over two years now and they still haven't offered me any more money. My friends all say I should ask for a raise, but I'm not sure. What do you think?
B: Well, I dare say that's OK if it's a large company, but in a small company like the one you work for, it's a bit more tricky because they can't really increase one person's pay without doing the same for everyone.
C: I can see what Matt's saying, that it's more difficult in a small company, but ... I would still say that if you feel you deserve a higher salary, you should definitely mention it.
A: Thanks. It's been great talking to you. It's really helpful to get your views.

Audio 8.06

- 1 Well, I guess we're all different.
- 2 I mean, cash just isn't a real present, is it?
- 3 I would still say that if you feel you deserve a higher salary, you should definitely mention it.
- 4 Thanks. It's been great talking to you. It's really helpful to get your views.

Audio 8.07 and 8.08

- A: Can you believe it? Adele asked if she could borrow some money. I would never ask friends for money.
- B: Well, it depends. I mean, I can see what you're saying, but on the other hand, if one of my friends was struggling for money, I wouldn't mind helping out.
- A: But, as I see it, it's unfair because it would be so hard for a friend to refuse, even if they couldn't really afford to lend any.
- B: Yes, I guess that's one way of looking at it, but on the other hand, what are friends for? They're the people who will help if you're in trouble.
- A: I dare say that's true, but it might be really hard to ask for the money back. I mean, what if the friend can't afford to pay you back?
- B: Yes, I'm with you there. It could be tricky. But frankly, that's a risk I would take.
- A: Well, I guess we're all different.

Audio 8.09

P = Presenter R = Roseanna

- P: Welcome to Science Today. We're talking about the science in science fiction – how realistic is it and does it sometimes become reality? With me is Roseanna Hawks, a scientist and science-fiction writer. So, Roseanna, I'm guessing Dr Who's strange-looking travel machine is definitely not scientific?
- R: No, that's pure fiction. For a start, the first interesting thing about the TARDIS, as it's called, is that it's bigger on the inside than it appears on the outside, which just goes against the basic laws of physics.
- P: But are there any examples of technologies created by science-fiction writers which have become reality?
- R: Oh, yes, loads. You know the TV show *Star Trek*? Well, the first series was shown in the 1960s and featured a small hand-held phone called the 'communicator'. It's weird when you see it now, because it looks remarkably like a modern mobile phone. But, as you know, the first *real* mobile phone wasn't invented until 1973 and was huge, nothing like the ones we have now!
- P: Ah, I must watch some of those old episodes again!
- R: Yeah. And *Star Trek* also gave us the 'machine translator'. It looked a bit like a hand-held microphone and when the characters met aliens from other galaxies, they held up the device and it would instantly translate what the aliens were saying into English.
- P: And now of course we all have translation programs on our phones. I mean, they aren't perfect, and they do make mistakes, but I guess they aren't far off that science-fiction vision.
- R: Absolutely. And also from the 1960s, the film *2001: A Space Odyssey* gave us the idea of the tablet computer. In the film, the characters watch the news on small, flat-screen computers which they call 'newspads' – sound familiar? In fact, after Apple first released its iPad in 2010 and registered the tablet as their invention, the idea was challenged in court by another company, who argued that the creators of the film were in fact the inventors. The judge didn't agree, though, and Apple won the case.
- P: Interesting! Those are all quite small devices. Are there any big inventions that have been predicted in science fiction?
- R: Oh, yes. The same film, *2001: A Space Odyssey* had 'Space Station Five'. It was a living space in orbit around the Earth, where there was no gravity and astronauts could fly around and bounce off the walls.
- P: That sounds very familiar.
- R: Yeah, and in fact scientists have said the film provided inspiration for the development of the International Space Station, which was launched in 1998 and has provided a location for the study of the effects of gravity, or lack of it, on humans. And in the film, *2001*, it was also the first stop for astronauts on the way to the Moon and other space destinations. Perhaps that might also become a reality one day.
- P: Amazing! Thanks so much for joining us.