

## UNIT 1

### Audio 1.01

**J = Jamie G = Gini M = Matteo H = Hana**

J: Hello and welcome to *Who Am I?* I'm your host Jamie Walker ...

G: ... and I'm Gini Cox.

J: This week we're focusing on identity – all the different elements that make us who we are.

G: That's right. So, we've been interviewing people out on the street, asking them how they would describe their identity. And we've had some really interesting replies.

J: Tell us a bit about yourself.

M: Hi, my name is Matteo and I'm a journalist. I'm thirty-four years old and I'm Brazilian. My mother tongue is Portuguese, but like many Brazilians, I have mixed roots. I'd say that my identity is made up of lots of different things.

J: What do you mean?

M: So, my mother is half Brazilian, half Italian, and my grandmother was Italian, so, I actually have an Italian passport and I spent some time living in Italy when I was younger.

J: Oh, right. So, do you feel that there is an Italian influence on your identity and your personality?

M: Hmm, I don't know about my personality so much. Is my personality connected to my Italian background? I don't know. But I think there is an influence on who I am as a person, you know, the things I do in my everyday life. Like, Italian families love getting together in big groups. That's not something I really enjoy. I do enjoy cooking Italian food though. And I love going to Italy on holiday and speaking the language. So, yeah, I guess the fact I've got Italian heritage is part of my identity, definitely.

J: And how about the UK? How long have you been living here? And do you think it's influenced your sense of identity at all?

M: So, I've been living in the UK for over twenty years now. But I wouldn't say I feel particularly British. I mean, my wife is British, my kids grew up here and I speak the language pretty fluently, but I guess my identity comes more from the place where I grew up, which is Brazil. I definitely feel more at home with my Brazilian and Portuguese friends. And when I listen to Brazilian music, it goes straight to my heart, you know? Like, it makes me think of everything I grew up with – the food, the language, the people – all of that forms a big part of who I am.

G: So, tell us a bit about yourself. What do you think makes you who you are?

H: So, I'm Hana and I'm originally from Korea, but I've lived in lots of different places around the world – mainly the USA but also Hong Kong, Australia, Germany. Now I'm based in Amsterdam, in the Netherlands, which I love. I've been learning Dutch, but it's really hard! So, I've always worked and travelled a lot around other countries and I would say that, um, all of these different places play a part in who I am, far beyond the idea of nationality or belonging to one single place. All of these places and the languages have contributed to the person that I am now.

G: What do you mean?

H: You know, in terms of how I eat and how I choose to live my life, I think there's a lot of Asian influence there. A lot of my favourite dishes to cook are Korean, for example. But I think my identity comes more from my own experiences – the different jobs I've done, the people I've met. I guess my family probably influenced my personality a lot, too.

G: Can you give me some examples?

H: Yeah, so my father is pretty stubborn and I've definitely inherited that from him. I don't think I've inherited anything from my mum – she's very organised, and a great planner, but I'm really not. They've both had a big influence on my attitude to work and studying, though. When I was at school, they encouraged me to work hard and I suppose, because of that, I've always been really focused on my education and my career, even though none of my siblings are. I guess I've always been pretty ambitious.

G: And how about your career? Would you say that's influenced your identity at all?

H: Yeah, definitely. I'm a journalist and that's a big part of my self-identity. I guess, at the end of the day, we are all different and there are lots of influences. Everyone is an individual with different life experiences and a different stories to tell.

### Audio 1.02

1 How long have you been living here?

2 Have you ever lived in another country?

3 What have you been doing recently?

4 How long have you been studying English?

### Audio 1.05

**N = Naomi A = Ayo**

N: You know Lagos already, right?

A: A little bit. I came here on another business trip a few years ago. The thing I like about it is the street life. There are some really good markets where you can find handcrafted goods.

N: Oh, that sounds interesting.

A: Yeah, in the centre. And fairly close by, there's Victoria Island, which is sort of your more upscale area. It has designer stores and boutiques and fancy restaurants, that kind of thing. It's kind of the posh area. Do you want to check it out?

N: Um, I'd be happy to go there for a bit, but maybe not more than a couple of hours. It's not really my cup of tea.

A: OK, that's fine.

N: Yeah, I'm not a big fan of shopping generally. I'd rather go to a park and just wander about for a bit.

A: Actually, there *is* a park which you might like. It's called Freedom Park. It has life-size sculptures and an art gallery. And the last time I was there, there was live music.

N: Oh wow, I'm really into live music.

A: Yeah, there was a stage with a band and a dance group. It was awesome.

N: That sounds great. You know, I've heard there are some beaches outside the centre that are worth visiting.

A: Yeah, definitely.

N: It might be nice just to hang out on a beach for a few hours. I think I'd prefer to do that than to go wandering around the shops.

A: We can do that. There are *a few* beaches, if I remember rightly. One's called Tarkwa Bay Beach. It's about twenty minutes out of town and you take a boat to get there. It's idyllic, just beautiful.

N: Oh wow. You know, what I really like doing is surfing. I don't suppose they rent out surfboards, do they?

A: I'm pretty sure they do, actually. I didn't know you were into surfing.

N: I love it.

A: Me too.

N: Shall we just spend the afternoon surfing then, I mean after the markets and the park?

A: Fine with me.

N: Are you sure?

A: Totally! We can go to a street market and Freedom Park in the morning and spend the afternoon on the beach. Excellent! And then we'll find a local restaurant where we can eat some local food in the evening.

N: Sounds good.

A: Have you ever tried jollof rice?

N: Nope. Not yet.

A: You're going to love it!

## UNIT 1 REVIEW

### Audio R1.01

Stormy weather

Since I was very young, I have always loved the outdoors. As a ten-year-old, I read lots of books about explorers and I was extremely adventurous. I was happy wandering into the woods on my own, or exploring abandoned houses. While most children are curious about the natural world, I was obsessed. I have one particular childhood memory of a day with my grandfather. He was really into hiking and one day, when I was ten, he took me with him. The idea was to go up a hill called Gomez Peak, and we needed to go at a good pace so as to be back by dinnertime. Unfortunately, we got caught in a storm. There was no escape. We tried standing under a pine tree to stay dry, but it didn't work; we got soaked. As we stood there, he kept trying to comfort me, saying, 'It's going to be OK.' He thought I'd be terrified of all the noise and wind. But I wasn't scared – I loved it. I'll never forget listening to the rain falling like drumbeats. To this day, I have never had so much fun in my life!



## UNIT 1 VOCABULARY BANK

### Audio VB1.01

- 1 We can depend on Sam to be here on time. He's very reliable.
- 2 Melissa became quite emotional as she was watching the film.
- 3 Al will need some help setting up the new printer. He's not very practical.
- 4 I love the fact that Leo is always so optimistic about life!
- 5 Sasha is a really talented musician.
- 6 Thanks for moving those boxes – it was really helpful.
- 7 It was very thoughtful of you to send those flowers to cheer me up!
- 8 I don't think I'll go to the party – I'm not feeling very sociable today.
- 9 I'm not adventurous enough to go paragliding!
- 10 I'm sure she'll be prime minister one day. She's incredibly ambitious.

### Audio VB1.02

- 1 He never remembers anything I tell him! Things go in one ear and out the other.
- 2 Oh no! I forgot to buy vegetables for the curry. Sorry, it totally slipped my mind.
- 3 Hmm ... I'm not sure. I'll need to look at my notes again to refresh my memory.
- 4 I'll remember it in a minute. The answer is on the tip of my tongue!
- 5 I'm sure I've heard that name before. It definitely rings a bell.
- 6 Oh, yes. You were there too, weren't you? My memory is playing tricks on me.

## UNIT 1 MEDIATION BANK

### Audio MB1.01

**B = Billie P = Pete C = Campbell**

- B: Hey! Have you read Leif's email yet?
- P: Yeah, so they want us to come up with a top five list of places to visit, right?
- C: Yep, our top five, in order.
- B: OK. So how do you want to do this? Shall we each come up with a list and then compare?
- C: It's going to take too long if we do it like that. How about going through our favourites one by one?
- P: Yeah OK. Then we can list the reasons later. Who wants to go first? Billie?
- B: OK, well the Museum of Modern Art's got to be on there, obviously.
- C: Obviously.
- P: And is that number one?
- B: Hmm ... let's worry about the order later. Let's just get a big list of places together first.
- P: OK, so the museum, and what next, the nature park?

## UNIT 2

### Audio 2.01

- 1 VR is certain to be used more in the future.
- 2 The new headsets are due to go on sale next week.
- 3 This game is going to be a big hit!
- 4 VR is unlikely to replace our summer holidays.

### Audio 2.02

I want you to imagine yourself in paradise. Think about what you can see. What sounds can you hear? What do you feel? If you imagined a white sand beach with gently lapping waves, or a woodland alive with birdsong, I'm guessing you also imagined a feeling of serenity and relaxation. The idea that spending time in nature can be good for our well-being isn't new. It's actually an idea that goes back for thousands of years. The word 'paradise' comes from the Ancient Persian term for park or orchard, which is 'pardaiza' and I think if you ask most people to imagine paradise, people would think about a white sand beach with waves lapping or with a woodland maybe that's alive with birdsong. They're probably likely to imagine a feeling of serenity and relaxation. And that's the kind of feeling that medics began to try and promote

in the UK as early as ... sort of ... the 1750s. We had doctors travelling around the country, trying to work out what it was like spending time near the sea and whether that's something that could almost be prescribed. And we had sea-bathing hospitals, the idea being that spending time there could help you overcome some of the sort of minor ailments that were common in the 1700s.

In the last 200 years, we've started to sort of lose our connection with some of the preventative effects that spending time in nature can have for us. We've had these incredible advances in technology, in pharmaceuticals, antibiotics, which have meant that we've saved, you know, millions of lives and improved the quality of life in so many countries across the world, but that shift in focus has meant that we've sort of moved away from our ancient nature-based perspectives, and in many cases sort of forgotten that connection that we have with nature.

So the problem now is that for the first time in history, most of the world's population live in big, busy and noisy cities, and they're so different to the kind of environments that we evolved to live in. And whether we're aware of it or not, cities place, you know, a huge amount of stress on our bodies. We're almost in a constant state of alert because we have to navigate things like crossing the road, busy, crowded spaces, threats from passing bicycles. And also the kind of complicated social interactions that we actually start to take for granted now, but that our bodies are constantly trying to deal with and respond to.

So when we live in demanding environments like cities, our body has this desperate need to be able to switch off for downtime. And the natural environment actually provides the perfect kind of setting to allow that kind of restoration to occur.

What's really interesting is that actually just having a view of nature can be enough to see some of these restorative effects. So there's a famous study from the 1980s where hospital patients were shown to recover faster from surgery if they had a view of trees rather than just a window that looked out at the rest of the hospital.

It also looks like the level of biodiversity could be quite important for well-being. It could be that simply seeing or hearing more plants and animals in an environment makes it more fascinating. Which brings us on to the sounds of nature, and several studies have shown that people prefer listening to natural sounds like birdsong or water flowing, compared to the other kinds of sounds they'd hear in a city, for example. But we don't really have a huge amount of data on what kinds of sounds might work best and whether just listening to them is enough. If you just put on a set of headphones on your commute, would that help calm you down enough, or do you need to see, touch, smell, be in nature for it to have the ultimate effect?

### Audio 2.05

- A: Hey, so, I've been watching this amazing TV series about women with extreme lifestyles. Have you seen it?
- B: Yeah, I've been watching that, too. Last week there was one about a woman who's a sea nomad and has spent her whole life at sea.
- A: That's right. Amazing. Did you see the one about the astronaut? What was her name ... ?
- B: Karen Nyberg? Yeah, I saw that one, too.
- A: It was incredible, wasn't it?
- B: I know. I mean I'd guess it must be so inspiring to see the world like that, from space. Can you imagine?
- A: Yeah, it would be incredible, wouldn't it?
- B: Absolutely! Although there's no way I would ever consider doing that. I know for a fact that I couldn't go into space. I don't even like getting on a plane! It must be an amazing experience though.
- A: Yeah, it was interesting to find out how they actually live up there, you know, the ordinary things that they have to do every day. A lot of it looked pretty tedious, like checking all of the systems and whatever. And that bit about how they keep fit – it was really fascinating!
- B: Yeah and how she washes her hair! Did you see that bit?
- A: Yeah, it was really interesting to see how she does, you know, normal, everyday things up there. Must be difficult sometimes though – especially being away from people. I mean, she left her three-year-old son at home, and was away for, like, six months. I mean I'd imagine that was really hard.

- B: I suppose they had video chats, but it's not really the same, is it?
- A: Not at all. And what about that woman who runs around the world? Did you see that one?
- B: Yeah, Rosie Swale-Pope I think her name was. I can't believe she's in her 70s and she runs all around the world by herself, pulling that little trailer behind her.
- A: I know, and she sleeps in it at night, and then just carries on running in the morning. It's pretty impressive!
- B: Yeah, I reckon it must be pretty lonely at times, though.
- A: Well, you would think so, but she obviously finds it really rewarding, seeing all those amazing places and meeting interesting people along the way. She's written a book about some of the things that have happened to her. And she raises money for charity.
- B: She's clearly the kind of person who just has to keep moving, sort of nomadic.
- A: Yes, that's right. I get the impression she's so used to this lifestyle that she wouldn't be happy living anywhere for long. Even when she's back home in the UK, she sometimes prefers to sleep outside in her little trailer than stay inside her house.
- B: Oh, really? I'd have thought it'd be exhausting to live like that all the time. And pretty frightening, too. She's bound to feel scared sometimes.
- A: I bet she does. Anyway, it's not for me. I can't even bear going camping for the weekend, let alone ...

## Audio 2.07

If I could travel back in time to any place in the world, I'd go back to Paris in the 1920s. To start with, I'm a huge fan of all the artists and writers from that period, like Ernest Hemingway, F. Scott Fitzgerald, Salvador Dalí, Pablo Picasso, and Gertrude Stein. And they all lived in Paris, so it was a really exciting city at that time. I'd love to meet all of them, but especially Hemingway because I really like his books.

So, what would I do? Well, at that time, there were all these nightclubs and cafés springing up all over Paris, with loads of incredible shows. With that in mind, I'd want to go dancing with F. Scott Fitzgerald and his wife Zelda. I can imagine that being a whole lot of fun. What else? I'd have a long chat with Hemingway and Picasso about their creativity and what they were planning to do next. And last but not least, I'd take Gertrude Stein out to dinner and ask her what she really thought of all these artists with their amazing talent, but also their big egos!

## UNIT 2 REVIEW

### Audio R2.01

Anyone looking for solitude is unlikely to find it in a 21st-century city, but there are still plenty of places one can be alone. In the 19th century, the American writer Henry Thoreau did an experiment in solitary living. He went to live on a patch of woodland owned by his friend Ralph Waldo Emerson. Thoreau built a hut on the banks of Walden Pond. He spent over two years there and wrote a book, *Walden*, about his experiences.

More recently, the Italian writer Paolo Cognetti left Milan and rented a shepherd's hut near the mountains of Valle d'Aosta. There he lived for several months, surrounded by incredible scenery and very little noise besides the wind. While there, he took time to analyse his life and think about what he might do next. Like Thoreau, he wrote a book: *The Wild Boy*.

Few people are able to escape like Thoreau and Cognetti. The majority of us are lucky if we get a few days on a deserted beach. But there will always be quiet places for those with the desire and resources to find them.

## UNIT 2 MEDIATION BANK

### Audio MB2.01

I = Interviewer S = Sam

- I: Now, anyone that's been listening to the podcast for any length of time will know that I love live music. But it can be difficult to feel any real connection with the artists when you're one of thousands of people in the audience. So, what's the solution? My next guest may well have the answer. Sam Harrington is one of a small, but growing number of music-lovers hosting 'micro gigs' – an alternative to big concerts.
- Sam – welcome to the show.
- S: Thanks for having me.
- I: So, first things first – what is a 'micro-gig'? Is it just a small concert?
- S: Well, yeah, it's a really small concert, but perhaps the biggest difference is that they happen in people's homes rather than big concert venues.
- I: Right. And you actually put on micro gigs at your house, is that right?
- S: Yeah, I've been using my living room to host concerts for the last three years now. We've probably had about 200 artists play here.
- I: Wow, that's a lot!
- S: Yeah, and most of them have stayed with us, too. We provide bed and breakfast for all the artists who come and play for us as part of their fee.
- I: Nice. And what about the audience? How many people can you actually fit in your living room?
- S: Hmm ... It, kind of, depends who's performing. If it's a solo artist with a small instrument, we can probably squeeze around fifteen people in. But with big instruments and groups it's much fewer. We once had someone come with their harp and we only had space for five!

### Audio MB2.02

I = Interviewer S = Sam

- I: So, why do you do it? What's the attraction of putting on micro gigs?
- S: Well, when you go to a big concert the artist or band is usually so far away. You're often in a crowd, which can be uncomfortable, and of course it's often expensive, too. I think music is great when it's a really personal experience, and I love being able to chat with the musicians about the music they make. It's a much more satisfying experience.
- I: Sure, but you're never going to have, say, Elton John in your house, are you? I'm guessing the artists don't get paid that much for doing such a small show, so what's in it for them?
- S: Haha! Well, Elton is very welcome! But, yeah, you're right, they don't get paid a lot, but I think most artists we have here find it a very positive experience. It's a great place to interact with your audience and to make a very direct connection with people. Music, and art, doesn't always have to be about numbers. Indeed, some famous artists actually use small venues like ours to try out new songs and get feedback from a small audience.
- I: Right. So, do people actually know who's playing in advance or is it a surprise?
- S: No, we don't have gig listings or anything, we like to keep it a surprise! People just turn up and hope they can get in.
- I: And do they always like the artists you invite?
- S: Not always! I remember a very angry, shouty, singer songwriter we had here a couple of years ago. He was pretty rude and some of the people who came along really didn't like him.
- I: Oh, really? So, was it a bit of a disaster then?
- S: No, not at all. Music isn't always about everyone having fun. Sometimes it's good to listen to something that's not your usual thing, and even if you don't like it, it's an experience, something to talk about with your friends, or something that makes you think. And sometimes you change your mind about things you think you don't like. A lot of our regular customers had never seen live hip hop before, for example, but they loved some of the artists who've come to play here. I mean, yeah, it's great to see your favourite artist, but it's good to be a musical explorer, too.
- I: Absolutely. Sam – thanks for coming on the show.



## UNIT 3

### Audio 3.01

- 1 Burning Man festival, which takes place at the end of August, attracts huge crowds.
- 4 The festival appointed Damon Gameau, who is a world-renowned filmmaker, as their Eco Ambassador.

### Audio 3.03

**P = Pauline K = Katherine R = Rufus M = Mahmoud**

- P: We've all been there. You've practised a thousand times. You know your lines and you know how to say them. Yet when the time comes to perform, your legs turn to jelly and you just want to hide in the corner. Stage fright affects even the most experienced performers, and can make or break anyone just starting out. So, how do we cope with it? I'm Pauline Hazany and this week I interviewed a few well-known performers to find out. First up is professional musician, Katherine Sherrell, who I caught up with backstage on the first night of her UK tour.
- P: Katherine, you used to get pretty bad stage fright, didn't you?
- K: Yeah, I did, for years. Every time I had to go on stage, I could hardly stand up, I was shaking so much. I just got so nervous. It was awful. And my time on stage seemed to go on forever!
- P: So, what happened? Did things just improve the more you performed?
- K: Well, sort of. It was a couple of things, really. Firstly, I told a friend, a fellow musician, about my nerves, and he said something surprising. He said, it's not about you; it's about the music. He also told me to stop worrying about the audience. You know, they want a great night out; they've paid for their tickets, and they're on my side. From that moment, I had a different approach; I was calmer and more relaxed. And it's served me well ever since.
- P: Sounds like good advice. Have you picked up any more tips that could help our listeners?
- K: Something else I do is focus on my posture, how I stand, and even how I walk on stage before the gig starts. I remember I've been doing this for years and I imagine I'm ten feet tall and that nothing can stop me!
- P: The second person I spoke to was Rufus Gerrard, a stage actor who's played all kinds of roles from Hamlet to Frodo in the theatre version of *The Lord of the Rings*. I caught up with Rufus during a rehearsal for his new play, Arthur Miller's *The Crucible*.
- P: Rufus, hi.
- R: Hi, Pauline.
- P: Tell us about stage fright.
- R: It's a real problem, even for experienced actors. You feel as if you're going to die of fright. It can hit you at any time and you have to find a way to overcome it.
- P: So how do you cope with it?
- R: In my case, I learnt quite early on in my career that what I needed to do was prepare both physically and mentally. So, physically I started doing stretching exercises for about fifteen minutes before every performance. And mentally I started using visualisation. Basically, I'd imagine myself not in front of a big, scary audience, but in front of my friends and family, people who'd supported me all my life, and I'd see them smiling and clapping. I also tried to erase myself and my ego, so I was no longer Rufus Gerrard acting in front of an audience, but I was the character in the play. It's the character that's important, not me.
- P: And it worked?
- R: Yeah, it made all the difference.
- P: My last interview was with motivational speaker, Mahmoud Jalil. Mahmoud regularly gives presentations to hundreds of people around the world, so he knows a thing or two about how to stay cool under pressure. I met up with him in a café a couple of hours before he was due on stage.
- So, you're on pretty soon, aren't you, Mahmoud?
- M: Er, yeah. I've got about an hour or so before I need to get ready.
- P: So, how are you feeling? Getting nervous yet?
- M: Haha! Not really. I used to get incredibly nervous before giving my talks though. I mean like a total disaster.
- P: So what changed?

- M: Well, it was the build-up beforehand that scared me. I used to spend hours going over the performance in my head. Was everyone going to like it? Would I forget what to say? Every time I had to go on stage, it was like the worst day of my life! And then one day I made a decision to just stop caring so much. I said to myself – what's the worst thing that can happen? That I forget what I'm trying to say? Or the technology breaks down? But if that happens, how much does it matter? Will it be the end of the world if I get lost and have to read my notes? The answer was no. And that was how it all changed for me. I mean, it was so liberating.
- P: So you just needed a change of mindset?
- M: Basically, yeah. What worked for me was approaching the presentation differently. I still get nervous, but I don't spend hours and hours preparing and imagining all the worst things that can happen. Now it's under control.

### Audio 3.05

**A = Alice S = Sam R = Ravi**

- A: Hey, have any of you guys seen *The Queen's Gambit* yet?
- S: Yeah, I have. It's amazing, isn't it? I binge-watched the entire thing in a couple of days!
- R: Really? Wow. It must be good, then. What's it about?
- A: So, it's about a woman, Beth Harmon, who is a chess prodigy.
- R: Chess?
- A: Yeah, but trust me, it's good. Anyway, it's set in the USA around the 1950s and it shows her rise to becoming, like, a world-class chess player, you know, beating all the grand masters and that kind of thing.
- R: Is it a true story?
- S: Hmm ... I don't think so. It's based on a book by Walter Tevis. I'm pretty sure the main character is fictional.
- A: Well, yes but she's kind of based on a real person, Vera Menchik, who was a chess star, or something like that. So, the story is sort of real. It's beautifully written though, isn't it? And she's such an intriguing character.
- S: Yeah, definitely. It really takes us into her world. The acting is fantastic.
- A: Yes, I loved that bit at the end when ... well, I won't spoil it for you, but it's really good. And it's beautiful to watch, too. You know, the costumes and stuff. It's done really well.
- R: Ah, OK. Well, it sounds good. I'll add it to my watch-list.
- A: Yeah, do – it's well worth a watch. What about you then? Have you binged-watched anything recently?
- R: Me? Yeah, I'm watching a programme called *Big Little Lies* at the moment. It's amazing!
- A: Oh, really? I remember hearing about it, but I don't think I ever watched it. Wasn't it the one about the women, set in California? It's like a murder mystery or something.
- S: That's right. Oh, it's brilliant. It's based on a book by ... um ... what's her name, you know that Australian author ... Liane Moriarty. It tells the story of five young-ish women in California who become involved in this murder investigation. And the acting is brilliant, you know, really powerful. So, every episode is sort of incredibly tense and gripping to watch.
- A: Sounds good.
- S: It's got a fantastic cast, as well – Nicole Kidman, Reese Witherspoon and they give these really powerful, realistic performances.
- A: Sounds great. Just my kind of thing.
- S: Yeah, I think you'd love it. You get really caught up in the drama and that kind of thing, all the plot twists. But it's also visually stunning to watch. Every scene is beautifully shot. It's perfect for a late-night binge-watching session.
- A: Brilliant! The show I'm watching at the moment has got about ten seasons, or something like that. But I'm getting through them really quickly, so now I'll have something to watch when I'm finished.
- R: Yeah, good to know ...
- S: I definitely ...

Audio 3.06

A = Alice S = Sam

- A: So, it's about a woman, Beth Harmon, who is a chess prodigy. It's set in the USA around the 1950s and it shows her rise to becoming, like, a world-class chess player, you know, beating all the grand masters and that kind of thing.
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- S: Every episode is sort of incredibly tense and gripping to watch. You get really caught up in the drama and that kind of thing, all the plot twists ...
- A: The show I'm watching at the moment has got about ten seasons, or something like that.

UNIT 3 REVIEW

Audio R3.01

The show goes on

I once took on the challenge of trying to put on a show with people who had never performed on stage before. At first it seemed impossible. People kept messing up their lines. After a few weeks, I really didn't want to continue, but everyone was so enthusiastic that in the end, I did agree to carry on. But then I realised that we were trying to rehearse in the evenings, when everyone was tired. So I came up with the idea of rehearsing early in the mornings instead, which was much more successful because everyone was fresh. What I liked about working with people new to acting was that they were completely free – they had no expectations to live up to.

As the day of the performance approached, I must admit I became more nervous. We had put up posters to attract an audience, but I wasn't sure how many would attend. Thankfully, the theatre was full. My amateur cast ended up giving an incredible performance, and the audience loved it!

UNIT 3 VOCABULARY BANK

Audio VB3.01

- |                     |                    |
|---------------------|--------------------|
| 1 solar power       | 5 sustainable      |
| 2 natural resources | 6 renewable        |
| 3 clean-up          | 7 recycling        |
| 4 carbon emissions  | 8 carbon footprint |

UNIT 4

Audio 4.01

- 1 This time next year, I'll have graduated from university.
- 2 I hope we'll have cut down on junk food by then.
- 3 When you next see me, I'll have started working out.
- 4 I hope you'll have found a new job by the summer.

Audio 4.02

P = Presenter M = Matthew

TV P = TV Presenter

- P: Matthew Walker researches how you spend around a third of your life.
- M: I'm a sleep scientist.
- P: Actually, one of the world's leading sleep scientists. At the root of sleep science lies a puzzle. All these hours lying down, eyes shut. Why? Why do we sleep? It's not just that it seems a monumental waste of time.
- M: Sleep actually seems to be the most idiotic of all things that human beings could do because when you're asleep, you're not finding a mate, you're not reproducing, you're not caring for your young, you're not finding food, and in fact, it's been suggested that if sleep doesn't serve an absolutely vital function, then it's the biggest mistake the evolutionary process has ever made.

- P: Managing eight hours' shut-eye is for me just a dream. And it turns out I'm not alone. There's evidence that in many parts of the developed world, we're sleeping less and less. A poll in 1942 found Americans were sleeping eight hours a night.
- M: Now, on a recent National Sleep Foundation survey, what they found was that the average adult in America was down to sleeping six hours and thirty-one minutes a night. In the United Kingdom it was six hours and forty-nine minutes. Japan perhaps the worst down to six hours and twenty-two minutes.
- P: Only ten percent of Japanese adults, according to this survey, were getting eight hours or more.
- TV P: Good morning, this is Diana Speed welcoming you to the network and reminding you that if you've forgotten that the clocks went forward last night so the time is now twenty past five on Sunday the twenty-ninth of March ...
- P: Researchers have studied what happens in countries after clocks are adjusted in spring and autumn.
- M: What they found was that in the spring, when we lose one hour of sleep, there was a twenty-four percent relative increase in heart attacks the following day, whilst in the autumn, in the fall, when we gain an hour of sleep, there was actually a twenty-one percent reduction in relative heart attack rates.
- P: When the clocks go forward and we lose an hour's sleep, there are also more hospital admissions and more car accidents.
- It also turns out that during sleep, we're able to reorganise information in the brain rather as though we were putting together the components of an IKEA furniture pack. And when we wake up, 'Eureka!' Every language has a variation of the English phrase 'sleep on it', 'sleep on the problem'. 'Dormici su, ... la nuit porte conseil,' ...
- M: Yeah, I think there's probably a reason that no one has ever told you to stay awake on a problem.

Audio 4.03

It's been suggested that if sleep doesn't serve an absolutely vital function, then it's the biggest mistake the evolutionary process has ever made.

Audio 4.06

M = Martin L = Leah

- M: I read this article the other day about how much exercise we should do. It recommended 150 minutes of moderate exercise a week, which sounds about right to me. What do you think?
- L: Hmmm, I'm not sure. I agree with you up to a point, but it depends, doesn't it? I mean, it depends on your age, your general health, and whether or not you're sporty. For most people, I'd say about an hour a day is enough to keep you fit and healthy. That's what I do, and I enjoy it.
- M: An hour a day?! That's a lot, if you ask me!
- L: Do you think so? It depends what kind of exercise, I guess. In my opinion, there's a big difference between, say, walking for an hour and playing football for an hour. So if you're doing a contact sport like football or basketball, you might only want to do that, say, two or three days a week. But you can easily do moderate exercise every day, like walking or jogging or swimming.
- M: Yeah, that's a good point. Not all exercise is equal. But I completely disagree with you that everyone needs to do an hour a day. That's way too much for most people!
- L: I know what you mean. Most people would find it hard to fit in exercise every day, but I'm talking about an ideal number. So, how much exercise do you do?
- M: What, you mean vigorous exercise – sweating and getting out of breath?
- L: Yeah.
- M: None.
- L: Really?
- M: Yeah. But remember, I'm on my feet all day at work, aren't I? So I don't have the stamina to spend my evenings running around as well.
- L: Oh, I see your point.



M: I know in theory I should go to the gym and all that stuff, but on the other hand, I think doing too much exercise is just as bad as doing too little.

L: True.

M: I do a physical job, and I'm exhausted by the evening. As far as I'm concerned, if you do physical work during the day, you don't need to go to a gym or do anything else.

L: Hm. That's a fair point, although it could also be argued that you just need a different type of exercise, like stretching or yoga or something to help you relax.

M: No thanks! That's what the TV's for.

L: Well, you could at least kick a ball around every now and then, or walk the dog.

M: I couldn't agree more, but I don't have a dog.

L: Well, walk the cat, then.

M: Ha ha.

## Audio 4.08

I would say that my modern lifestyle is quite different from the traditional lifestyle of, say, my grandmother. Especially as a young woman. Nowadays, most young women where I come from get a good education and go out to work, whereas in the past, in my grandmother's generation, that didn't happen so much. My grandmother left school when she was young, and married my grandfather. She never went out to work, although she used to earn money by sewing, and making suits for people. She dedicated her life to looking after everybody, her parents, her aunt, her children, her grandchildren. She cooked and kept the house clean. She would get up early and go down to the market to buy fresh fruit and vegetables from the local farmers, freshly caught fish and seafood from the fishermen. We still have a market that sells local produce. I suppose that tradition is still quite strong. But it's much smaller than it used to be, and people do most of their shopping in the supermarket, so it's much more difficult for the local fishermen and the farmers to make money. Their lifestyle is disappearing, and we only have a small window of opportunity to save it. A lot of farmers are now choosing to run 'Agritourism' businesses instead – essentially providing holidays on the farm – which is something that didn't exist before. Another tradition that is under threat is home cooking. My grandmother made home-made pasta and bread every day. She would spend hours preparing meals for the family. She lived a simple life. Nowadays, I think the expectations of young people are very different. We don't have so much time to spend at home, so a lot of the traditional skills of cooking and making things at home have been lost. These days, it seems like nobody has time for those lengthy recipes. We use a machine or we buy food that is ready-made and put it in the microwave, so I would say that this is another tradition which is in danger of disappearing. Also, when something breaks, we throw it away and buy a replacement, but I remember my grandfather was always repairing things and making them work again. Our modern-day lifestyle is much more focused on consumerism than in the past. Perhaps it's time to make a change.

## UNIT 4 REVIEW

### Audio R4.01

Health is the new wealth

Tara Williams, Monday 25 February, 13.00 GMT

In recent years, health and fitness has grown into a multi-billion-dollar industry as many of us strive to eat healthily and stay in shape. With modern technology, the average lifestyle has become increasingly sedentary. We are also busier and in general work longer hours than in the past. So, to make up for it, we follow healthy-eating gurus on Instagram, try to vary our diet by drinking fresh vegetable juice and eating superfood salads. We join gyms, buy fitness technology, take online yoga classes and do regular workouts. It is thought that Americans spend more than \$40 billion trying to improve their health and fitness every year. And future trends look even more extreme. Some are predicting that within the next ten years, a lot of fitness training will have moved outside. The benefits of training outdoors include exposure to the sun and fresh air, and running where the ground isn't flat. In addition, it's likely that more of us will be wearing personal tracking devices, which will offer us computer-generated personal training programmes based on our individual health metrics.

## UNIT 4 MEDIATION BANK

### Audio MB4.01

B = Bruna C = Costas J = Jim P = Penny

B: Right, so next on the agenda is Active Week. Abe's sent through a list of ideas, but I've actually got another option I'd like to discuss. How does everyone feel about putting on some dance classes in the town square? It's active, and it doesn't need to be competitive, so everyone can join in.

C: Yeah, that's a nice idea Bruna, and I think we all agree that we need to find an activity that everyone can do. But I just don't know if dancing is popular enough. We want to get as many people involved as possible. Remember when we did the fun run a couple of years ago? People absolutely loved that.

B: Good point, so what does everyone think of that idea – about doing a fun run again?

J: Sounds good to me.

P: Yeah, the fun run was good, but I think we should try and do something different every year, which is why dance classes are such a great idea. We've never done them before.

J: That's a good point, Penny.

B: OK, thanks for the input, everyone. So, we all agree that we want something everyone can do, and I think we all want the biggest attendance possible, but Penny is worried about doing something we've done before. So, what's the solution?

C: Well, perhaps we could try and do both? Have two events instead of one this year? That way, if you're not interested in dance classes, you can do the fun run.

J: Would that work, Bruna?

B: Hmm ... Abe did say we should try and choose one activity, but I can suggest two and see what he says?

P: OK, great. Thanks, Bruna!

## UNIT 5

### Audio 5.01

- 1 I'd been trying to get a job for ages.
- 2 We'd been waiting to meet our new boss.
- 3 They'd been listening to a presentation.
- 4 She'd been sleeping all afternoon.

### Audio 5.02

SM = Sarfraz Manzoor EW = Emily Wapnick  
CH = Charles Handy HM = Heather McGregor

SM: Emily Wapnick is an artist, entrepreneur, speaker, coach and the author of *How to Be Everything: A Guide for Those Who (Still) Don't Know What They Want to Be When They Grow Up*.

EW: More and more people are, erm, doing multiple things and multiple jobs, and it's not just to make ends meet, a lot of people are choosing this kind of lifestyle.

SM: She lives and works in Canada, and has coined the term 'multipotentialite' to describe folks like her.

EW: You'll have people who have five different part-time jobs, each of which they love for a different reason. They've got, you know, three different businesses that are just thriving, or they're a serial entrepreneur or they've got a career in two different areas. There's a guy that I mention who is a psychotherapist and, er, a luthier – he makes violins. Um, and he's very successful in both.

SM: And, I mean, how old are you?

EW: I'm thirty-two.

SM: And do you think that you are emblematic, or do you think you're typical of your generation in the idea of, you know, making it work by doing a variety of different, different things.

EW: Possibly. I do feel like things are moving in this direction and, you know, there's all these new, um, career models and new technology which make, er, a lot of things more possible for us.

SM: I'm just not sure whether somebody like myself would have the same capacity to learn new skills. Is there an age limit to when one can reinvent oneself or, you know, open a new door in their career or in their enthusiasms?

EW: I don't think so. I, I really believe that we can learn something new at any age.

CH: Eighty percent of the people in corporate jobs hate them or are dissatisfied with them.

SM: This is Charles Handy, the man who popularised the idea of the portfolio career.

CH: Whereas if you're doing your own thing, eighty percent of them really like the freedom and the entrepreneurial spirit, even if they're not making an awful lot of money. It's a balancing job really.

HM: You need to know what the costs are of changing careers. So, one of the most important things is, to know what it's cost you to live.

SM: Professor Heather McGregor, 'Mrs Moneypenny' to readers of the *Financial Times*, started out in PR and communications, retrained as an investment banker, set up a highly successful business and is now an academic. If one career isn't enough, is it best to establish yourself and then switch to another in mid-life or is a portfolio of jobs a better prospect?

HM: A portfolio career is where there is almost no principal job. You know, everybody should have other things that they do in their career, apart from their main job. Otherwise, they will never advance their career. So, I have a main job and then I have other things, but I wouldn't call it a portfolio.

## Audio 5.03

- 1 You'll have people who have five different part-time jobs, each of which they love for a different reason.
- 2 They've got, you know, three different businesses that are just thriving, or they're a serial entrepreneur or they've got a career in two different areas.
- 3 Is there an age limit to when one can reinvent oneself or, you know, open a new door in their career or in their enthusiasms?
- 4 Professor Heather McGregor, 'Mrs Moneypenny' to readers of the *Financial Times*, started out in PR and communications, retrained as an investment banker, set up a highly successful business and is now an academic.
- 5 If one career isn't enough, is it best to establish yourself and then switch to another in mid-life?
- 6 You know, everybody should have other things that they do in their career, apart from their main job. Otherwise, they will never advance their career.

## Audio 5.05

**J = Juan B = Britney L = Lisa N = Nick S = Sue A = Alison D = David Ja = Jack**

### Conversation 1

J: What do you think, Lisa?

J: Lisa, you're on mute!

B: Can you unmute yourself?

L: Sorry! Yes, I think that's a very good idea.

J: There's an echo.

L: Oh, really? What about now?

J: You're still echoing.

B: Why don't you try turning down the volume on your speakers? It's worth a try because sometimes the echo's from the mic.

L: What about now?

B: That's better.

L: Well, I was just saying ... Hi, Jingles! There's a good girl!

J: Lisa?

### Conversation 2

N: Hi again! Sorry, my computer crashed.

S: That's OK, Nick.

N: Um, so where were we? I think I was just ...

S: Nick? Nick?

N: There seems to be a problem with my internet connection.

S: Perhaps you could try logging off and on again? That might work because sometimes the computer just seems to fix itself.

N: OK. I'm back. Can you hear me?

S: Yes.

N: And can you see me?

S: Yes.

N: Oh good. OK, so ...

S: But now you're frozen.

N: Oh no!

S: It's OK. It's actually quite a funny picture of you, to be honest. Hold on, let me take a screen shot ...

N: What? No!

### Conversation 3

A: David, can you bring up the figures on your screen for us?

D: Er, yeah. I need your permission though, as you're the host.

A: Oh. Hmm. Hang on. I can't get the screen share working.

D: Click on the icon at the bottom of the screen. It says, 'screen share'.

A: Hmmmm.

Ja: David, maybe you could post the document as a link in the chat box.

A: No, it's OK. Wait a minute. Here we go. How about that?

D: OK. Can you all see the spreadsheet?

Ja: Nope.

D: How about now?

A: Er, I think you've opened the wrong file there ...

Ja: Nice photo, David!

## Audio 5.06

**B = Britney N = Nick S = Sue A = Alison Ja = Jack**

### Conversation 1

- 1 B: Why don't you try turning down the volume on your speakers?
- 2 B: It's worth a try because sometimes the echo's from the mic.

### Conversation 2

- 3 N: There seems to be a problem with my internet connection.
- 4 S: Perhaps you could try logging off and on again?
- 5 S: That might work because sometimes the computer just seems to fix itself.

### Conversation 3

- 6 A: Hang on. I can't get the screen share working.
- 7 Ja: David, maybe you could post the document as a link in the chat box.

## Audio 5.07

- a Perhaps you could try switching it off.
- b Perhaps you could try switching it off.

## UNIT 5 REVIEW

### Audio R5.01

It's never too late ...

In Young Kim, 30 November

It probably feels like there's never a good time to switch careers, giving up a successful job for one that's a lot more uncertain. However, some people do manage to successfully reinvent themselves.

Michelle Obama had been working in an office doing legal work when she decided that she wanted to leave her job and do something more satisfying. For her, that meant working in public service, which was a big career change. The rest, as they say, is history!

Giorgio Armani, one of the world's top fashion designers, didn't start out in the world of fashion. He was planning to become a doctor, and had been studying medicine for three years when he decided to leave university and join the armed forces. He worked in a military hospital in Verona before moving into fashion. First, he worked in a shop in Milan and then he started designing his own clothes before setting up his own company in 1975.

Harrison Ford, who starred in *Star Wars* and *Raiders of the Lost Ark*, started acting when he was a young man. However, a few years later, he wasn't satisfied with the opportunities that he had been offered up to that point, so he decided to retrain as a carpenter. He continued in this profession for fifteen years in order to support his wife and children before he was offered the role in *Star Wars*.



## UNIT 5 VOCABULARY BANK

### Audio VB5.01

- 1 My brother is studying agriculture at university. I think he wants to manage the family farm at some point.
- 2 The construction company specialises in building residential properties in the Northeast of England.
- 3 I have a degree in social work and have recently started a new job supporting elderly residents in the area.
- 4 Looking for a role in banking? Join our new personal finance team to help people with loans and savings.
- 5 She works in accountancy. I think her company manages the accounts of a few local businesses.
- 6 You have to study medicine for up to seven years before you can get a job as a doctor.
- 7 Journalism is a difficult industry to get into. You have to work long hours and have a real passion for news.
- 8 Our research team is developing new methods for scientific analysis of medical data.
- 9 The shift from print to digital has had a huge effect on the publishing industry.
- 10 We have a small consultancy business specialising in providing support for telecommunications projects.

## UNIT 5 MEDIATION BANK

### Audio MB5.01

F = Felix A = Ali E = Emily

- F: Right. So, I think everyone's read the suggestion from management to move all of our meetings online. I just wanted to check in and see how you all feel about it.
- A: I think it's a terrible idea! In fact, I don't think we should have any of our meetings online.
- F: OK. Can you expand on that a bit?
- A: Well, it's just not the same as being with people in real life.
- E: I agree.
- F: OK, so in what ways is it different?
- E: Well, for a start, no one knows whose turn it is to speak.
- F: Yeah, I agree that can sometimes be a problem. What else?
- A: Loads of things really ...
- F: Can you give us some examples?
- A: Well, sometimes people have a really bad wifi connection that can make it difficult, too.
- F: Is that always an issue?
- E: Well, not for us, but it is for some of people, like Nigel. His is internet connection is terrible.
- F: Ah, well that's definitely something to think about. So, what are the main benefits of doing things online?
- E: Well, obviously it's more convenient, because we can call in from anywhere. I also find we waste less time online than we do in the office. There's less, kind of, casual chat at the start.
- A: I liked the casual chat ...

## UNIT 6

### Audio 6.02

M = Miriam N = Nishma

- M: So, I was listening to a programme this morning about the power of introverts.
- N: Oh, yeah? That sounds interesting.
- M: Yeah, it was really good actually. They were interviewing a woman called Susan Cain, who wrote a book called *Quiet: The Power of Introverts in a World That Can't Stop Talking*.
- N: Oh, yeah. I think I heard about that book when it came out. It sounds really interesting. So, what was she saying?
- M: Basically, she thinks that the world is designed for extroverts – that everything is organised around people who are bold and confident and happy to be in the spotlight. And that if you're not like that, if you're the kind of person who's quiet, or doesn't enjoy, you know, public speaking or whatever, and likes to have time to think before they speak, then you're basically at a massive disadvantage. The world just doesn't seem to listen to introverts. Take team-building exercises, for example. They're

really popular with companies – loads of companies do them – but I never look forward to them, and I don't think I ever do particularly well at them.

- N: Yeah, that makes sense. I mean the world's run by politicians, isn't it? And I would say you need a lot of the qualities usually associated with extroverts to be a successful politician. I mean, introverts don't make very good public speakers, do they?
- M: Well, according to Susan Cain, that's not true, actually. There are loads of influential people who have been described as introverts – like Bill Gates, for example. Even Barack Obama is known to be an introvert, and for me, he's one of the best public speakers I've ever heard. Maybe it's because introverts generally like to be better prepared that they can actually be really good at giving speeches.
- N: Yeah, maybe. It also, kind of depends what you mean by 'introvert', doesn't it? People always seem to think that introverts are shy and don't like being with other people. But I don't think that's true. I mean, I think I'm quite introverted, but I wouldn't say I was shy. I'm actually pretty sociable – I love being with other people. It's just that I also really enjoy spending time by myself. In fact, I'd say I actually need to spend time on my own. It's how I recharge my batteries. If I'm around lots of people for too long, I always feel like I need to go and sit quietly somewhere for a bit to get my energy back.
- M: Yeah, I know what you mean. It's all about what energises you, isn't it? They actually said on the programme that rather than thinking of introverts as shy, we need to realise that they get more from being alone. They don't need other people to feel energised.
- N: Exactly. And it's not just in social situations either. I had this job once in a massive open-plan office in town. I hate open-plan offices. I know they're designed to encourage social interaction, which is great if you like being loud and sociable, but personally, I find it difficult to get any work done in that kind of environment. I just couldn't concentrate! For me, being around so many people all the time was completely exhausting. In the end, I asked my manager to let me work somewhere a bit quieter.
- M: Oh, yeah? So, what happened?
- N: Well, there wasn't really anywhere else to go, so I used to just take my laptop and go and find an empty table in the cafeteria. It was pretty bad to be honest!
- M: What? That's ridiculous!
- N: Yeah, I know. Anyway, one day my manager found me working alone in the cafeteria and she told me to get back to my desk. She seemed pretty angry, actually.
- M: Urgh. So, what did you do?
- N: Well, I spoke to a colleague and he advised me to talk to my manager about working from home three or four days a week. I asked, but she refused to give me permission to do that. We weren't really encouraged to work from home. In the end, my manager threatened to sack me if I didn't work in the same office as everyone else. I thought her attitude was pretty unreasonable, so I ended up leaving the company and getting a better job somewhere else.
- M: Well, good for you. That's kind of what the programme this morning was all about – the fact that introverts always have to adapt themselves to things that are set up for extroverts. But we'd probably all be a lot better off if we just listened to introverts more.

### Audio 6.03

- 1 She threatened to stop speaking to me if I didn't go with her.
- 2 They asked us to go on holiday with them.
- 3 He emphasised the most important points.
- 4 She admitted leaving the office early.
- 5 They suggested practising the presentation beforehand.
- 6 She claimed she had a lot of management experience.

### Audio 6.04

S = Samira R = Ryan G = Giselle F = Fergus

Conversation 1

- S: Hi, Ryan. Well done! You managed to play all the songs without making any mistakes.
- R: Yeah. It was amazing! I really think the band is coming together, and I know we can make it big!

- S: Well, ...
- R: I mean, I was just talking to the other band members, and I was thinking maybe I'll leave university so I can practise my guitar full-time, and maybe write some new songs.
- S: Ryan, I hope you don't take this the wrong way, but I'm not sure it's a good idea to stop studying.
- R: Why?
- S: Well, not many bands actually become successful enough to make a living from their music.
- R: I know, but we're getting really good now! You have to believe in yourself!
- S: Look, I'm telling you this as a friend, Ryan. I don't think you should give up your place at university. I mean, you might need your degree if you don't manage to become a rock star!
- R: But how am I going to improve on the guitar if I can't practise more?
- S: Well, have you thought about getting some lessons? To be honest, it might be useful to focus a bit more on your technique.
- R: Yeah, but it's all about the energy in the music, not just technique! So, what would you do?
- S: Well, it's up to you. But if I were you, I definitely wouldn't leave university!
- R: I'll see. But it would be so amazing if we could play some of the big festivals ...

## Conversation 2

- G: Hi, Fergus.
- F: Oh, hi, Giselle. How's it going?
- G: Well, I'm a bit fed up really. You know my car's in the garage again – it keeps breaking down. I really think I need a new one, but I don't know how I'm ever going to afford one!
- F: Well, you earn quite a good salary ...
- G: Yeah, but life's expensive, isn't it?
- F: That's true, but other people seem to manage. I mean, don't take this personally, but you do go out a lot, don't you?
- G: Yeah, but I have to see my friends!
- F: Yes, but perhaps you ought to see friends just at the weekends? Rather than every night?
- G: You're probably right, but I love going out. Maybe I can save money in other ways instead. What do you think?
- F: Well, it might be an idea to buy fewer clothes – I mean, you do seem to buy new clothes pretty much every week, so I'm guessing you spend quite a lot on clothes.
- G: Well, not really. I usually buy things in the sale.
- F: Look, I don't want you to get the wrong idea, but I just think generally you could be a bit more careful with money. My advice would be to set a budget each month, and then ...
- G: Yeah, thanks for the advice Fergus. Sorry, I need to take this. ... Hi, Sarah! Yeah, I'm looking forward to tonight ...

## Audio 6.06

**O = Olga S1 = Speaker 1 S2 = Speaker 2 S3 = Speaker 3**

- O: One of my best friends was once mistaken for the tennis player Serena Williams and spent ten minutes taking selfies with people and signing autographs, and no one realised that she wasn't the real star.
- S1: Really? But Serena Williams is really famous. Everyone knows who she is. Does your friend look like Serena Williams?
- O: Yes, she does, actually. In fact, she looks exactly like her – same face, same hair, same build, even the same height.
- S2: And does she often get mistaken for Serena?
- O: Hmm, that's a difficult question for me to answer, because obviously, I'm not with my friend all the time, but I think probably other people have mistaken her, yes.
- S3: So, where did this happen?
- O: Well, we were travelling together, and were at the airport, and it started with one kid who said, like, 'Serena!' and all of a sudden, we were just surrounded by people wanting to take selfies with her, and wanting her to sign their T-shirts, their luggage, that kind of thing.
- S1: And no one asked her, 'Are you Serena Williams?'
- O: Er, let me think. Er, no, I don't think anyone asked that. Everyone just assumed she was Serena, especially once a crowd formed around her, you know.

- S3: OK, so what did you do while your friend was being a superstar?
- O: That's a good question. Er, I think I just sort of stood there. I mean, I couldn't believe what was happening, so I think I was laughing and not taking it very seriously.
- S2: I'd like to ask if your friend is American – I mean, does she sound like Serena Williams when she speaks?
- O: That's a good point. And that's one of the strange things, that no one really spoke to her. They just kind of smiled and handed her things to sign, so I don't think she really spoke, because she actually sounds nothing like Serena – she isn't American – she's got a British accent.
- S3: Hmm, I'm finding this quite hard to believe. Are you saying she signed people's T-shirts and things with the name 'Serena'?
- O: Er, I'm just trying to remember. Er, no. In fact, she actually signed with her own name – Nana – and the weird thing is that no one seemed to notice! So, the fans were all really happy, and after about ten minutes, we just waved and walked off to catch our flight.
- S1: OK, so what do we think, team? True or a lie?

## Audio 6.07

**S1 = Speaker 1 S3 = Speaker 3 S2 = Speaker 2 O = Olga**

- S1: OK, so what do we think, team? True or a lie?
- S3: I actually think it might be true.
- S2: Me, too. Things like this do happen.
- S1: OK, we're going to say it's true.
- O: Well, in fact it was ... a lie!

## UNIT 6 REVIEW

### Audio R6.01

Burnout – and what you can do about it

We all have days when we feel we can't keep up with everything that needs doing. But what if your job starts to feel like an impossible struggle?

If you're suffering from burnout, three things might be happening. Firstly, you're probably feeling emotionally exhausted. You might find it difficult to persuade yourself to do all the jobs that need to be done. Secondly, you're starting to produce sub-standard work. Thirdly, perhaps you feel disconnected from your work. Maybe you feel resentful or angry about your co-workers and have started to take things personally.

Fortunately, there are plenty of things you can do to help yourself. Here are two things you could try.

Take care of yourself. Do more exercise and get enough sleep. Go out for lunch instead of staring at a screen. Do things to try and take your mind off work.

Look to the future. The opposite of job burnout is job engagement. Imagine what it would be like to be engaged in your work. Is there something else you would prefer to do? Could you retrain or switch companies?

If you're close to burnout, act fast and make a change.

## UNIT 6 VOCABULARY BANK

### Audio VB6.01

**R = Rob D = Dan A = Ahmed S = Samira M = Max  
R = Rose Mthr = Mother Dau = Daughter**

- 1 R: Dan, I'm so sorry that I broke your phone. I didn't mean to.  
D: That's OK, Rob. I know you didn't do it deliberately.
- 2 A: Samira, you were the last person to use those files. You must have deleted them by mistake.  
S: No, Ahmed, I'm absolutely sure that I didn't delete them.
- 3 M: I'm not sure that I'll be good at that job, Rose.  
R: Of course you will, Max! You'll be brilliant at it.
- 4 Mthr: Remember, Julia, you have to be here on time, at ten o'clock.  
Dau: Yes, we will.  
Dau: Oh no! I knew we should have left earlier. Now, we're going to be late.



## UNIT 7

### Audio 7.01

- 1 His medical colleagues might have wondered if he would give up his job as a surgeon.
- 2 It can't have been easy learning to play the piano whilst working full time.
- 3 He couldn't have known that he'd end up becoming a concert pianist.
- 4 His family must have got fed up with his piano playing sometimes.

### Audio 7.02

1  
My biggest regret is from when I was twelve years old. I'd started playing football when I was four and by the time I was seven, I was really good – I think partly because I had older brothers, I learnt to be tough and competitive, and I also picked up their skills. We had a goal in the back garden and we used to play out there most days. So anyway, when I turned twelve, I started attracting a bit of attention locally, you know, getting in the papers, that kind of thing. Within a few months, I was offered a trial at a professional academy, but I turned it down. At the time, there was a lot going on in my life, particularly at home, and I just wasn't mature enough to see the opportunity for what it was. I carried on playing for a few more years, then, when I was eighteen, I decided to call it a day and got a regular job, which I've been doing ever since. When I look back, I wish I'd gone to the trial. Of course, there are no guarantees in sport, but I now think I should have gone to the trial, just to see if I was good enough.

2  
So, I was really into acting when I was younger. My parents took me to the theatre when I was, maybe, five or six, and I just fell in love with it and then started doing all of the school plays and everything. Then, when I was a teenager, I went to drama classes and my tutor said I could definitely make a career out of it. I thought she was pulling my leg, but she seemed convinced I had a real talent. Anyway, at the time, I was living in a small town in the north of England and there just weren't that many opportunities for actors. You kind of had to be in London to get noticed and to be invited to auditions, and at that time I didn't want to be so far away from my family. So, I stayed at home. Then, when I was eighteen, I started working in an office and basically gave up acting. Sometimes I think, 'if only I'd kept going with it'. Or maybe I should have moved to London. I suppose that's the one regret of my life.

3  
When I was a teenager, I started a band with a group of friends. I was the lead singer and we played, like, heavy rock? I took it quite seriously, and I even had a singing teacher for a while. Anyway, we used to do a lot of gigs in my hometown and we were becoming quite well known. We released one song that got some radio time and got us noticed. But, it reached a point where I had to decide whether to stick with the band and try to make it, or quit and get an education. I was kind of on the fence about it until my dad suggested I try and do both. I enrolled in college three hours away and I went home to play with the band at weekends. But after a while, the travelling was too much and I felt the band wasn't really going anywhere, so I ended up leaving. Anyway, they replaced me with another singer, and less than a year later, they signed a recording contract with a big label. Now I wish I'd stayed with the band.

### Audio 7.03

- 1 I carried on playing for a few more years, then, when I was eighteen, I decided to call it a day and got a regular job, which I've been doing ever since.
- 2 Then, when I was a teenager, I went to drama classes and my tutor said I could definitely make a career out of it. I thought she was pulling my leg, but she seemed convinced I had a real talent.
- 3 I had to decide whether to stick with the band and try to make it, or quit and get an education. I was kind of on the fence about it until my dad suggested I try and do both.

### Audio 7.04

- 1 My exam? It was a piece of cake!
- 2 I applied too late to get on the course, so I missed the boat.
- 3 I don't like rock music. It's not my cup of tea.
- 4 The company failed, so it was back to the drawing board for me.
- 5 I don't think you'd be any happier in New York – the grass is always greener on the other side!
- 6 Losing my job turned out to be a blessing in disguise, because it gave me time to think about what I really wanted to do.

### Audio 7.06

Hi, everyone! It's Maya here, back with another simple recipe for you to make at home. This week, I'm going to show you how to make a delicious vegetable lasagne that even your meat-eating friends won't be able to resist. Let's get started!

Now, it's quite a tricky recipe, so I'll break it down into stages and talk you through it step by step. First, let's start by going over the basics. To begin with, you'll want to get your ingredients together. You'll need about twelve sheets of lasagne – choose the kind that you don't need to cook in advance – then an aubergine, two courgettes, two red or yellow peppers, ten small tomatoes, half an onion and some garlic. For the sauce, you'll need flour, butter, milk and some grated parmesan cheese.

The next step is to make the vegetable mixture, and I'm going to roast the vegetables in the oven. So, chop the aubergine, courgettes, onion and peppers into medium-sized pieces – about two centimetres.

Then arrange them in a dish, with the tomatoes. Chop the garlic very finely and sprinkle this over the top. Pour on a little oil – I would recommend using olive oil – and add salt and pepper. You can also add some fresh herbs, but this is optional. Then put this into a hot oven for about thirty minutes.

Then for the sauce put the butter into a small pan and heat it over a low heat. Add the flour, then add the milk gradually, and keep stirring all the time. It's essential that you stir it, so the sauce stays nice and smooth. Keep stirring until the sauce thickens, then take the pan off the heat and add the grated parmesan cheese.

So, the vegetables should be ready now ... Be careful not to overcook them. It's nicer if they're still a bit firm.

So it's time to make the lasagne. You'll need a baking dish, like this one. First, put a little cooking oil in the bottom. Once you've done that, add a layer of your roasted vegetables. Next, put a layer of lasagne sheets on top and then a layer of the cheese sauce. So you have three layers: vegetables, pasta, then the cheese sauce. Then add a little more grated cheese. Repeat, adding the same layers: vegetables, pasta, cheese sauce and grated cheese. If you want, you can add my secret ingredient, a little chilli, in with the vegetables or you could come up with your own secret ingredient.

The final stage involves baking the dish at 180 degrees Celsius until the top layer of cheese is golden brown. You'll want to avoid taking it out too early because it may not be cooked on the inside. After thirty-five minutes, you'll have the perfect vegetable lasagne!

### Audio 7.07

- 1 To begin with, you'll want to get your ingredients together.
- 2 The next step is to make the vegetable mixture.
- 3 I would recommend using olive oil.
- 4 You can also add some fresh herbs, but this is optional.
- 5 It's essential that you stir it, so the sauce stays nice and smooth.
- 6 Be careful not to overcook them.
- 7 Once you've done that, add a layer of your roasted vegetables.
- 8 If you want, you can add my secret ingredient.
- 9 The final stage involves baking the dish at 180 degrees Celsius.
- 10 Avoid taking it out too early because it may not be cooked on the inside.

## UNIT 7 REVIEW

### Audio R7.01

What's your talent?

Do you ever think to yourself, 'Perhaps I should have been an artist' or 'If only I was a dancer'? Perhaps you say to yourself, 'I wish I hadn't given up art or 'If only I had continued to dance'. You might have given up a passion because you thought you weren't very talented at it. Someone might have made a negative comment about your work. But therein lies a problem. At that time, you were just learning, so you hadn't fully developed your talent. Imagine how things might have been different if that person had said, 'Wow, what a fantastic talent you have. You should do more of that'. To get really good at anything takes years of practice. It's not a piece of cake. But you probably stopped too soon.

Now, years later, you might feel like you've missed the boat. You're stuck in an all-consuming job you don't enjoy. Let's talk through the options, to help you figure out what you want to do. Remember, it's never too late to make a life-changing decision and go back to the drawing board and discover your true talent.

## UNIT 7 VOCABULARY BANK

### Audio VB7.01

- 1 The winner was chosen at random.
- 2 We met on holiday by chance.
- 3 My cousin arrived from the USA to visit me. It was completely unexpected.
- 4 Unfortunately, we arrived late and missed the show. I was so upset!
- 5 I feel so fortunate to have this wonderful opportunity.
- 6 He was struck by lightning in a freak accident.
- 7 She broke your phone, but it was accidental.

## UNIT 7 MEDIATION BANK

### Audio MB7.01

H = Henry T = Tyra

H: Welcome back to *Explainer*, the show in which we challenge an expert to explain an interesting or challenging concept to me, in under two minutes.

Joining me this week is the psychologist and popular science communicator, Tyra Wilcox. Tyra – great to have you on the show.

T: Thanks for having me.

H: So, Tyra – what are you going to be talking about today?

T: Today I want to talk about *ad hominem* arguments.

H: OK, that sounds complicated ...

T: It's actually not as complicated as you might think. Basically, it means attacking someone personally, rather than their argument.

H: Can you give an example?

T: Yeah. So, imagine you're watching a debate or a formal discussion and one of the speakers presents a really clear, well-thought-out argument. Then their opponent says something like, 'Why should we listen to someone who hasn't even finished university?'. It might be true, but it's not relevant to the argument. It's like saying that you don't like a meal because you hate the person that made it. It might be true but has nothing to do with whether or not you like the food.

H: So, it's just a bad way to argue?

T: Exactly. It's an attack on someone's character rather than their position. In other words, you criticise the person, not what they're saying.

H: OK, got it. Thanks, Tyra. Well, that's about it for this episode. Join us next week for another two-minute explanation. And in the meantime, don't forget to like, comment and subscribe. See you next week.

## UNIT 8

### Audio 8.01

- 1 Having decided to move to a city, young people face the challenging task of finding somewhere affordable to live.
- 2 Moving into co-living accommodation, many people find they have a ready-made community.
- 3 Having moved into co-living accommodation two years ago, Brad Hoffner, twenty-four, found that the people were friendly, but he was shocked at the size of the small 'box' rooms.

### Audio 8.02

Thank you. Now, talking about global issues can be overwhelming. The numbers involved can be so huge that it's often difficult to fully appreciate what they mean. So, to help me explore a topic that's close to my heart, I'd like to start by putting some of the biggest issues into a simpler context.

Now, imagine that instead of over seven and a half billion people, the population of the world was represented by a village of one hundred. In this context, each villager would represent seventy-five million people. So, in terms of populations, fifty-nine of the villagers would be from Asia, sixteen from Africa, ten from Europe, nine from South and Central America and the Caribbean, five from Canada and the USA, and just one from Oceania, which is Australia, New Zealand and the Pacific islands.

Ten of our villagers would live on less than two dollars per day.

Only seven would have a university education, and fourteen wouldn't be able to read. When it comes to housing, twenty-two of them wouldn't have adequate and permanent shelter, while twelve wouldn't have safe drinking water. In this village, fifteen would live without electricity and about forty without access to the internet. Sixty-two would own a mobile phone and sixteen would own a car. Fourteen would speak Mandarin as a first language, eight would speak Hindi, seven would speak English, six would speak Arabic, five would speak Spanish, and the rest would speak over 7,000 other languages. Of these, over 3,000 are endangered and this is what I'd like to talk to you about today.

### Audio 8.03

Simply put, if a language has no native speakers, it dies. Perhaps the best-known example of this is Latin. Although it's still sometimes used for formal purposes, no one learns it as their first language and it's no longer passed down from generation to generation.

So, why does this happen? Well, there are many factors that cause languages to become endangered. But arguably the most common is that the language is no longer used or taught in schools, usually because there is a more popular or 'dominant' language in the area. As a result, children are less likely to use the language at home or teach it to their children when they grow up. So, why should we care? If we all spoke the same language, wouldn't it be easier to communicate? Well, language plays a central role in people's culture and identity. If their language dies, part of their culture will die, too. And this means their unique way of seeing the world is gone forever, because language shapes how we think.

But things **are** beginning to change for the better. People are reviving dying languages and rebuilding their cultures.

One success story is Cornish, a language spoken in the southwest corner of the UK. Cornish was barely surviving until recent decades. Then, in the twenty-first century, Cornish speakers found one another online and used social media to keep the language alive. They organised regular events to speak together in public and the result was a wonderful rebirth. Today there are street signs in Cornish and some schools teach it. This is really important. As long as young people are learning a language, it will survive.

There are many other examples of people reviving their endangered languages. One Native American tribe called the Tunica is reviving its language by teaching a curriculum based on an old Tunica dictionary and recordings of songs and stories. In Bolivia, people are working to revive endangered languages by creating blogs, virtual communities, videos and podcasts in the languages.

One tool that is helping this effort is Wikitongues. Wikitongues is a global network of people who are trying to keep endangered languages alive. They do this using different methods such as building an index of languages, providing a toolkit for identifying the needs of an endangered language, and supporting individual projects. One project is the creation and distribution of children's



books in Nalu, a language from Guinea. Another project is building community language education programmes in Congo to keep a language called Kihunde alive. A third project involves Wikitongues recording oral histories, people talking about their lives and cultures and telling stories in their mother tongue. These outstanding projects are essential. They're a shining light in the effort to preserve languages.

All of these projects show that it's **people** that make the real difference. As long as there are people that care enough about their language to record and document it, teach it to new speakers, and use it regularly, the language will survive. Thank you.

## Audio 8.05

1

I'd like to start off by saying that I completely agree with the idea that online communities are the best way to connect with like-minded people. This is true for three main reasons. Firstly, online communities allow us to connect with people all over the world, at any time of the day or night, from our sitting room. A good example of this is when I get home from work and I'm tired and I don't have very much time. I can't really go out with friends, but I can easily spend an hour or so interacting with people in my network on social media. Or when I'm away travelling for work and I can't go out with my friends, I can still keep in touch that way. As a result, I still manage to have a good social life even when I'm busy.

Secondly, online communities involve people from all types of different backgrounds and cultural experiences, which are different to my own. They allow for an amazing exchange of ideas, based on our own interests, but which incorporate different cultural values and experiences. For instance, one group I belong to has people in it from India, Argentina, Canada, the USA and Europe. In my day-to-day life, I would never have the opportunity to connect with so many different people who are all interested in the same thing that I am. The obvious impact of this is to broaden our understanding and widen our knowledge of a particular area because we can learn about it from many different viewpoints. And finally, online communities are more efficient. I don't have to waste time interacting with people I'm not interested in, but who maybe live or work near to me, or are friends of my friends. When I spend time in my online communities, I get to choose exactly who I want to socialise with in my very limited free time.

2

I'm afraid I completely disagree for the following reasons. As far as I can see, whilst online communities allow us to connect with people from around the world, face-to-face interactions are far more meaningful. Secondly, you say that online communities allow you to exchange ideas with people who are very different from you, but I don't think that's true. The evidence suggests that online communities encourage you to live in a bubble where everybody thinks in the same way as you. This would lead to the idea that ...

## Audio 8.07

One of the biggest problems we have in our cities is food waste. In every city around the world a huge amount of food is wasted and thrown away every day. According to our research, one-third of the world's food is wasted. Furthermore, there are large numbers of people living on the street who are hungry and cannot afford to feed themselves. On the Street Food Bank is a project which works with shops and cafés to help reduce food waste. We take food that is going to be thrown away and give it to people who need it. The project is run by volunteers. We collect food from businesses at the end of the day so it doesn't get thrown away. We collect ready-made food like sandwiches and salads, and we deliver it to people who are homeless on the streets. We started the programme because we were so shocked when we saw how much food cafés and shops in the city were throwing away every day, when there are so many homeless people on the streets who don't have anything to eat. The purpose of On the Street Food Bank is to try and solve that problem, or at least to help reduce the problem. We have an app, which businesses can use to tell us when they have food that's available to be given away. The app then notifies one of our local volunteers, who arrives to collect the food and distributes it to people who need it. We've only been doing it for about a year, but we've already had a pretty big impact on the local community. I'm really proud of what we've achieved so far.

## UNIT 8 REVIEW

### Audio R8.01

The artists' colony

For six artists with no regular income, housing was always a problem, as they struggled to find enough money for rent. In order to be able to live in the city, they decided to rent a spacious but not very attractive warehouse and live together that winter. Not many people wanted to live there – it wasn't a fashionable neighbourhood and most of the buildings were old and not well maintained. They learnt they were close to a railway line when the rumbling of passing trains kept them awake all night. Living in poverty had never been the plan, but at least they had something in common – they were artists and they were going to get their lives back together and change the world. As long as they had enough money to buy materials and eat, everything would be OK. But everything went wrong immediately. While they were out shopping for mattresses, there was a flood that destroyed four paintings. In fact, if Jean-Paul hadn't come home early, all of their work would have been lost. But worse was to come. Waking up early the next morning, Jackson shivered and saw ice on the window. The heating had broken and now they were freezing.

## UNIT 8 VOCABULARY BANK

### Audio VB8.01

Marmalade Lane – Cambridge, UK

Cambridge is one of the most fashionable cities in the UK to live in. But price increases have meant the city has become quite exclusive and it can be difficult for young people to afford to buy or rent properties which are in good condition. Marmalade Lane is Cambridge's first co-housing community project, and its residents include families with young children, retired couples, single-person households and young professional couples. The architects have designed stylish houses of different sizes and the houses have their own character. The architecture is elegant, and even the smaller houses feel spacious. Residents live in their own houses, which are secure, but they share communal spaces and facilities, like a gym and a laundry. There is also a shared garden and a 'common house' where the community can eat together and socialise.

## UNIT 8 GRAMMAR BANK

### Audio GB8.01

I'd like to start off by saying that as far as I can see social media has killed the art of conversation. If you look at a group of teenagers who get together, the first thing you'll see is that they're all looking at their screens instead of having conversations with each other. I think this is really sad. Furthermore, the evidence suggests it's making people feel lonely, too.

Secondly, we can see that people often choose to text or message each other, rather than using the phone and talking to someone. Nowadays, people even finish their relationships by text. Another good example of this is in companies. Lots of office workers talk to their colleagues through messages even when they work in the same office. Some companies even use text messages to fire their staff! I think the obvious impact of this is that the more we use messaging instead of talking to people, the harder it becomes to have real conversations because we simply can't remember how to do it. We haven't had enough practice. And this leads to the younger generation never even learning the art of conversation in the first place.