

## UNIT 1

### Audio 1.01

- 1 She's never been to Poland.
- 2 How long have you been studying in Manchester?
- 3 What's he been up to this week?
- 4 I've been trying to book flights to Mexico all morning.
- 5 She's been waiting here for the last four hours.

### Audio 1.02

Presenter: Now, here to tell us all about her latest book, *Who Am I? An exploration of identity*, is author and psychologist, Meg Harper. Meg, welcome to the show.

Meg: Thanks for having me.

Presenter: So, Meg – first things first, what does 'identity' really mean?

Meg: Well, that's actually a pretty big question. But essentially, identity is based on four main areas – your personality traits, so whether you're curious or argumentative, stubborn or outgoing; your likes and dislikes, from your taste in music to your favourite food; your moral code, so what you consider to be right and wrong; and the things that motivate you – you know, what gets you out of bed in the morning. Anyone with a strong sense of self would be able to describe these aspects of their identity fairly easily.

Presenter: And is that important? Do we need to have a clear sense of self?

Meg: Yeah, I think it's really important. Your sense of self affects all aspects of your life, from the job you choose to the relationships you form. If you're not sure who you are, it can be difficult to know what you want and you might struggle to make important decisions. Knowing exactly who you are also means you know what you like about yourself and what you need to work on, which can only be a good thing.

Presenter: OK, so where does our identity come from?

Meg: Well, a lot of it seems to come from our parents. They give us a clear sense of what's right and wrong. Both explicitly ... so they tell us ... And, perhaps more importantly, through their actions. So, they need to obey the rules themselves?

Presenter: Exactly. They're effectively a model for how to act. You know, if we see them working hard, we're more likely to have a strong work ethic ourselves when we grow up. If they often get angry or act aggressively towards people, we may think that's an acceptable way to behave, too.

Presenter: Right. And is that it then – whatever we picked up in childhood we're stuck with?

Meg: No, not at all. It isn't something that's fixed. Your identity continues to develop throughout your life. Certainly, as teenagers we often begin to question what we've been taught, to rebel against the values and behaviours modelled by our parents. And as we grow up, we form new relationships and have new experiences – all of which feeds into our sense of who we are.

Presenter: OK, so finally – what would you say to anyone who is feeling a bit lost and doesn't know who they are?

Meg: Don't worry, you'll get there in the end! Explore and experiment, find out what you like doing and who you identify with.

### Audio 1.03

Explore and experiment, find out what you like doing and who you identify with.

### Audio 1.04

- 1 My short-term memory is better than my long-term memory.
- 2 I've got perfect recall when it comes to phone numbers!
- 3 This song brings back a lot of childhood memories.

### Audio 1.05

Olivia: Shall we go backpacking this summer? It'd be great for the three of us to go on an adventure together!

Amy: Backpacking's not really my kind of thing. I'd much rather stay in a hotel.

Chloe: I'd be happy to go backpacking, but if Amy's not sure, let's just do something else.

Amy: Sorry, it's just that I'm not a big fan of camping. Or sharing rooms in hostels for that matter!

Olivia: Well, we don't have to stay in budget accommodation. How about if we go to lots of different places, but stay in some decent hotels?

Amy: OK. Cool. So, where do you want to go?

Chloe: Well, I'd love to go to Thailand. The beaches there look amazing!

Olivia: Hmm ... I'd be happy to do a bit of sunbathing, but I don't want to do it all day! I want to actually go and *do* stuff as well. I'd much rather go to Japan, then we can visit all the old buildings and eat lots of sushi!

Amy: Isn't Japan really expensive though? How about travelling around Europe instead? Does that sound like a plan?

Olivia: Perfect!

Chloe: Sure!

### Audio 1.06

- 1 I'm quite fond of boat trips, actually. They're a great way to see the city.
- 2 The kids aren't keen on trying unusual foods.
- 3 Dan's terrified of driving in foreign countries and so am I!
- 4 I'm not really into visiting museums. I find a lot of them really boring.
- 5 I always feel nervous about getting lost when I'm in a new city.
- 6 Katie's quite passionate about culture and the arts.

### Audio 1.07

Hi, I'm Jack. I'm passionate about learning languages and I've been studying them for a few years now. The thing I love about languages is that they give you lots of insight into new cultures. I can't stand hearing people shouting loudly at waiters in English when they're in another country. I'd rather give it a go and get it wrong than not try at all. I'm quite ambitious when it comes to learning languages and I can speak three pretty fluently now!

### Audio 1.08

Good morning, everyone. Today I'll be talking about the five main personality traits, which are openness, conscientiousness, extroversion, agreeableness and neuroticism.

Now, whilst you may not recognise some of these big words, these five traits are, according to psychologists, the most commonly studied characteristics of personality, and we all score more highly on some traits and lower on others. There is no perfect combination, so you won't need to worry about that when we do a little personality test later on!

Let's start with openness. This personality trait is to do with your interest in the world. If you're keen to get

involved with activities you've never tried before, or enjoy discussing concepts you've never heard of, you're an open person. Whereas open people tend to be comfortable with unfamiliar situations, and feel naturally curious, people who are less open may prefer routines and familiar ideas instead. Let's move on to conscientiousness. If you're usually punctual, do what you say you'll do, and take responsibility for your actions, then you're a conscientious person. To put that in an educational context, you're the student who hands in work on time, does the recommended reading and attends all your lectures, whereas in your social life, you'll never leave anyone waiting and people will know they can depend on you.

You'll probably be familiar with the term 'extrovert' and 'introvert'. If you're an extrovert, you might be very enthusiastic and love spending time with people. It's likely that no one would ever call you shy and you're the first one up on the dance floor at parties, while other people are only just warming up!

Would you describe yourself as a kind person who trusts other people and would do anything to lend a hand? If so, you may well have a high level of agreeableness. You will be empathetic, which means you'll get other people's feelings, and you will demonstrate characteristics that show you to be pro-social, in other words, you show concern for others.

Finally, let's turn to neuroticism. People often use this term incorrectly, to suggest that a neurotic person is unpredictable and too emotional. This isn't exactly accurate, though someone who demonstrates high neuroticism will probably experience more negative emotions, such as depression or self-doubt. That doesn't mean you aren't still a great person!

To sum up, everyone has all five traits to a greater or lesser degree! Thank you.

## Audio 1.09

To sum up, everyone has all five traits to a greater or lesser degree!

## UNIT 2

### Audio 2.01

- 1 VR is certain to come down in price eventually.
- 2 Robert's due to start his new job on Monday.
- 3 Are you going to bring your headset with you?
- 4 You're unlikely to catch anything out in the open.
- 5 Joseph is going to study law at university.
- 6 VR is likely to be in every household by 2030.

### Audio 2.02

- 1 There's a lack of attractive green spaces in my town.
- 2 Only a handful of people I know live in the countryside.
- 3 I spend a good deal of time outdoors.
- 4 Several of the beaches nearby are quite good.
- 5 Young people who like gardening are in a minority.

### Audio 2.03

Hello and welcome to this month's edition of *Soundbites*. I'm your host, Adam Byrne.

Now, when I was growing up, gardening was something that your parents did at the weekend. The thought of helping pull up weeds or mow the lawn never crossed my mind. In fact, it probably would've felt like a punishment! But these days, more and more young people are taking up gardening. A recent survey suggests that over eighty percent of 18–34-year-olds think gardening is 'cool', with many spending up to two hours a week looking after their plants. So, what do they get out of it? I spoke to three young gardeners to find out.

### Audio 2.04

- 1: So, I used to have very little interest in gardening, even though my mum was always out there digging and chopping things down and that.  
Anyway, at the time, I was feeling pretty stressed – I'd just started uni and was feeling a bit overwhelmed. Then I read that gardening was a great way of being mindful. You know, focusing on your surroundings as a way of feeling calm and relaxed. So, I started helping mum out in the garden whenever I was home from uni and it worked. I'm not sure whether it's because of the garden itself, or just because I can leave my desk for a while. But it really helps me get away from it all.
- 2: I live in a high-rise apartment block, so I love getting out into green open spaces whenever I can. But I had absolutely zero interest in gardening till someone here started a rooftop community garden. Over time, I saw how things started growing and became fascinated. I asked if I could get involved and since then I go up there every weekend. I've learned tons about planting and looking after stuff, how much sunlight or water things need, what to do in different seasons, all that kind of thing. We're planning a vegetable plot at the moment, where residents will get free food when it's ready – I can't wait!
- 3: I'm an outdoors kind of girl and, growing up on the coast, I always loved exploring the beaches, surfing, that kind of thing.  
Anyway, I was out walking one day along this amazing stretch of coastline and I came across this ... kind of, bright, pink flower growing straight out of the cliff face. I remember being amazed that something so beautiful could grow in such a wild, remote place. Anyway, I took a photo and looked it up when I got home. Then I started reading about all of the other plants that are native to this area and was just kind of hooked from there. I'm so glad I started studying flowers. Now I grow all sorts of things on my balcony overlooking the sea.

### Audio 2.05

Now I grow all sorts of things on my balcony overlooking the sea.

### Audio 2.06

- 1 Man: What do you think life on a tiny island would be like?  
Woman: I suppose it depends on how remote it is. Like, if you can hop on a boat and get to the mainland in a few minutes, I'd have thought it wouldn't feel so small.  
Man: I reckon you could easily get cut off though. You know, if the sea's rough and ferries are cancelled.  
Woman: Maybe.
- 2 Man: Do you think we'll get used to life on the mainland quickly? I mean, we've lived on the island all our lives.  
Woman: I bet we'll settle in in no time! I know for a fact that we're going to meet loads of great people at uni. We'll forget all about this little place!  
Man: There's no way I'll forget home so easily! I love it here!
- 3 Woman: I can't imagine what life will be like round here in the future.  
Man: I doubt there'll be anyone here in a hundred years' time! Most people will have moved to the cities for work.  
Woman: Hmmm ... I'd imagine the farmers will stay.  
Man: I get the impression that once the current farming generation retires, there'll be no one to take over.

## Audio 2.07

- 1 There's no way I'd ever consider travelling solo round the world.
- 2 I know for a fact that I'd feel like I was in prison on a tiny boat.
- 3 He's obviously not happy where he is at the moment.
- 4 You're clearly not someone who wants a conventional lifestyle.
- 5 Tom's bound to live a life of adventure – he can't keep still!

## Audio 2.08 and 2.09

- Oli: I'd imagine Kwame's feeling nervous about the play tomorrow.
- Cara: It's the first night, right? I get the impression that he's feeling pretty confident, actually.
- Oli: Oh, yeah?
- Cara: Yes – I know for a fact that he's learned his lines off by heart.
- Oli: Well, I'd guess you have to, really. There's no way I could be an actor.
- Cara: Why not? I'm one hundred per cent sure that you'd be brilliant at it!
- Oli: No, I'd be bound to get stage fright!

## UNIT 3

### Audio 3.01

- 1 Glastonbury Festival, which has been running since 1970, attracts over 200,000 visitors.
- 2 The band, who had never played to such a large crowd before, felt very nervous.
- 3 The headline act, which will perform this evening, is expected to draw a huge crowd.
- 4 Billie Eilish, who has sold over 5 million records worldwide, will be on stage at nine.
- 5 The orchestra, which is bigger than ever, will play on the Sticks stage this afternoon.
- 6 Woodstock, which took place over three days in 1969, was a turning point in music.

### Audio 3.02

- 1 What I like watching are the less well-known acts.
- 2 It was Max who left the car unlocked, not me.
- 3 What sounds better to me is finishing on a minor chord.
- 4 It's you who likes Italian opera – that's why I got the tickets!

### Audio 3.03

- Alex: Well, that's the first and last time I'm acting on stage! I mean, it was like, a total disaster!
- Katy: Oh, no. What happened? Did you mess up your lines?
- Alex: No, I'd practised, like, a thousand times! But my partner did and it all got really confusing. She kept coming out with the wrong lines and sometimes forgot what she was supposed to be saying altogether!
- Katy: Oops! That happened to me once. I mean, I was the person forgetting the lines. So embarrassing. The play ran for a week and every time I had to go on stage, I could hardly stand up, I was shaking so much. I was just so scared I'd mess up – and I did, every time! I could tell the other guys were frustrated with me, but they were nice enough not to give me a hard time about it. I mean, it wasn't exactly a professional performance. It was just awful, though. Every day I had to go on stage, it was like the worst day of my life!
- Alex: Poor you. I guess I should be kinder about my partner – I suppose she had stage fright.

- Katy: Yeah – I mean, you feel as if you're going to die of fright. And I knew my lines, they just wouldn't come out of my mouth. It's like I had a total block.
- Alex: Hmm ... well that does sound awful. But anyway, on top of that, my costume fell to pieces! I mean, it literally fell off on stage!
- Katy: Noooo! I helped to make those costumes! How embarrassing!
- Alex: Well, it wasn't too bad. It was only the outer layer. And I think someone else made mine, actually. But then, some of the scenery fell over. There was this tree thing in one corner of the stage and bang! It fell over, just like that.
- Katy: No way!
- Alex: Yes, way! We had to just leave it there until the interval and the props guys sorted it out then. Oh, and listen to this!
- Katy: Go on.
- Alex: The lighting failed at one point. Like, there was no light whatsoever on stage. We were in the middle of a scene and the lights just went out.
- Katy: I bet your time on stage seemed to go on forever! How did the audience react?
- Alex: Actually, some of them got up and left which wasn't very nice to see – but totally understandable. I'd have wanted my money back. But the rest were so kind and just pretended the disasters weren't happening.
- Katy: That's the good thing about audiences – they do want you to do well.
- Alex: Yeah, they were very kind!

### Audio 3.04

- 1 It was like, a total disaster!
- 2 I'd practised, like, a thousand times!
- 3 I could hardly stand up, I was shaking so much.
- 4 It was like the worst day of my life!
- 5 You feel as if you're going to die of fright.
- 6 I bet your time on stage seemed to go on forever!

### Audio 3.05

It was still a relief to get off stage at the end of the night!

### Audio 3.06

- Woman: Have you seen *Squid Game*?
- Man: No! Isn't it sort of a horror show?
- Woman: Something like that. I'd call it a dramatic thriller, actually. Though there are some bits that aren't that nice to watch.
- Man: Hmm, I'm not into that kind of thing.
- Woman: Well, I definitely wouldn't recommend it for kids.
- Man: Isn't it about adults who have to play games to win loads of money?
- Woman: Yeah – they compete in Korean children's games and run around and stuff. But the games are deadly!
- Man: I think I'll leave that one to you!

### Audio 3.07

- 1 Woman: Who's that guy who played the thief in *Lupin*?  
Man: It's what's his name – oh, you know!
- 2 Man: When was the *Great Gatsby* supposed to be set? I loved the costumes.  
Woman: Around the 1920s, I think.
- 3 Man: How old do you think the actor in *Maid* is?  
Woman: I'd say she's young-ish ... maybe late 20s?
- 4 Woman: Did you enjoy watching *the Originals*?  
Man: It was OK. It's sort of for a younger audience, really.
- 5 Man: Is *Money Heist* a dark story?  
Woman: I suppose it is, a bit. But I like that kind of thing.

## Audio 3.08

- 1 I love getting caught up in a good mystery series.
- 2 I like the film. It's sort of a combination of action and thriller.
- 3 I love dramas that are based on real events.
- 4 *The Crystal Maze*? Oh, that's where they run around and find crystals or something like that, isn't it?

## Audio 3.09 and 3.10

Peter: Have you seen that TV programme, *The Crown*?

Alex: Yeah. I've watched the first series.

Peter: What's it about?

Alex: It's about the British Royal Family. Each series concentrates on a different period of time and the events that took place then. It's a bit slow in places for me, but it's interesting enough.

Peter: Does it show real events and stuff? Or is it all made up?

Alex: It's based on real things that happened, but I think they sort of use a bit of artistic licence – you know, they don't really know what people said or anything so they have to make that up.

## Audio 3.11

Hello and welcome to ClickBeat – the show in which my panel and I discuss all things music. Now, today we're focusing on a genre that really does divide opinion – jazz. What is it about this style of music that some people love and others seem to hate? Well, here to help us answer that question is jazz musician Elijah Kegan and music critic Bethany Cartwright. Elijah, Bethany – welcome to the show.

## Audio 3.12

Presenter: So, Bethany – what is it about jazz that divides opinion so much?

Bethany: I think partly because it's unpredictable, and it can be difficult to make sense of if you aren't a trained musician. That's because jazz musicians often improvise. In other words, they make music up as they go along, so as a listener, you don't know where it's going next. That can be confusing, as time signatures keep changing. What I mean by that is that you might start out counting one, two, three, four and then find the rhythm's changed to one, two, three, four, five. Counting five beats or seven beats or whatever is very different to most of the music we listen to. It can be tricky to keep track of what's happening. It can create feelings of discomfort, and when we're made to feel uncomfortable by something, we're more likely not to enjoy it.

Presenter: Interesting. Elijah, what do you think?

Elijah: Obviously, I'm a big fan of jazz! I couldn't live without it. Some jazz is very accessible. You'll recognise lots of jazz tunes and tap your feet to them. There's this technique in jazz known as 'noodling'. That's when the music diverts away from the main tune and it can sound quite messy and noisy – though there *is* structure and tune there if you listen for it. I think mainly it's down to the sound – when you have, say, a saxophone involved, it can be quite high pitched and sound like it's screaming. I think that's why some people can't stand it.

Presenter: What do you both think could help people to enjoy jazz more? Or, do they really need to?

Elijah: I do think they're missing out, personally. It's got an interesting history. It's very creative and there are some great tunes and beats – like those ones that get your feet tapping. You don't have to listen to the 'hard core' stuff that serious jazz fans listen to.

Bethany: Elijah's right. There's lots of more sort of basic, structured jazz out there which is a good introduction to the genre. No one *has* to listen to anything they don't want to – but when you give things a go, you often develop new passions for things and it opens your mind.

Presenter: All right, well I think it's time we listened to some, don't you? Coming up next is Duke Ellington's ...

## Audio 3.13

All right, well I think it's time we listened to some, don't you?

## UNIT 4

### Audio 4.01

- 1 By this time next week, I'll have finished this project.
- 2 Hopefully, I'll have cut out meat entirely by then.
- 3 With any luck, we'll have bought a house by then.
- 4 Come round at 7 p.m. – we'll have eaten dinner by then.
- 5 By this time next week, you'll have graduated from university!

### Audio 4.02

- 1 It was thought that eating cheese before bedtime gives you nightmares.
- 2 It's been suggested that using your phone in bed makes it harder to drop off.
- 3 It's believed that up to fifteen percent of the population are sleepwalkers.
- 4 It's estimated that most people sleep for fewer than seven hours a night.

### Audio 4.03

Presenter: Welcome back to the show. Today, we're taking tips from good sleepers across the country with the aim of tackling insomnia! Next on the line is Rob from Lancashire. Rob – what do you do to help you drop off?

### Audio 4.04

Presenter: Rob – what do you do to help you drop off?

Rob: Well, I used to use this sleep tracker – in fact, I got a bit obsessed with it. I was told exactly how much deep sleep I was getting, when I was awake and what my total hours' sleep was. I'd check it every morning and I reckon I got less sleep because I was so concerned about whether or not I was getting enough of the 'right' kind! You can't change things, so it's all a bit pointless. My advice is to forget the tracker and focus on techniques for chilling out – it worked for me!

Presenter: Thanks, Rob! Next on the line is Jenna, from Birmingham. Jenna what works for you?

Jenna: I've been an insomniac since I finished university. I think it started with getting all anxious. I kept thinking, 'What will I be doing this time next year? Will I have found a job?', that kind of thing. I'd be so exhausted that I'd need naps during the day – and then the whole vicious circle started again once I got into bed. So, I did a bit of research and discovered an article that said you should stop thinking of yourself as a bad sleeper. I guess it's some kind of reverse psychology. Anyway, I started saying more positive things to myself. It took practice to get anywhere near believing it, but eventually it sank in and now I sleep much better.

Presenter: Great advice, Jenna. I'm sure some of our listeners can relate to that. OK, now let's talk to Álvaro. Álvaro, good morning! What do you do to tackle insomnia?

Álvaro: OK, well, this one might sound a bit weird but I read about it online.

Presenter: Go on!

Álvaro: Nuts! I mean, eating nuts – they make you sleepy! I don't mean right before you go to bed but just eating them on a regular basis. They've got loads of nutrients in them that are associated with sleep, apparently, and it's been recognised that they do something to brainwave frequencies – whatever that means. Anyway, it helps me. The ones that work best are peanuts.

Presenter: Very interesting! Thank you. We've just got time for one last call ... Sonya from Edinburgh. Sonya – what's your tip?

Sonya: I stare into the darkness when I'm in bed rather than shutting my eyes and willing myself to go to sleep. Levels of the sleep hormone are increased that way, apparently. It kind of works, weirdly! I also heard that you should try to stay awake as long as you can if you're having problems dropping off. It has some sort of opposite effect – I've not tried that yet, though!

Presenter: OK, thanks Sonya. Well, that's about it for today's show.

## Audio 4.05

Thanks to all of our callers for their advice!

## Audio 4.06

Amy: So, have you ever done micro-HIIT training?

Ollie: Is that the one where you push yourself really hard for like, three minutes?

Amy: Yeah, that's right! It sounds ridiculously difficult! Sounds like too much effort to me!

Ollie: I know what you mean, but it's supposed to be really good for you and the best thing is it doesn't take very long!

Amy: Well, that's true.

Ollie: The other thing I was reading about was Everesting. Have you ever heard of that?

Amy: No, what's that? Climbing Everest?!

Ollie: Actually, it's cycling. You cycle up a hill – and back down again – until you've cycled a distance the height of Mount Everest – nearly nine kilometres. It's not that far but you do it in one go. I don't think that'd be too hard.

Amy: I completely disagree. You'd get tired quickly going uphill, I think. You're not an experienced cyclist!

Ollie: I see your point, but I'd soon get fitter.

Amy: That's a fair point.

Ollie: On the other hand, I could probably do with finding something more relaxing and low-impact.

Amy: I couldn't agree more! You're under so much pressure at work. How about yogalates? It's a combination of yoga and pilates. You'd increase your strength and de-stress at the same time.

Ollie: That's a good point. And I could do it from home, online. Anyway, what about you? You're more into walking, right?

Amy: I was but I've got really into this virtual training app and I've started running. I love it!

## Audio 4.07

- 1 I agree up to a point, but don't you think the government should play a role, too?
- 2 I take your point, but that's what footballers expect to get paid.
- 3 That's a fair point, but don't you think they get enough exercise at school?

## Audio 4.08 and 4.09

Marla: Let's do something. It would be a shame to stay in on a day like this.

Dan: I couldn't agree more. What shall we do? Want to try bouldering with me? Come on ...

Marla: Climbing over massive rocks all day? No, thanks. It sounds exhausting.

Dan: I know what you mean, but you did say you want to improve your strength a bit ...

Marla: That's a fair point, but I've got work tomorrow and I don't want to be worn out.

Dan: You go to the gym all the time – you'll be fine!

Marla: I completely disagree! Last time we went jogging it took me a week to recover!

Dan: All right, I take your point. You do need a lot of stamina. But on the other hand, if you stay here all day, you'll never get fitter!

## UNIT 5

### Audio 5.01

- 1 They'd been waiting outside for hours.
- 2 I'd been looking for a new job.
- 3 She hadn't been swimming for a while.
- 4 Had he been climbing before that?
- 5 He'd been standing at the bus stop for ages.
- 6 The team had been asking for a pay rise for months.

### Audio 5.02

- 1 I was supposed to open a student bank account today, but I forgot.
- 2 I was going to ask whether you could help me write a new CV.
- 3 I was going to advise you against going self-employed.
- 4 I was meant to email my application form, but I got distracted.
- 5 I'd love to own a business one day, but I'm not sure what yet.

### Audio 5.03

Presenter: Now, according to a recent survey conducted by the Workers' Association, only two out of every five people achieve their childhood ambitions. But what's it like when you actually do? We took to the streets of Manchester to find out.

Mark: Hi, my name's Mark and I'm a criminal lawyer.

Presenter: And is that what you always wanted to do?

Mark: Er, yeah. Whenever anyone asked me the question 'What do you want to be when you grow up?' I would immediately say 'lawyer'. Who knows where I got that idea from at the age of ten – TV maybe? Anyway, I did what I'd planned to do, got my qualifications and experience working in different areas of law to see which I was most suited to, and I ended up as a criminal lawyer.

Presenter: And is it as exciting as they make it out to be on TV?

Mark: No, not really – it can be a real challenge. I couldn't think of doing anything else, though.

Amanda: I'm Amanda and I'm a professional footballer.

Presenter: And is that what you wanted to be when you were growing up?

Amanda: Yeah, I was desperate to play football for a living, but, to be honest, it wasn't all that common for women to make a career out of it. There just wasn't much money in the women's game. That didn't stop me dreaming about money, fame, or adoring fans though!

Presenter: Ha! And is that what you've got now?

Amanda: Well, don't get me wrong, I love my sport, but unless you're amongst the very lucky few who play for a top women's team, you might as well put ideas of fame and fortune out of your mind! Most of the women in the team I play for have to do other jobs as well, so we don't have much time to train. Have I fulfilled my dream? Kind of, but it's not exactly what I was hoping for.

Chilemba: I'm Chilemba and I'm a drone operator.

Presenter: Really? That's a very unusual job.

Chilemba: Yeah. I wouldn't say that's what I was planning to get into as a kid, but I did always like remote-controlled toys and anything that could fly. So when I saw a job advertised, I went for it. People don't really get what I do. I think maybe they think I deliver parcels or something. But I actually do filming for a TV company. You know, those aerial shots you get over towns or inaccessible places round the planet. It's a dream come true.

Kiku: Hello, I'm Kiku and I'm an environmental policy maker.

Presenter: And I take it that wasn't your childhood ambition?

Kiku: Er, no! Like everyone else at that age, I wanted to be an astronaut or a firefighter or a film star. It's not that no one does those things any more but I think they've kind of fallen out of fashion when it comes to young people's aspirations today. Once I got to university, I realised that young people now are more likely to be set on working in big data or saving the planet and I'm no different. I love what I've ended up doing and I'm going to work my way up.

Presenter: Wow! Great to hear that you really can achieve your childhood ambitions.

## Audio 5.04

Perhaps I don't need to give up on my hopes of becoming an astronaut just yet!

## Audio 5.05

1 Male 1: I don't understand why you can't hear me – there seems to be a problem with the mute button.

Female 1: I can't hear you! Can you type what's wrong in the chat box? ... Oh, I see! Maybe it's the microphone on your laptop. Why don't you try using your headphones instead?

Male 1: Can you hear me now?

Female 1: Yes!

2 Female 2: Can you see that photo of us on our trip?

Male 2: Nope! Have you shared it yet?

Female 2: Yes ... I've clicked on the 'share screen' button. ... Hmm, I can't get it to work.

Male 2: Hmm ... that's odd. Maybe you could leave the meeting for a second or two and come back in. That might work.

3 Male 3: Hello ...? Oh, that's annoying ... I've got a horrible echo.

Female 3: Perhaps you could try turning your volume down. It's worth a try because it sometimes gets rid of it.

Male 3: ... Hello? Oh, yes – thanks!

## Audio 5.06

1 There seems to be a problem with the mute button.

2 Why don't you try using your headphones instead?

3 I've clicked on the 'share screen' button. Hmm, I can't get it to work.

4 Maybe you could leave the meeting for a second or two.

5 Perhaps you could try turning your volume down.

6 It's worth a try because it sometimes gets rid of it.

## Audio 5.07

1 Perhaps you could log off and log in again?

2 You could try sending the link again.

3 It might be worth sharing your screen.

4 It sometimes helps if you turn your camera off.

5 That might work if you haven't already tried it.

## Audio 5.08 and 5.09

Alfie: How's it going?

Sally: Well, we've got a load of jobs to do around the house today. There seems to be a problem with the washing machine. It's not emptying.

Alfie: Oh, dear. Maybe you could find a number for a plumber while I take a quick look. I doubt I'll be able to fix it, though.

Sally: Sure. There's something wrong with my bike brakes as well. I'll try replacing the brake pads. That might work because I'm sure they're pretty old now.

Alfie: Good idea. Actually, I can't get the games console working.

Sally: Why don't you try taking it to that repair guy?

Alfie: It might be worth a try...

## Audio 5.10

Presenter: Traditionally, team-building activities – which seek to improve teamworking and collaboration in the workplace – have taken the form of away-days and in-house activities. These often involve physical challenges, such as adventure sports or competitive exercises like building a bridge or solving puzzles. Today, with an increasing number of employees working from home, employers have had to get more inventive about bringing teams together. Although many workers report greater job satisfaction from working at home, there is an increase in people feeling alone. Natural team-building opportunities which might have happened at breaktimes in the office or at the beginning and end of the day, have nearly all disappeared. Connecting with others is a huge part of working life, so companies that are creative when it comes to bringing teams together in a fun way are on to a winner. So, what kind of team-building activities can be done remotely? Let's hear from three managers who injected a bit of fun into their teams' lives.

Male 1: I really wanted to find a way to bring my team together, so I found a company that organised an online escape room activity. During the activity, small teams had to use virtual clues to solve a mystery and get out of the room before they got locked in. It was a race against time, with several teams competing to escape first. Everyone told me how much fun they'd had. I was really impressed. I would recommend the activity very highly!

Female 1: My team and I did a virtual travel challenge. Together, we had to complete a series of challenges to win enough credits to get us to the next destination and complete our round-the-world journey. We had to do things like perform a traditional dance or answer questions about well-known places. It required a lot of collaboration and creativity, and the time limit we were given to get back home increased the sense of fun and urgency.

Male 2: We did a virtual murder mystery. We joined together as a team to investigate a crime. We got to interview suspects and rule them out one by one in order to catch the real killer. It was a bit harder than we'd expected, but that meant we really had to work together and communicate well in order to progress. We got the right answer in the end, which really boosted morale! We felt really positive afterwards!

Presenter: If you've got a great idea for a remote team building exercise, email us at the usual address and we'll mention the best ones later in the programme. But for now ...

## UNIT 6

### Audio 6.01

- 1 I'm usually quite an impatient person, but in my work as a teacher, I'm very understanding.
- 2 Who disconnected my laptop? I was charging it for later.
- 3 I've rewritten this paragraph three times already and I'm tired of doing it now!
- 4 I have poor concentration, so working in an open-plan office is impractical for me.
- 5 I'm afraid this report is substandard and it will need to be revised.

### Audio 6.02

- 1 She admitted taking the money.
- 2 He threatened to leave the project.
- 3 They asked me to move in with them.
- 4 He emphasised that he didn't blame me.
- 5 She suggested that I apply for the role.

### Audio 6.03

Bea: So, people always seem to know whether they're an introvert or an extrovert when you ask them, but I don't think I'm either.

Oli: Well, maybe you're both!

Bea: What do you mean?

Oli: Well, apparently, people can be ambiverts or omniverts, too. That's what an article I read said, anyway.

Bea: OK ... ?

Oli: So, according to the article, an ambivert is neither extroverted nor introverted. Their behaviour and energy levels are always somewhere in between. So, they're not an extrovert and they're not an introvert. That makes a lot of sense to me. I bet there are loads of ambiverts out there – probably more than there are true extroverts or true introverts to be honest.

Bea: Hmm, probably. What else did the article say about ambiverts?

Oli: It reported that they can adapt easily to lots of different situations. I'm not sure, but I guess that means you know when to talk and when not to, or something like that. Some professor argued that ambiverts are great salespeople for exactly this reason.

Bea: Interesting ... They sound quite flexible.

Oli: I guess so.

Bea: So, what about omniverts, then?

Oli: They're people who can be both introvert and extrovert.

Bea: I don't follow.

Oli: Well, the article suggested that sometimes they behave like an extrovert and sometimes behave like an introvert. Like, one day they might do loads of social activities and be their extrovert self, and then they'll need downtime to recover and chill out – that's their introvert side. Oh, and I thought

this was particularly fascinating: when there's a situation which demands too much of them or is overwhelming, omniverts are more likely to become more introverted. Strange, huh? And I suppose that after they've 'recharged their batteries', they'll need to be extrovert again and go out and party!

Bea: That definitely sounds more like me ... I've got some really extrovert friends and some really introvert friends, and depending on how I'm feeling, I'll contact one group or another.

Oli: Exactly! So, you must be an omnivert.

### Audio 6.04

Bea: What about you? Are you an extrovert, introvert, ambivert or omnivert?

Oli: I pretty sure I'm an ambivert. You know how when we're in class at uni, and our tutor has asked us to take part in a discussion?

Bea: Yes ... You're a good listener but you'll speak up, too. So, that's your 'ambivertism'!

Oli: Right. And I can adapt to the situation. Whereas I've noticed that you behave depending on how you're feeling – I never know whether you're going to be quiet and thoughtful, or more chatty and outgoing.

Bea: You're absolutely right. Hey, can I borrow that article? I'd like to know more about what it claimed.

Oli: It's online – I'll email you the link.

Bea: I'd appreciate that.

### Audio 6.05

Oli: The psychology of people is so interesting, isn't it?

### Audio 6.06

1 A: So, I'm thinking about dropping out of uni. I always liked geography at school, but my grades are terrible. Maybe I should just get a job instead. What do you think?

B: Well, I hope you don't take this the wrong way, but have you been working hard enough? I mean, you do seem to be going out a lot ... Perhaps you should stick with it, but put a few more hours in. It would be a shame to stop halfway through the course.

2 A: Urgh, I'm soooooo tired! All I ever seem to do is work. Maybe I should look for a new job? What would you do?

B: It's not your job, it's you. To be honest, I think you go to bed too late. Like, yesterday, you said you were up till two a.m. And you were at work at nine ... I don't think you're really getting enough sleep. You should definitely go to bed earlier and try to get eight hours' sleep a night.

3 A: Oh, come on! I can't have lost my keys again. Where are they? Honestly, I can never find anything in this flat. Jacob's always moving things around. It's annoying.

B: Look, don't take it personally, but you're always in such a rush that you just leave things around all over the place – no wonder you can't find them when you need them. If I were you, I'd get a little bowl to put your keys in.

### Audio 6.07

1 Maybe I should just get a job instead. What do you think?

2 Well, I hope you don't take this the wrong way, but have you been working hard enough?

3 Perhaps you should stick with it but put a few more hours in.

4 Maybe I should look for a new job. What would you do?

5 To be honest, I think you go to bed too late.

6 You should definitely go to bed earlier and try to get eight hours' sleep a night.

7 Look, don't take it personally, but you're always in such a rush.

8 If I were you, I'd get a little bowl to put your keys in.

## Audio 6.08 and 6.09

- 1 Perhaps you should do more preparation before your interview.
- 2 Have you thought about buying some new clothes?
- 3 It might be a good idea to think about how your words affect people.
- 4 Maybe you should just ask her what she thinks.

## Audio 6.10 and 6.11

- Mark: Do you think I should buy this baseball cap?  
 Rob: Don't get me wrong but I think you might be a little old for baseball caps now ...  
 Mark: Really?! So what would you get?  
 Rob: If you really want my advice, it's not a hat you should be worrying about ...  
 Mark: What? What do you mean?  
 Rob: Well, you do dress a bit like a teenager. Maybe it's time to buy more grown-up clothes?  
 Mark: Hmm ... it might be a good idea to get a couple of shirts I suppose.  
 Rob: Yeah, that would be a good start. Why don't you ask the sales assistant for some advice?  
 Mark: Good idea. Excuse me ... !

## Audio 6.12

- 1 I really don't know what to do about finding a new job. Anyway, how are you?
- 2 So, I told her that I wouldn't be going back to that café any time soon!
- 3 As I say, I don't really like that kind of food, so why she'd made it when I'd told her that, I don't know.
- 4 I find TV so boring these days. Mind you, I did watch a good film last night.
- 5 OK, let's get started. Right, in front of you, you'll see several scientific instruments.

## UNIT 7

### Audio 7.01

- 1 You can't have been living here that long, surely!
- 2 Meiko must have known the questions in advance.
- 3 I couldn't have done the amount of training required anyway.
- 4 It must have been cold with the roof off like that.
- 5 They might have eaten before they came.

### Audio 7.02

- 1 I always found driving a piece of cake, right from my first lesson.
- 2 Missing the concert was a blessing in disguise – I had an early night instead.
- 3 Icelandic death metal isn't my cup of tea, I'm afraid!
- 4 The grass isn't greener – I can tell you that for sure.
- 5 The funding fell through, so I had to go back to the drawing board.
- 6 Sandra missed the boat because she didn't apply in time.

### Audio 7.03

- 1 I always had a talent for languages at school and did well in language exams. The primary school I went to as a child was a bit unusual because they taught us some basic French, unlike other schools in the area. I went on to do exams in French and German, and then at university, I took Italian as a minor subject in my first year alongside engineering. I did really well in Italian, too, but when it came to choosing what to concentrate on, I went full-time with my other subject. I wish I'd taken Italian as part of my degree now. I could've worked abroad in a country I love.

- 2 I've always had a passion for stories. I think it came from my parents reading me a bedtime story when I was tiny. My dad was brilliant at coming up with stories, too, and eventually, I started making up my own. I even did a story-telling course and went on to be a storyteller at festivals – for adults as well as kids. I thought about doing it professionally, but I wasn't convinced I'd get enough work. Now I've got a pretty dull office job and I often think I should've just gone for it, even if it hadn't worked out.
- 3 I'd probably have gained a qualification in speech therapy if I'd known the job existed – you know, helping people with speech difficulties to communicate better. I'm fascinated by communication, and that's why I did a degree in linguistics. Then I went on to teaching and have worked in the field of education ever since. I enjoy the job, but now and then I think 'If only I'd known about speech therapy sooner'. It seems such a worthwhile job – not that education isn't, of course.

### Audio 7.04

- 1 There's no point in going over the whole story again.
- 2 You need to figure out what you want to do in life.
- 3 Remember to slow down when you're speaking so people can understand you.
- 4 Please don't go into all the details of what happened now – you can tell me later.
- 5 I left out some critical information in my interview.

### Audio 7.05

Whether you've just graduated and are looking for a new job, or simply want to find something new, it's important to have a strong, professional online presence. My name's Maya Kahn and I'm an experienced careers advisor. Today, I'm going to show you how to create the perfect online profile to help you secure that perfect job!

### Audio 7.06

To begin with, you need to look at the platform where your profile will appear. These will often provide you with a sort of template, with different sections for you to fill in. The first thing you might be asked to do is upload a current photo. This is optional, but a friendly-looking photo can make you look approachable and open to communication. Be careful not to use a photo showing you in a social setting where you may not appear professional. You will be asked to provide contact details for potential employers. You must provide this information so that you don't miss out on networking opportunities. The next step is organising your qualifications and work experience into a logical order. It's common to begin with the most recent thing you've done: so, your current job or most recent qualification. There may also be a section where you can include feedback from teachers or employers. The final stage involves checking through what you've written, making sure you've missed nothing out, such as a particular talent or skill, and ensuring there are no typos or other mistakes. Then, you're ready to go!

### Audio 7.07 and 7.08

- Jo: So, what are you going to do this summer?  
 Tom: Well, I'd love to plan a walking trip like you did. But I've got no idea how to get started!  
 Jo: Well, to begin with, you'll need to decide where you're going!  
 Tom: Ha ha! True. Well, I'd like to go to the mountains, but I guess that means having to camp.  
 Jo: You can if you want. Or you could stay in a hostel near where you're walking.  
 Tom: OK, and once I've found somewhere, can I just turn up? Or do I need to book in advance?

Jo: Well, I'd avoid just turning up because they might not have any rooms left.

Tom: OK. Any other advice?

Jo: It's essential that you tell someone where you're going each day and when you'll be back.

Tom: What, in case I get lost? But I'll have my phone.

Jo: Yeah, but you might not get a signal in the mountains. I'd recommend buying an actual map and compass, too.

Tom: Good idea. Thanks for the advice!

## Audio 7.09

Presenter: Now, as a professional musician, when to retire can be a big decision. Most want to keep playing until they're physically unable. But that's not the case for this morning's guest, Michael Alfi. Until recently, Michael was one of the world's foremost violinists. He toured the globe, regularly playing to sell-out crowds. But just under a month ago, he decided to give it all up to try something new, and I for one, would like to know why.

So, Michael – why is it that you don't play anymore?

Michael: Well, the truth is – I just don't want to. In fact, I may never pick the instrument up again. I've done very well – though there's always more you can do. I think I'm now going to turn to another passion of mine – cricket. I'm still young enough to go professional. However, that's not the reason I quit the violin. I couldn't handle the stress of it all – the expectation to perform well every time.

Presenter: That's interesting. Was playing the violin something you used to want to do?

Michael: Well, this answer may be a little unexpected, but no. I grew up in a country that my parents had emigrated to. They didn't have much money, and struggled to get by. Once they realised I had talent – which a schoolteacher had identified – they really pushed me on. Although I wasn't all that interested, I picked it up quickly, and started winning competitions.

Presenter: Don't you think parents should encourage their children to do well?

Michael: Of course they should. But expectations were just too high in my case and that's not right for anyone. It could be that my parents never had the opportunity to do anything other than ordinary jobs. But, maybe they wanted to prove that, although they were immigrants, their family was just as good as those around them. I get it.

Presenter: How do they feel about you giving it all up?

Michael: You know, I actually don't think they're that bothered that I've decided to chase another dream. I think I've given them enough hints by now that it's not how I want to spend the rest of my life. Once they've got used to the idea, I know they'll support me in my new career, though I think they're a bit upset that I've stopped altogether.

Presenter: Do you think you might regret your decision in the future?

Michael: Never say never. I might pick it up again later in life – though only as a hobby. I'm closing the door on it right now, but I can't be certain I won't feel differently in a few years' time, whether or not I make it as a cricket player.

Presenter: What if your cricket career doesn't work out? How will you feel?

Michael: If it doesn't happen, it doesn't happen. However, I'll do everything I can to succeed. I might feel a bit sorry about it, but more than anything, I'll be glad I left the violin to see what I could do. What would I do next? Well, that's a tricky question. Coaching maybe? Whatever I decide, I'll give it one hundred percent!

## UNIT 8

### Audio 8.01

- 1 Having rented throughout his thirties, David was finally able to buy his own home.
- 2 Looking out of the window, Sasha realised how much she loved this place.
- 3 Having worked at the company for fifty years, she finally retired last month.
- 4 Thinking about their future, the couple started researching schools in the area.
- 5 Having lived in many different places, Kim finally decided to settle down.

### Audio 8.02

- 1 As long as we leave home by seven-thirty, we won't be late.
- 2 Unless we take action now, the damage will be catastrophic.
- 3 Provided that endangered languages are taught, they will survive.
- 4 On condition that the loan is paid back in full, we're happy to approve the request.

### Audio 8.03

Thank you. Now, I want to start off by telling you about a friend of mine called Nadim. Nadim is now sixteen years old, but when he first came to me, he was still in primary school. Although he had great social skills and enjoyed subjects like Maths and Science, Nadim struggled with reading and writing.

Over the next few years, we provided Nadim and his family with a lot of extra support and I'm pleased to say that he's now become much more confident of his literacy skills. Although things worked out for Nadim, sadly there are still thousands of children in the UK entering school with a similar issue, and today I want to explain how you can help address it.

### Audio 8.04

The importance of child literacy cannot be overstated, and in today's presentation, I'm going to talk about why literacy is so crucial to children, and how it can be improved or gained later in life by those who missed out in childhood. Firstly, what is literacy? In simple terms it's the ability to read and write. However, this varies across cultures. For example, in the UK, reading comprehension is an important part of literacy, but this may not be the case in places where people rarely read in print. Similarly, older generations may not be as 'literate' in digital media as younger people.

Unless people can read, they will struggle with many everyday tasks. For example, we need to read timetables and labels – such as instructions for taking medicine or cooking food. We also read signs, to help us get around. In the past, if we wanted to communicate with people, we made phone calls. These have been replaced by instant messaging. For example, appointments might be confirmed this way, and we make arrangements to see friends and family by text because it's quick and efficient. And this is fine. These are basic functions of reading and writing, but we need literacy for social purposes, too. We

need to be able to understand current events and be able to communicate properly with other people. A high level of literacy enables us to do this better.

So, how can young people be supported from the earliest age when it comes to literacy? Reading bedtime stories to very young children is where the journey starts. Later, provided that they are able to read for themselves, they should be encouraged to access a wide variety of materials, such as the news, magazines, websites and novels.

But what about those who struggle with reading and writing? There are a variety of ways to help. If a child is falling behind their peers, early action will help. Choose books at the right level, and consider audiobooks which will still help them with comprehension. There are specialist apps that are accessible for children and children will enjoy the interaction.

Learning to read can be made fun. For example, teachers can ask children to describe an object using as many adjectives as they can, or they can read clues in a game to find treasure. They can get interested in writing short poems, or review a film they've seen. The opportunities are endless.

Of course, trips to the library are a great place to start and can be made with very young children. They can be an exciting weekly event, when children choose their own books and enjoy reading them with parents or guardians. Finally, what about adult literacy? If someone had missed a lot of school through illness as a child, they would probably have fallen behind and struggled to catch up, for example. Adults can be encouraged in similar ways to children. Fortunately, today there is plenty of teaching material aimed at adults who've missed out.

## Audio 8.05

In conclusion, by working together, we can tackle literacy problems head on.

## Audio 8.06

A: I'd like to start off by saying that I completely agree that social media has killed the art of conversation.

This is true for three main reasons. Firstly, we no longer have to interact face to face with people who disagree with us. We can block or unfriend anyone with a different opinion, rather than engaging with them. As a result, we are no longer able to discuss our views in person with someone that we disagree with.

Secondly, whereas in the past we had to call or arrange to meet someone we hadn't spoken to in a long while, now we can just fire off a quick message online. It's easier, but it has clearly led to fewer meaningful interactions.

Finally, it can be difficult to express yourself online as everything relies on the text itself. All of that extra information, like body language and your tone of voice, has been removed. The impact of this is often miscommunication and confusion.

For these reasons, it's clear that social media has had a negative impact on our ability to have meaningful, face-to-face conversations.

B: With respect, I completely disagree with all three points. As far as I can see, it's up to the individual whether they interact with people that have different opinions. Social media isn't forcing you to block people. It's your choice, so if anything, it's *you* that's ...

## Audio 8.07

- 1 I'd like to start off by saying that I completely agree that social media has killed the art of conversation.
- 2 This is true for three main reasons. Firstly, we no longer have to interact face to face ...
- 3 As a result, we are no longer able to discuss our views in person with someone that we disagree with.
- 4 It's easier, but it has clearly led to fewer meaningful interactions.
- 5 The impact of this is often miscommunication and confusion.

## Audio 8.08

- 1 I'd like to start off by saying that I completely agree that social media has killed the art of conversation.
- 2 Firstly, we no longer have to interact face to face with people who disagree with us.
- 3 Secondly, whereas in the past we had to call or arrange to meet someone we hadn't spoken to in a long while, now we can just fire off a quick message online.

## Audio 8.09

I'd like to start off by saying that I fully believe in small businesses making use of online platforms to promote their service or products. The evidence suggests that this can be a great way to reach a lot of people quickly. A good example of this is beauty products. By uploading regular photos and videos to the right platforms, you can reach huge numbers of people. The obvious impact of this is that sales will increase dramatically in a short space of time. The second point I'd like to make is that online marketing will save you money. This is true for two main reasons. Firstly, you won't have to pay as much in advertising, and secondly, you can do much of the work yourself.