

UNIT 1

Audio 1.01

If it hadn't been for his love of the game, he would have thrown in the towel early on.

Audio 1.02

- 1 a nurturing environment
- 2 striving for excellence
- 3 fostering good relationships
- 4 fulfilling your potential
- 5 a quality curriculum
- 6 rigorous standards
- 7 taking the initiative
- 8 mutual respect

Audio 1.03

S = Sarah R = Rob

S: I'm Sarah Butler and today on the programme we're talking about education. Is our education system fit for purpose? Or perhaps, a more important question might be: how do we make our education system fit for purpose for future generations? In recent decades we've seen class sizes fall, we've seen new technology embraced in classrooms and a shift to students researching information, working, and sharing work online. We've seen the role of the teacher move from dominant instructor – the fount of all knowledge – to the facilitator, an enabler of learning, manager of classroom interaction, with a move towards project and teamwork. Happily, the image of a 19th-century classroom, with students in rows, heads down, writing whatever the teacher says in their notebooks and only speaking to answer a direct question, is something from the dim and distant past. But these reforms have been slow and a long time coming, and by no means are they part of the educational systems in every country. Tradition still holds sway in many parts of the globe and will not be relinquished easily. But our world is now changing at a rapid pace. Consider climate change, advancing technology, increasing political uncertainties – think about shifting job markets, increasing populations. Dealing with the changing nature of the world and global issues which affect us all will require minds that have been educated in a significantly different way to whatever current educational systems can offer. I'm talking today to education expert Rob Taylor about how he believes education for future generations will differ from what we have today. Rob – so, what can we expect and why?

R: Well first, let me say Sarah, I think in your introduction you've laid out exactly what we need to be considering. And you're right, it's the speed of change that will force educators to adapt so rapidly. Were we able to jump forward a hundred years, we'd be looking at a dramatically different educational system. Change is happening, and it's basically because of a refocus on how to equip students in the future; it's all based on how we view 'knowledge' – the crux of any education system – is it 'knowing that' or 'knowing how'? Up to this point in time, 'knowledge' has meant 'knowing that'. By 'that' I mean education has all been about knowing facts and information and the teacher's role has been to pass that knowledge on. The students' role has been to store the knowledge and use it whenever they need it – sadly sometimes simply to pass exams. Here in the UK, whoever makes

the big educational decisions has set out that students should know maths, history or geography, English, science and a foreign language. So, I know that Paris is the capital of France, I know that seven times seven is forty-nine, I know that the bones in my foot are called tarsals and metatarsals and so on.

- S: Yes, and I know that the Spanish word for sun is 'sol'.
- R: Exactly. But all that knowledge takes storage space in our brains, and technology is already helping us offload much of this.
- S: Like using GPS to direct us rather than remember instructions or read a map?
- R: Yes, and the map you refer to – before GPS became available – the map was a way of offloading the need to remember routes. Humans have always been good at offloading and that is what makes new learning easier. And now we're beginning to offload big time. We don't know something – we google it; we don't remember something – we google it. We've been using calculators to replace mathematical skills for many decades! And in the future smart tech will be taking even more weight of knowledge from our minds. However you look at it, approaches to future education will need to change.
- S: So, what sort of knowledge are we going to be needing?
- R: Instead of 'knowing that' we'll need to 'know how'. And what I'm talking about here is that it's more than knowing how to play an instrument or cook a meal, or how to perform an operation, it's also about doing what human beings are uniquely placed to do – knowing how to interact, collaborate, creatively problem-solve, how to understand each other, empathise, and so on. And of course, as well as knowing how to use technology, we'll also need to know how to deal with whatever issues it throws up. All the mechanical, repetitive things will get offloaded to machines. Of course, students in the future will adapt to whatever the educational system asks of them.
- S: OK, so Rob, on-the-spot time! You say jump forward a hundred years – well, make that jump! What are you seeing?
- R: Thanks for that! Right, ...

Audio 1.04

R = Rob S = Sarah

- R: Right, this is a great leap in the dark! And I know, I know, I set myself up for this ... let me think. Hmm, I guess the student in a hundred years' time most definitely won't spend whole days in a classroom – at least not a physical one.
- S: You mean – they will learn everything online?
- R: Not everything – I think there will still be physical interactions of some shape or form. But class timings won't be fixed as they are today, and perhaps students will be grouped – online or in a classroom – according to ability, not age. So, a ten-year-old may be in a study group with a fifteen-year-old. Students will also, in all probability, interact with other students internationally, not locally or even within the same country. They may even be able to project a three-dimensional hologram into a study group on another continent. Who knows? What I am very sure of, however, is that VR will play an enormous role in future education. Our student will be able to experience first-hand, for

example, the way elephants interact in family units, instead of hearing or reading about them. And gamification will also be a big player. Using role-play games could be an excellent interactive way to inspire students, for example to problem-solve and work collaboratively.

- S: Yes – sounds a fun way to learn.
- R: I would also say that AI will feature significantly. Although it sounds far-fetched, one idea some experts are floating is that each child will be equipped with an AI companion from birth which will deliver any fact-based knowledge the child needs and will record every single experience the child has, acting as a memory bank if you like. So, the companion will record every conversation, every film, every book – that is if we still have films or books! Or maybe we'll all have computer chips in our brains to download new information! The possibilities are endless and making predictions at this stage is a minefield. All we can say is that future learning will happen in a very different way to today!

Audio 1.05

P = Presenter J = Jake K = Kelly M = Marie

- P: OK, so today's big question is whether creativity can be learnt or not. And with me I have a secondary school teacher, Kelly Martin; a businesswoman, Marie McCall; and a novelist, Jake Hawkins. To get the ball rolling, let's start with Jake. You're a successful writer, Jake, so everyone knows that you're a creative guy – in your opinion, is creativity something we can all learn or is it a talent that you're born with?
- J: Hmm. It's an interesting question and the short answer is I don't really know. I get a lot of people asking me – Where do I get my ideas? Have I always had stories in my head? – and it's really a bit of a mystery to me.
- K: So, would you say you get flashes of inspiration? I love your books by the way!
- J: Thanks! I suppose so. They usually happen when I'm doing something else entirely – I mean, not sitting at a computer trying hard to think of something. But out on a walk or playing with the kids – something will spark my imagination – sometimes completely out of the blue!
- K: You see, I think that's important. As you know I teach young people, and I try to develop their creativity by encouraging them to do things just like that – going for a walk, letting the mind wander ... , it's amazing what insights and creative thoughts you can get.
- P: But surely, we can't all be creative geniuses? There has to be an element of raw talent – something you're born with?
- J: OK, I hear what you're saying, maybe there has to be a spark of talent that's innate, but that needs to be nurtured and it doesn't come just like that. I mean, unless you're a Mozart or a Mary Shelley, you have to work at being creative, it takes patience and time, a lot of practising, thinking, rejecting ideas, rethinking and ...
- M: If I can come in here, I think it all depends on the type of creativity you're talking about. What I'm concerned with is innovation in a business setting, helping people to think outside the box and come up with novel ideas. And for me that means having experience and being versatile, open to new things and so on.



K: Agreed, and going back to what I was saying earlier – encouraging my students to become more creative involves just what you're talking about; that need to be open to the new and unfamiliar – and not pigeon-holing yourself by thinking 'I'm not a creative person, it's not in my nature.' I believe creativity can be learnt.

P: So, you're saying that if I wanted, I could sit down and write a novel, like Jake here ...

K: Not at all, ... sorry, I didn't mean to cut you off, but no – that's not what I'm saying at all, I'm talking about learning to be a better writer, and become a more creative thinker ... not becoming a creative genius. I'd say ...

M: Absolutely, you've hit the nail on the head. I don't think anyone is saying that we can all be another Jake! Sorry Kelly, you were saying ... ?

K: No worries. I'd like to hear Jake's thoughts on this. Jake?

J: Actually, having listened to the comments, I'd say that there are definitely a lot of 'me's out there – there are writers, artists, musicians and great creative thinkers who just haven't been heard yet or discovered. I was in the right place at the right time. And you're also bang on about creativity. My talent – what there is – is geared towards writing, coming up with storylines, fleshing them out, connecting with readers – but put me in a business meeting and I'd freeze. My mind doesn't think that way.

M: Come on, Jake – don't downplay your talent here – you're wired to think outside the box. To go back to my earlier point – there are ways to teach people to be more creative, but all of that can't make up for a lack of innate talent.

K: Let me pick up on that, Marie – what we do, or at least, I do, is give advice. For instance, we have in-class discussions about getting out of the linear approach to problem-solving, focusing on the importance of patience, relaxing, daydreaming, and there's something I read the other day about the importance of the colour green ...

P: Did you just say 'green'? What's that got to do with being creative?

K: If I could just finish?

P: Please – go on. I'm fascinated ...

K: OK, what I started to say was ... apparently looking at the colour green immediately before doing a creative task can increase creativity – as opposed to blue or yellow which has a more mellowing effect ...

M: Well, that's a new one on me.

K: Yes, well ... obviously, as we mentioned before, it's important to focus on being open to new experiences, learning new things, looking at other viewpoints, all of which helps to develop creativity.

P: Thanks for that, Kelly. Right guys, the clock's ticking on this one, so if I can just bring Jake back in on the topic of inspiration. Earlier you raised an important point about ...

Audio 1.06

- 1 To get the ball rolling, let's start with ...
- 2 If I can come in here, ...
- 3 ... and going back to what I was saying earlier ...
- 4 Sorry, I didn't mean to cut you off ...
- 5 Sorry Kelly, you were saying ... ?
- 6 I'd like to hear Jake's thoughts on this.
- 7 To go back to my earlier point, ...
- 8 Let me pick up on that ...
- 9 ... what I started to say was ...
- 10 ... as we mentioned before, ...

- 11 ... if I can just bring Jake back in ...
- 12 Earlier you raised an important point about ...

Audio 1.07

- 1 But surely, we can't all be creative geniuses.
- 2 So you're saying that if I wanted, I could sit down and write a novel?
- 3 Did you just say 'green'? What's that got to do with being creative?

Audio 1.08

- 1 But don't you think that's a bit of an exaggeration?
- 2 So you're saying that anyone can learn to paint a masterpiece?
- 3 Did you just say 'daydream'? What's daydreaming got to do with it?

UNIT 2

Audio 2.01

- 1 It's not so much an investment in our future as a quick way of making cash.
- 2 We couldn't get a better opportunity to put ourselves on the map than this one.
- 3 The money will drain away as quickly as it comes.

Audio 2.02

I = Interviewer A = Alan

I: International conferences are huge events where people from a range of cultures come together to share ideas and opinions or to debate, and therefore the need for simultaneous interpretation is vital. It's something that's always fascinated me. What is it like to sit in a booth all day at the United Nations or in a conference, translating at the same time as people are talking? What sort of problems do the interpreters face? Joining me in the studio is Alan Suarez, who is an interpreter for international conferences where he translates between Spanish, German and English. Alan, welcome to the programme.

A: Thanks.

I: So, what would you say are the main challenges you face when you're interpreting?

A: That's something I get asked a lot. There are quite a few challenges and I'm not sure that speakers ever really consider their interpreters. For instance, a surprisingly frequent problem – and one that people find unbelievable – comes from the fact that nowadays sound levels are very carefully checked so microphones and headsets are set for voice level. Some speakers, however, will start off by shouting into their microphones or do that old-fashioned 'testing, testing' thing and tap the microphone, resulting in a loud noise which can be quite painful for the interpreter and in some cases actually cause serious injury.

I: Really? I'd never even considered that! Of course, you're sitting there in your booth with your headset on. Very vulnerable. So, what can you do?

A: Well, it's crucial to educate the speaker and of course, the organisation. I kind of shock them. Tell them that their behaviour can incapacitate the interpreter and in the worst-case scenario there's a risk of hearing loss, of the interpreter actually going deaf.

I: Are you serious?

A: Yes.

I: So, what other things can the speaker do wrong?

A: One of the worst is when they insist on speaking a language in which they're not particularly competent, that they're really not good at. I remember one very high-powered professor from ... well, I won't say where ... but her English was extremely difficult to follow. I just had to make an educated guess as to what she was trying to say. I usually try to get speeches from all speakers in advance so I at least have the written word to fall back on in these kinds of situations.

I: And I suppose sometimes people speak too fast for you to follow?

A: Yes, to a certain extent, but from experience I've found there's no point in asking them to slow down. Everyone has a natural pace of speaking so the best thing to do is not try to translate word for word but to summarise what they're saying.

I: Right. I can understand that.

A: And then of course there are cultural differences. Humour is an interpreter's nightmare. There's a risk of humorous sayings from one language getting completely lost in translation. Humour doesn't travel well, and jokes are often just not funny.

I: So, what do you do if a speaker is telling a lot of jokes?

A: I'll try and see if I can find an equivalent in the audience's language, but if I can't think fast enough, I'll fall back on the old interpreter's rule of saying, 'the speaker has just made a joke about such and such', which seems to work. Now, one really problematic area is when the speaker uses lots of metaphors, cultural references or indecipherable acronyms. For example, if a U.S. speaker starts using metaphors from American baseball, say, something like, 'I'll take a rain check on that.' Now most audiences won't have a clue about this so I have to translate it as something like, 'He would like to accept your invitation at a later time.' You've got to be very quick-thinking and versatile. You also need to have a fairly broad knowledge of culturally specific things, and do your research on acronyms, etc.

I: Is there anything else you can do about that?

A: Again, I try and educate the speaker. I suggest that they should steer clear of cultural references which seem familiar to them but may not be understood in a different context; instead, they should find references to people or places or events that the audience will understand. But of course, often I only meet the speaker on the day of the conference, so I don't always have a chance to help them prepare for the process. And don't get me started on online conferences – some of the speakers are simply not familiar with different platforms or how they work so they can get really chaotic!

I: That sounds like a lot of problems.

A: Yes, but most problems are fixable as long as there's mutual respect between us, between the speaker and the interpreter. Understanding that we both have an important job to do. And there's one more thing I really must mention. It's a problem I take home with me. You see, I get so used to thinking ahead and predicting what people are going to say that I tend to do the same thing outside work. I anticipate the end of a sentence, so my friends are always complaining: 'You never let me finish!' It's something I keep promising myself I must address!

- L: Well, this has been a real insight. Thank you very much for joining us today.
A: My pleasure.

Audio 2.03

- John and Maya were critical of translation apps, but Tina felt differently.
- Betina said most words can be translated accurately, but according to Juan there are lots of words that can't be.
- Paul discussed the difficulty of real-time translation, and the group agreed with his views.
- While most people agreed about the challenge of translating idiomatic language, Mo felt it wasn't such a big issue.

Audio 2.04

L = Leo E = Ella C = Clare

- L: I have to say that I, and most of my friends, well, we were brought up to respect older people. And not just older people, but everyone really. It's part of our culture.
- E: I'm not arguing there. Respect is important, of course it is. But what I'm saying is that, in my opinion, it's not something that's peculiar to a certain culture – it's international, surely, it's part of being a normal human being, of being part of a civilised community, isn't it?
- L: That's a relevant point, and I see where you're coming from. But I don't know that I'm totally in agreement here. In some cultures, respect is automatic, whereas in others it has to be earned. In my culture, for example, it's automatic.
- E: But surely respect has to be earned? You can't respect someone who doesn't deserve it. I mean, to take an extreme example, you wouldn't respect a criminal, would you?
- L: Oh now, come on. You're looking at things the wrong way round. My upbringing tells me that I should respect people until they cause me to **lose** that respect – doesn't that make sense?
- E: OK, I take your point, but I still think politeness and respect are innate human traits, not cultural ones.
- L: You know, when I say automatic respect, I'm thinking about, for example, respecting older people automatically because they have lived long lives and have acquired, well, wisdom. In my society, older people are valued, and family ties are strong, so, for example, older family members live with and are looked after by their family – not isolated, as I see happening in many other countries.
- E: Fair enough. Yeah, you make a good point. And I must say I have to agree to some extent. But, moving on – and changing the focus of the topic slightly – wouldn't you say that for some reason, in general, there's a lack of respect these days between the generations?
- C: If I can come in here. I think that now we're getting to the real point. Today's young people have a total lack of respect, in my opinion. They're rude, absorbed in their phones and ignore you when you're talking to them. They're lazy, sitting in their rooms all day, never helping out. People say I should respect them, but they simply don't respect me!
- E: Hey, that's going too far! OK, some young people might appear not to respect anyone outside their age group, but you can't generalise like that. What you're

saying is unjustifiable and narrow-minded. You only have to open your eyes and you'll see young people who definitely don't sit in that category.

- C: OK, so when was the last time a young person held a door open for you or gave up a seat on a train to an older person? Tell me that!
- L: Right, it's clear you both have strong views here. But Clare, I think there's a slight flaw in your argument when you say all young people are lazy. Check out the lists of young entrepreneurs, or volunteering sites for teenagers ... it's patently obvious that they aren't all lazy and expect the world to give them a living. Look at Greta Thunberg and how she's rallying young people to fight for the environment!
- C: She's an exception.
- L: But I appreciate that there are some problems. As I see it, the mutual lack of respect between generations is happening where the culture of respect is not strong, where traditions and family bonds are breaking down. Both the older and the younger generations feel misunderstood by the other, and it's because the cultural – how can I say it – glue, maybe, that holds societies together, is failing.
- E: Wow, that's a bit deep! But I think I get where you're coming from. On the other hand, however ...

Audio 2.05

- I'm not arguing there.
- That's a relevant point.
- But surely respect has to be earned?
- You're looking at things the wrong way round.
- OK, I take your point.
- Fair enough.
- You make a good point.
- It's clear you both have strong views here.
- I think there's a slight flaw in your argument.
- I think I get where you're coming from.

Audio 2.06

But surely respect has to be earned?

Audio 2.07

- But surely it's the other way round?
- But surely you can't really believe that?
- But surely there's more to it than that?
- But surely that's oversimplifying things?

UNIT 2 REVIEW

Audio R2.01

Culture shock

It can be a tremendous shock to the system, irrespective of how well prepared you are. Going for the first time to a country where the culture is nothing like your own can be overwhelming. According to the autobiography of a famous traveller, his first trip abroad couldn't have been any more traumatic. His knowledge of the language was so limited as to be practically nonexistent, he was vegan and found himself in a meat-loving country, and he had no knowledge of customs or traditions at all. However, although he acknowledges that culture shock is commonplace, he is insistent that it soon fades, and the long-standing benefits that being immersed in another culture brings are far more important than the initial cultural isolation.

UNIT 2 WRITING BANK

Audio WB2.01

I = Interviewer S = Signer

- I: That's interesting. But what made you choose this line of work in the first place?
- S: Well, I always had strong feelings about equal opportunity, that everyone should have the same access to information and official processes, and indeed entertainment. My mother is deaf, and I saw how she was often left out of things – for example the parent-teacher meetings when I was at school.
- I: Is that how you learnt to sign?
- S: Yes, I grew up signing. It was natural to me, so I had no problem with fluency or with switching between speech and signing.
- I: I see. And what are the ups and downs of the job?
- S: Oh, there are plenty of positives – I've helped people understand their doctor's instructions about taking medication, so they could do so confidently and independently. The other day I interpreted at a job interview for quite a high-up position. The candidate, who was deaf of course, prepared a fantastic presentation, and my interpretation helped them get the job. I've also done signing for local drama productions.
- I: That's incredible. It's just never occurred to me how useful it must be to know sign language.
- S: Oh yes, like knowing any language.
- I: So, what's the downside of the job?
- S: Well, you need to be really quick-thinking and it's quite physical with all the gesturing. It can be draining. And sometimes if I'm conveying bad news, I can get quite down, so it's emotionally draining, too.
- I: I can understand that. Otherwise, it sounds like a great job.
- S: It is. And I can be well paid! Oh, except the travel – it sounds glamorous, when I get these jobs abroad, but I prefer to sleep in my own bed.
- I: Well, thank you for talking with us ...

UNIT 3

Audio 3.01

- A: ... and that's the key to finding the career path that's best for you. Thank you all for listening. I'm happy to take questions now. Yes, there in the second row.
- B: My question is about actually getting a job in the first place. How can you make sure your application warrants a second look?
- A: Well, I can give you some basic guidance. First, you need to tick all the boxes on your CV, and that means highlighting what you can offer. There's a strong likelihood that certain key phrases will come up in a job advertisement. For example, these often refer to 'good organisation and communication skills'. Let's start with organisation. Think about all the information and data we deal with in our everyday lives, and how overwhelming that can be ... Well, it's no different in a job, and it's absolutely essential that you have the skills to enable you to manage large amounts of information efficiently: keep your calendar up to date, have clear file-naming systems so that everything is traceable, develop a systematic approach to dealing with emails, and so on.



B: And what about 'communication skills'?

A: Having good 'social skills' and being able to interact with people well is important on many levels. Face-to-face, interpersonal skills are one element, being able to articulate your ideas clearly is also key. You need to be good at getting people to want to listen to you, whether online or not, to get them to feel it's worth their while. And then of course it's obviously your responsibility to present yourself in the best possible way. You should always demonstrate common sense and discretion in controlling the image you convey in the visible aspect of your personal life. We all have a massive digital footprint that comes from our online activities, and that is a concern for a prospective employer. If there's a problem with your online history, inevitably it will come out at some point. Next question? Yes, go ahead.

C: Could you say something about 'flexibility' and what that means to employers?

A: Ah yes. I think simply put, that means the willingness to turn your hand to anything, to muck in. You might be asked to take on a range of tasks that are not necessarily in your job description and to do this with enthusiasm rather than grudgingly. Saying, 'I'm not going to do this because it's not in my remit' will not go down well. And it makes a strong impression if, in your motivational letter, you can demonstrate experience in stepping up to do what needs to be done for the good of the team.

C: So, it's like being a good team player?

A: Exactly. Now, there's time for one more question. Yes?

D: I've heard from friends that they've had to take part in some different types of job interviews. It seems that it's no longer a case of sitting down face-to-face and answering questions about your strengths and weaknesses!

A: You're right! The job interview has certainly developed in interesting ways and may well continue to do so in the coming years. Of course, there are, as you would expect, remote interviews that are carried out online, which allow employers to interview candidates from a wide range of geographical locations. And there have been developments in the types of things interviewees are asked to do. Some people have been asked to play computer games, or in one case, even dance during an interview! And we've probably all heard of those weird interview questions, like 'If you were a tree, what kind of tree would you be?' or 'What would you take with you to a desert island?' On the surface, these questions and activities seem just plain odd. However, they are indicative of a trend – recruiters want to find out more about employees than simply what they know or what they've done. They want to know how quick-thinking they are, how creative, how they respond under pressure, more about their personality. And how well they work in a team. And with developments in facial- and voice- recognition technology, in the future, recruiters may well be using voice analysis to learn more about the candidates. OK, thank you all for ...

Audio 3.02

- 1 There's a strong likelihood that certain key phrases will come up in a job advertisement.
- 2 It's absolutely essential that you have the skills to enable you to manage large amounts of information efficiently.

- 3 ... being able to interact with people well is important on many levels ...
- 4 You need to be good at getting people to want to listen to you.
- 5 It's obviously your responsibility to present yourself in the best possible way.
- 6 Inevitably it will come out at some point.
- 7 You might be asked to take on a range of tasks.
- 8 In the future, recruiters may well be using voice analysis to learn more about the candidates.

Audio 3.03

- 1 There's a strong likelihood that it will happen.
- 2 It's absolutely essential that we attend.
- 3 It's obviously your responsibility to get it done.
- 4 You should always be aware that others might see it differently.
- 5 In all probability, this will fail.

Audio 3.04

aggravate	ease	isolation
alleviate	engender	morale
distrust	exacerbate	strengthen

Audio 3.05

At the forefront of our campaign is a determination to bridge the gap between the rich and the poor – the 'haves and the have nots,' the heart of which is work and the resulting standard of living. This will involve allocating resources to deal with the many inequalities in employment – from enforcing regulations to enable equal opportunities for every job seeker, to shaping policy to allow for more apprenticeships, and more scholarships to universities. We shall also not shirk away from tackling inequality in pay scales for men and women and for ethnic minorities. We are the party that will stand up for workers' rights in all areas of employment to eliminate discrimination and encourage diversity.

Audio 3.06

- 1 Our intention is to bridge the gender pay gap by increasing higher-level work opportunities for women.
- 2 A major policy of ours going forward will be to allocate more resources to enable more rough sleepers to leave the streets.
- 3 We realise that eliminating discrimination across the board will be a huge challenge, but we shall enforce existing regulations and pass new laws.
- 4 Diversity is to be encouraged in every area of life and we shall tackle inequalities wherever we find them.
- 5 Helping the environment is high on our agenda and our party will stand up for those who want to develop greener energy and shape further policy to fight climate change.

Audio 3.07

- A: I thought Philippa Marwell made a good speech about how her party would address the gender pay gap if they got into power at the upcoming election. Did you hear it? She's going to get my vote next week, that's for sure.
- B: So, in other words, you're going to vote for her because of one election promise.
- A: Not at all. What I said was that she made a good speech. And it was about an issue that concerns me. I mean, look at the number of women in top jobs in the country. There are so few of them. It

simply isn't fair, and something needs to be done to even everything up.

B: So, what you're basically saying is that men and women don't have the same opportunities to reach the high-salaried positions.

A: Absolutely. That's exactly what I mean. Don't you agree?

B: Of course I agree – I just don't think Marwell's party will help change anything.

A: So, am I right in thinking that you believe there's nothing more politicians can do to address the glass ceiling for women?

B: OK, I'll put it another way. There are certainly things government can do to help – but I honestly don't think Marwell's party is the one to carry these things through. It's a really tricky problem.

A: You're right. But another approach they could take – and Marwell mentions this, too – is to force companies to be more flexible about their employees' hours, so both men and women could fit work around childcare. They should share the responsibilities.

B: Good thinking – but you shouldn't only be focusing on people with top jobs and salaries – that's still a comparatively small number of men and women.

A: That's not what I'm saying. And it's not what Philippa Marwell is saying either. She wants to raise the pay for lower-income jobs, like carers and nurses, and also introduce targets such as making employers at least encourage women to put in for higher positions.

B: It's pointless though. Whatever policies the next government introduces, the following one could well change them all!

A: Please correct me if I'm wrong, but it sounds like you're talking about a complete lack of progress – that the gender pay gap will always exist.

B: Let me rephrase that. Maybe 'pointless' is too negative a word. Perhaps I should have said 'unlikely'. You know how long it takes to get laws through parliament, and how many are turned around by the next incoming ministers.

A: Well, I must say that I hope your view isn't shared by the electorate. **You** might think it's not worth fighting for, but in my opinion, Philippa Marwell and her party have the right ideas. More opportunities, more flexibility, higher salaries – they're all doable. Whether Marwell's party will actually make good on those promises if they win, is another question. But I'll give them the benefit of the doubt next week.

Audio 3.08

A: I thought Philippa Marwell made a good speech about how her party would address the gender pay gap if they got into power at the upcoming election. Did you hear it? She's going to get my vote next week, that's for sure.

B: So, in other words, you're going to vote for her because of one election promise.

A: Not at all. What I said was that she made a good speech. And it was about an issue that concerns me. I mean, look at the number of women in top jobs in the country. There are so few of them. It simply isn't fair, and something needs to be done to even everything up.

B: So, what you're basically saying is that men and women don't have the same opportunities to reach the high-salaried positions.

Audio 3.09

- 1 So, what you're basically saying is that men and women don't have the same opportunities to reach the high-salaried positions.
- 2 Correct me if I'm wrong, but it sounds like you're talking about a complete lack of progress.

UNIT 4

Audio 4.01

- 1 What fuelled your motivation?
- 2 If you could pursue an ambition, what would it be?

Audio 4.02

- 1 It's important to satisfy your curiosity.
- 2 What worthwhile local projects in your area need to raise funding?
- 3 How important do you think it is for pioneers to serve science in their endeavours?
- 4 Many people want to realise a dream although not all succeed.
- 5 Have you found anybody to back your project?

Audio 4.03

P = Presenter H = Helen

- P: There are a lot of people out there, kind, compassionate people, who are ready, willing and able to give a helping hand to those who are in need – and there are a host of websites that provide a link between those who need the help and those who want to give it. Helen Carter, who, as you're aware, does a weekly round-up of useful websites and apps for us, is here today to report on a charitable organisation, 52 Lives, which seems to be really rather special. Helen?
- H: Yes. I'd heard about this website a while back and I'd been meaning to check it out. What it does is try to change someone's life every single week of the year. Each week a story is posted on the website or social media pages, about someone who needs help in some shape or form, things which can really make a difference to their day-to-day lives – not necessarily because they're destitute, but because they might be going through a rough patch, needing something relatively basic to help them face the day. This could be something concrete and simple like a pram, an old computer, or, I don't know, an easy type of can opener for someone with arthritis, or it might be something a whole lot bigger, like a stair lift. It could also be a service, like giving people lifts to hospital appointments. The organisation's supporters, which now number over 100,000, either give help themselves, or if they can't, they spread the word to find others who can.
- P: It sounds amazing. Has it been running for a long time?
- H: Well, by the end of the month, the woman who started it, Jaime Thurston, will have been working on the project for nine years. It all came about by chance. Apparently, she'd been thinking about doing some volunteering for a while but never got round to it. Like a lot of people, I guess. Anyway, she came across a 'Wanted' advert while she was looking for some second-hand furniture and it had been put up by a woman who needed a rug. Her story touched Jaime's heart. The woman was bringing up children on her own, on a low income, and finding it hard to make ends meet. Her flat had no carpet, which meant

the rooms were very cold. Jaime didn't have a rug, but she contacted the woman and said if she could source a rug then Jaime would pick it up for her. Just that one item made a huge difference to the woman's family and Jaime had the idea that things like this could help an enormous number of people who were struggling. The word just needed to be spread. And so, the idea took off. It started with an online post about this woman's story, then a fundraising page to get money to help install a lift for a boy in a wheelchair, and now has grown into a global community, linking people across a whole range of social media platforms.

- P: So, you were saying it's not only giving items but services as well?
- H: Or money to fund services – like, a few years ago, redecorating the room of a little girl confined to bed or even things like sending cards and kind messages to young people who are being trolled or bullied. It's quite remarkable. And it's all based on a simple philosophy – that being selfless and spreading kindness empowers people and can change lives. It clearly brings benefits to the person or family in need – and not only the tangible benefits – it's the kindness that complete strangers are showing that people are appreciative of – it's that which makes the big difference. Also, it has a knock-on effect – it benefits the givers – being altruistic and knowing that their kindness to someone – who they will never meet – has helped in a major way, is rewarding.
- P: Wow – I just love this idea. Does the organisation do anything else?
- H: Oh yes! Jaime won an award for the website in 2016 and used the prize money to set up a School of Kindness. They go into primary schools and work with children, helping them to understand how much difference even very small everyday choices can make, and encourage them to come up with ways of spreading kindness in their circles of friends, families and communities. You know, I'm sitting here, and I'm wondering what on earth this amazing woman is going to do next!
- P: It's true though, isn't it? You get a warm glow if a complete stranger does something kind for you, out of the blue, and also if you do something kind for a complete stranger. It has to be a win-win philosophy! What a great website report this week. Thanks, Helen.

Audio 4.04

- 1 People will always be grateful when you give them a helping hand.
- 2 It can have a serious knock-on effect.
- 3 We all go through rough patches; things do get better.

Audio 4.05

- 1 I'm sitting here and I'm wondering what on earth this amazing woman is going to do next!
- 2 Jaime Thurston will have been working on the project for nine years.
- 3 I'd heard about this website a while back and I'd been meaning to check it out.
- 4 She'd been thinking about doing some volunteering for a while.

Audio 4.06

- A: ... and the next section was particularly interesting. On the whole, people expressed a curiosity about businesses that had less relevance for them. So, they wanted to know more about services

that they were in fact unlikely to use, which was surprising for us. To cite one example, people who don't have pets tended to be particularly interested in getting information about the pet-related services. Our impression was simply that these businesses had some novelty for them, and their interest presumably reflected amusement more than a genuine desire to use the service. One person said, 'It just never occurred to me that such a business would exist.'

- B: Another illustration of this is the number of people who asked for more information about the parking services, and who, as it turned out, don't actually have a car. Generally speaking though, when we asked people about actually using the services, there was limited interest in trying out ones that the survey participants hadn't used in the past. The consensus seems to be that people favour what they already use or know about and are satisfied with the service they're getting for the price they're paying. One might speculate that this reflects human nature – people don't like to go out of their comfort zone – but having said that, some people were attracted to alternatives to services they already use, such as HomeExchange instead of Airbnb.
- A: Yes, and in that case there's a real difference in the way the services work, since with Airbnb you pay for what you use, and with HomeExchange you only pay a membership fee, and after that the services are free. Now moving onto the next question ...

Audio 4.07

- 1 On the whole, people expressed a curiosity about how effective the businesses were in significantly reducing waste.
- 2 To cite one example, people who were interested in sustainable fashion wondered how many times fashion items could be recycled.
- 3 Our impression was simply that people were interested in the difference between the claims and the actual reality of these business models.
- 4 Their interest presumably reflected a genuine concern to help protect the planet's finite resources.
- 5 Another illustration of this is the number of people who asked for more information about second-hand furniture outlets and clothes-swap websites.
- 6 Generally speaking though, there was limited interest in trying out services that had no proven track record in sustainability and seemed to be profit-driven rather than eco-friendly.
- 7 The consensus seems to be that people favour businesses that persuade us that they are really committed to a truly circular economy.
- 8 One might speculate that this way of approaching services will continue to attract consumers and marks a radical shift in the way we will spend money in the future and why.

Audio 4.08

- 1 To cite one example, businesses which sold upcycled furniture reported a significant increase in customer interest.
- 2 Generally speaking though, the cost and effort that goes into upcycling tends to lead to very small profit margins.



UNIT 4 REVIEW

Audio R4.01

One of the most successful projects of recent years aimed at improving the lives of people living on or below the bread line has been The Big Issue Foundation. Homeless people or those desperately trying to make ends meet have become mini entrepreneurs, selling magazines which have been compiled by people just like themselves. The project has brought many out of poverty, restored their self-esteem and enabled them to face each day with a brighter outlook. People who buy these magazines are not donating to charity but are involved in a transaction which has the knock-on effect of both raising the profile of the homeless (through the articles in the magazine) and helping each vendor on a financial and life-affirming journey. Thousands of vendors are known to have benefitted from the scheme and the lives they live now are infinitely preferable to sleeping rough and not knowing where the next meal is coming from.

UNIT 5

Audio 5.01

AJ: In my opinion, the best way to make a favourable impression on someone is by being confident but not over-confident. If someone talks too loudly or tells me too much about themselves at a first meeting, trying to project a certain image, it can definitely lead to a bad first impression.

Keyops17: For me it's all about body language. It tells us how interested that person is in having a conversation with us or if they'd rather be somewhere else! In my case that has a bearing on whether I want to continue a conversation or not!

RayTheLima: Oh, it's all about the eyes. If someone doesn't actually look me in the eye, I assume the person's not that honest. Perhaps they're fine and just have little confidence? We're told things like this can lead to problematic preconceptions, but I can't help it!

Audio 5.02

- 1 It's a person's accent that tells others whether they can be trusted or not.
- 2 What disturbs me is when people have really weird facial expressions.
- 3 What I love is when people make eye contact with you when they're talking to you.
- 4 It's the way people walk that tells me the most about them.

Audio 5.03

A = Alex T = Teacher C = Child
M1 = Man 1 M2 = Man 2 Ty = Ty
Tw = Twiggy M3 = Man 3 W1 = Woman 1

- A: Welcome to the *Digital Human's* episode about whispers.
- T: Tiger's tail is stripey, lion's tail is rosey, cheetah's tail is spotty.
- C: Erm, lion's tail is stripey, tiger's tail is rosey ...
- A: We've all played that game as kids: when we pass the message along, it changes. But hey, that's part of the fun.
- C: Tiger's tail's ... spotty ...
- A: But away from the playground as grown-ups we continue to spread rumours and to distort information. Between friends we might embellish or detract, shape, and carve what we hear until it feels right, before passing it on.

M1: People love a story and people love sensation. People don't bother to check their facts. What they do is they see a headline on their Facebook newsfeed, they get outraged by it, they skim the story and then they repost it.

A: But rumour has a bad rep. It's not always untrue. It's simply a kernel of something that's not yet been confirmed or denied. Now though, the interconnectivity of social media means that rumours can spread quickly, unchecked. Passing something too good to keep to yourself to the next person or network only takes a click.

M2: There's an entire world of design possibilities that might help people to think about the information that they're spreading but the entire point of these networks is to have people spreading more and more. Sharing more and more. Sharing what other people spread.

A: Picture a tiger, red and black, stripes, claws, canines – four hundred pounds of pure muscle. This tiger could do real damage. Imagine it stalking the streets of London. Because that is what happened in August 2011. Just at the time the London riots kicked off. Or did it?

That summer Twiggy Garcia and Ty Evans shared a flat in Bethnal Green – one of the neighbourhoods where people were rioting.

Ty: Um, I remember it being sort of, yeah, the start of August, it was quite hot. You know, reading the initial reports about what happened with Mark Duggan. And then, um, I guess from there sort of on the news, websites, and in the papers, it just sort of slowly escalating

Tw: There was too many people causing too much trouble and there was this kind of bravery that people had where they just decided that they could do what they wanted.

M3: Hearing reports that London Zoo was broken into, and a large number of animals have escaped.

A: Cooped up in their flat above the police station, Twiggy, Ty and their mates decided to add their own voice to the chaos of information that was ricocheting around social media.

Ty: The London Eye is on fire.

W1: Reports of tigers roaming round Primrose Hill.

Tw: Is this real?

A: The tiger is on the loose.

Ty: I just typed into Google 'tiger escaped from zoo' and found a black and white grainy photograph of what looked like a tiger stalking down a residential street. Twiggy's obviously got quite a few followers, so I think I tweeted it and he retweeted it and he's got about 5,000 followers, so I think from there it just sort of escalated quite quickly. A couple of hours later we had sort of thousands of people retweeting that animals had escaped from the zoo and then it was that there was animals walking down the streets of Hackney and I think at that point Russian news channels were saying that there was animals all over London, and you could actually hear the tigers roaring and I think Sky News at one point also reported something similar.

A: Twiggy and his following on social media lit the fire, getting the word out there initially, but then the design of Twitter

fanned the flames. Hashtags made the information easy to find and to spread. And besides, there was evidence. There was a photo and pictures, they say a thousand words, right? Unconfirmed information, source credibility, the means to spread it and the so-called conclusive evidence meant that the tiger rumour became one of the most enduring tales of the riots.

Audio 5.04

A = Alex Tw = Twiggy

A: But just as quickly as it flared up, fellow Twitter users began questioning the 'truthiness' of the rumour.

Tw: I think it was a few hours into it that we started to see voices out there saying that it's not true, but then the difficulty is within social media and the way that people are connected, you don't really, if you've got someone who's saying that it's not true, it's how loud is their voice within the social community and who's listening to them and who's repeating what they say – even two weeks after the tiger story I still heard people at parties and out and about talking about it, saying "Did you hear that?"

A: Did you, did you tell them that you were involved with it?

Tw: Oh, yeah – complete blagging rights.

A: Ha-ha. What was their response?

Tw: Some people were ... thought that it was hilarious and then other people said that I was wasting people's time and that I shouldn't have done that because there was lots of stuff going on during the riots and I kind of didn't help the situation, um, but to those people I just say ...

Audio 5.05

- 1 Having shared the story, I instantly felt bad.
- 2 Knowing what I do now, I wish I hadn't reposted it.
- 3 Being a smart person, I always check the sources before I share news posts online.
- 4 Having seen stories like that before, I was wary about it.

Audio 5.06

Hi, can everyone hear me? That's great. I'd like to tell you about escape rooms, which have become one of my favourite free-time activities and which I think might be a great activity to help us work together better. They're everywhere now, and big cities have literally dozens of them. So, what are they? Well, escape rooms are basically these small rooms or floors, usually in rundown or abandoned buildings, and each escape room complex has different rooms with different themes. What you have to do in each one is the same. You go into the room with four or five other people, so you go in with friends, so it's a good social experience. You're locked in the room for 60 minutes and your task is to find a way out of the room. And to do this you have to engage in lots of puzzle solving, collaborative puzzle solving, so you do it together.

The rooms are elaborate. It's like this huge 3D puzzle – and each room has a different theme. To give you an example, let's look at this one. So, the theme of this one is Ancient Egypt. The room is the office of a professor of Ancient Egypt and you're surrounded by locked cupboards. All you have is one key hanging down and there are padlocks everywhere, so you have to find the right lock for the key. Eventually you find it, you open

the cupboard and there you find another key or a piece of paper with numbers on it or a paper trail of clues that need some lateral thinking. You've got to communicate a lot with the others, like 'Why do you think we got this piece of paper?' or 'What's this number?' or 'Hey, this number's the same as that number over there, do you think there's something in that?'

All the while you can see that the clock's ticking and it gets a bit frantic. But you can't panic, you can't get out and you can't stop working as a team.

If you succeed, it's great, you did it as a team and you feel really good about it. If you fail, well that's a shame, but you did it as a team and you still feel really good about it. In other words, either way, it's the feeling of teamwork that you take away. And you go for lunch together and talk about it. For hours. So that's how an escape room works. And who does it suit? Well, it suits people who like doing hands-on work, people who like looking around and taking it all in, trying to connect the dots, and most of all it suits people who like working in a team. You have to enjoy the team element and finding your role in that, whether your role is the foot soldier or the general.

The thing is, it's cooperative, it's collaborative, but it's not competitive.

In short, escape rooms are certainly worth trying once. Not only will you have a unique, exciting experience but you will also share an experience that you'll be talking about for years. I guarantee it. OK, so, I'm ready to take any questions, you can unmute yourselves now, or just pop your questions in the chat.

Audio 5.07

- 3 But you can't panic, you can't get out and you can't stop working as a team.
- 7 Not only will you have a unique, exciting experience but you will also share an experience that you'll be talking about for years.

UNIT 6

Audio 6.01

The thing is, they all think he's just a petty criminal, but actually, he's the criminal mastermind.

He's there the whole time, answering the police officers' questions, asking for coffee, pretending just to be this very average crook who walks with a limp and is very low on confidence. Then when they let him go, we suddenly see he doesn't walk with a limp at all. He's been playing with the police all along.

Audio 6.02

See page 71.

Audio 6.03

P = Presenter A = Andy K = Kate

P: An interesting topic for discussion today I think, people. We shall be getting to grips with the power of poetry and song and asking a few fundamental and potentially tricky questions, with my two guests – Andy, a performance poet and Kate, a lecturer. First up is **not** the age-old 'what is poetry' question ...

A: Thank goodness ...

P: It's why do you think poetry sometimes has a bad press? There are no two ways about it: there are those who love poetry and those who find it, well, it just does nothing for them.

A: I know, people's eyes often glaze over when I tell them I'm a poet. To be honest, I think it's down to poetry being misrepresented, and schools are often guilty of this. Students are introduced to poetry through traditional, classical poets who adhere strictly to certain rhyme schemes and rhythms. What the poet is trying to say is often difficult to decipher and poems are clogged up with metaphor and archaic language. It can be quite intimidating.

K: Yeah, that's not all bad though, it's just not always the best way to encounter poetry for the first time – and we all know that first impressions count. Students have to realise that poetry doesn't have to rhyme, it doesn't have to have lines of equal length or rhythm. It can be deceptively simplistic or linguistically complex. It can be punchy like rap, or lyrical, it can tell a story, express a feeling, or be a call to action. It can be pages long or short and sweet – look at the magical effects of a seventeen-syllable Japanese haiku! A poem can be read or it can be listened to. The important thing about a poem is that it has relevance to the reader and is meaningful. It communicates, talks to them, conjures up images, stops them in their tracks and makes them see things from different angles – whether that be a relationship, the environment, politics ...

A: Exactly. Poetry can help both the reader and the poet. We should encourage people to use poetry to express their own emotions, frustrations and fears. In the 21st century, poetry can be exciting, thrilling – just go to a poetry slam or listen to performance poets. It's a far cry from Shakespeare's sonnets – sorry Shakespeare, they are pretty special, but ...

P: OK, OK. Thanks guys. I do have another question here. Some people question whether songs can be considered poetry, and the songwriters considered poets. Your thoughts?

A: Yes, I can see where the controversy comes in. A song comprises music and lyrics, and of course, we need to add in performance. One version of a song may lift someone's mood, whereas another version, more emotionally charged, will be really moving and poignant and have the ability to reduce you to tears.

K: That is so true. Compare two versions of *The Sound of Silence*, the original by Simon and Garfunkel and a more recent recording by Disturbed, a heavy metal band. The lyrics talk about the dangers of not communicating, but while the original uses harmonies, is purely melodic and relatively melancholic, Disturbed's version is confrontational and rousing, and finishes loud and rasping in its outrage. It took my breath away when I first heard it. Quite brilliant.

P: OK, to bring you back to the question ... ?

A: But then poems can be read differently by two people, can't they? In my opinion, lyrics **are** poetry. Just look at the songs of Leonard Cohen, now those really take me back, or more recently, rapper Kendrick Lamar. Lyrics can do the same as poetry – take you out of yourself, make you feel alive, give you solace, stir you, change you.

K: And like poetry they are often open to interpretation. People can identify with the writer or relate to them in different ways. Music adds different shades of

meaning to all lyrics, but in essence, the words stand alone as poems. So, yes, I'm definitely not a fusty old traditionalist when it comes to this question.

Songwriters can definitely be poets.

A: I wholeheartedly agree!

Audio 6.04

- 1 There are those who love poetry and those who don't.
- 2 A poem can be deceptively simplistic or linguistically complex.
- 3 It doesn't matter whether it's upbeat or slow, hard rock or gentle folk.

Audio 6.05

The Orient Express is definitely one of those classic journeys that every traveller dreams of taking. I finally got the chance to do so a few years back. Some friends who had done it were like, 'Yeah, it's amazing, but it's quite expensive. We had to pay twenty euros for an orange juice!' So, I wasn't sure about it before I started, but in fact it turned out to be really fun.

I was travelling alone, so I booked a single cabin, which was amazing – antique lacquered furniture, plush velvet cushions ... it felt like I had travelled back in time!

Anyway, once I'd unpacked, I decided to go and explore the train a bit – see if I could meet a few people to hang out with on the trip. So, I ended up sitting with three fellow travellers in the dining car – two young Chinese guys and this Polish guy, a really nice guy, more on him in a minute. No one spoke any English. Fairly typical situation for a traveller in an exotic context, you know what I mean? You'd think it would be awkward, the lack of a *lingua franca* I mean, but to the contrary, it was really nice, sort of relaxed, like 'we're all in this together and let's just enjoy it'. In fact, we did make many attempts at communicating, especially me and the Polish guy, by drawing pictures of things, maps showing where we were from, writing dates for major events in life, family tree and all that. Funny, I don't remember much about him now, but I remember understanding quite a lot about his family, his kids, his house, job, stuff like that. I also remember that he was a really warm-hearted guy and loved to share everything, for example on the first evening I think it was, he pulled out this huge, homemade cake, and simply split it into four pieces, and gave each of us a piece, me and the two Chinese guys.

Every day on the train offered a new experience. One minute you're soaking in the bustling streets of Istanbul, the next you're in some sleepy town in the middle of the Romanian mountains. Anyway, when I was talking about the trip when I first booked it, some guy I know got really excited when I mentioned we'd be going to Lake Balaton.

He just kept raving about how beautiful it was and I have to say, he wasn't wrong. We got there just in time to see the sun go down and it was ... kind of magical – everything bathed in this orangy blue light. So, anyway, I'm sitting there trying to take a decent photo to send my mate and I noticed that this kid kept looking at me. Eventually, I turned to face him and he just grinned and said, 'Nice hat'. I was wearing this faded old Boston Celtics cap – nothing special really. In fact, I'm not even sure where I got it – I don't know anything about basketball – but he seemed rather taken with it. So, I just, kind of, gave it to him. Stupid thing to do, maybe, but it was one of those moments when you just kind of go with the flow. I wonder if he's still got it?



Audio 6.06

- 1 Some friends who had done it were like, 'Yeah, it's amazing but it's quite expensive.'
- 2 Fairly typical situation for a traveller in an exotic context, you know what I mean?
- 3 It was really nice, sort of relaxed, like 'we're all in this together and let's just enjoy it'.
- 4 Funny, I don't remember much about him now, but I remember understanding quite a lot about his family, his kids, his house, job, stuff like that.
- 5 ... for example on the first evening I think it was, he pulled out this huge, homemade cake ...
- 6 ... some guy I know got really excited when I mentioned we'd be going to Lake Balaton.
- 7 I noticed that this kid kept looking at me.
- 8 Stupid thing to do, maybe, but it was one of those moments when you just kind of go with the flow.

Audio 6.07

- 1 I asked my friend about his trip, and he was like, 'Wow – it was amazing!'
- 2 The lake was like a huge mirror, you know what I mean?
- 3 We had all the basics – bread, coffee, milk, stuff like that.

UNIT 6 MEDIATION BANK

Audio MB6.01

- 1 What a lot of people don't think about is that, if tourism stops overnight, some communities simply won't survive. So what's left for those people to do? They won't have any option but to move to already overcrowded cities and lead less sustainable lives.
And if you think about safari or rainforest tours, for example, they actually opened up opportunities and a way to preserve habitats and the wildlife. They mean that people no longer need to be involved in logging, poaching or big game hunting to make a living. If you shut down tourism, it will be a big boost for some very exploitative and harmful industries. Costa Rica is just one great example of the benefits of the ecotourism boom – during the 1970s, it was one of the most rapidly deforested places on Earth. Fast forward to now, and protected national parks make up more than 30 percent of the land. Tourism is a crucial part of the economy and what has made it all possible.
- 2 The economic benefits of tourism pale into insignificance when you think of the scale of the economic disaster that awaits if we don't avoid climate catastrophe. People often talk about the benefits of ecotourism, but the fact is that that kind of tourism is very expensive and is a minority interest. Most travel is made up of people flying a few thousand miles, creating tons of CO₂, just so they can be somewhere sunny for a few days, and what are they doing while they're there? Over-consuming and using swimming pools and so on – which themselves are very damaging. Even worse than that are the incredibly wealthy people who use private jets. I read an article recently saying how private jets are ten times worse in terms of CO₂ emissions than standard commercial aviation – and fifty times worse than trains!

- I hear that there are now 'flights to nowhere', too! People are literally flying a couple of hours into foreign airspace so they can get some duty-free shopping, before landing back at the same airport they left from!
- 3 Clearly some kinds of tourism are more problematic than others – just look at the oversized cruise ships causing Venice's foundations to crumble. So sad when it's one of the most iconic places on the planet, a testament to human ingenuity and creativity. Having said that, I don't think we can just decide 'no more travel'. It's simply not realistic – or even desirable. So what we need to do is learn the lessons from positive tourism and encourage that, and take measures to reduce 'bad tourism'. That could be through tougher regulation on the tourism industry, progressive taxation or even outright bans on certain practices – domestic flights in a country the size of the UK, for example. It's absurd, really. It's probably true that we need to travel, and in particular fly, less often. I would be in favour of legislation there, but we shouldn't give up on travel completely. It's part of what we are as a species.
 - 4 They've just built a new runway and it's made our lives a complete nightmare. The noise pollution, I mean. It's just constant now. At least we used to get a break between midnight and 5 a.m. But since they've expanded the airport, they've changed the rules and it's 24/7. We tried to fight against it, but no one listens to us. Why would they? We haven't got millions of dollars to invest. That's all anyone really cares about – and that's why they won't make any positive change.
 - 5 To be honest, I'm not sure what to think. Every week you hear or read about a different story. We all know that some things have to change – and I try to do my bit, like now – going to work by or whatever, but does it really make a difference? I don't know. It's just daunting really. It puts me off reading the news cos it's easier just to bury our heads in the sand. It's time for the government and big business to take responsibility. Maybe they do need to bring in a law like this, and it'll force airlines to find a cleaner way to fly.

UNIT 7

Audio 7.01

- 1 umming and ahing
- 2 spoilt for choice
- 3 in a quandary
- 4 sit on the fence
- 5 dig your heels in
- 6 take the path of least resistance

Audio 7.02

P = Presenter T = Tara

- P: All this week on the programme we've been talking to guests about the choice between doing things online or offline, discussing how these experiences differ and what we think the future holds. If you've been tuning in regularly, you'll know that so far there have been several issues up for discussion such as interacting on social media versus meeting face-to-face, how we choose between online retail and actually going shopping, the benefits of online or in-person education and we've even touched on virtual holidays

and sport experiences versus the real thing. We've heard interesting points of view from those who embrace the online world completely and those who express a concern that we are losing valuable real-world experiences. It's been a fascinating exchange of views. Today it's the turn of reading, something that we all do, whether it's reading fact or fiction, checking the news or friends' posts, or reading up on articles for work or college. Technology continues to change the way we access books and information, but will the printed book or newspaper ever totally become a thing of the past? Professor Tara Waters, your thoughts on this?

- T: Yes, it's an intriguing topic, isn't it? When e-books first appeared, the predictions were dire – the printed book would eventually disappear, we would all carry our mini libraries with us to dip into wherever and whenever we wanted to. And the die-hard book lovers all threw up their hands in horror; books are physical, they're tactile, there's that wonderful 'smell' of print, how can you flick back in an e-book to find a previous reference and so on? We tended to think that readers were split into two camps: the 'I only read print' camp and the 'I only read digitally' one. Neither the predictions nor the split-camps theory were true. The popularity of e-books plateaued a few years ago and the resilience of the print market is indicative of the value people still place on traditional books – it's clear that there is no great likelihood of screen reading taking over completely. Online and offline reading will coexist in the same way online and offline formats exist in other areas of our lives. In the past, the advent of television was predicted to kill off radio and film, then it was feared that the internet would kill off TV, radio and film, and that cinemas would die out. It hasn't happened.
- P: You mentioned the split camps, those who prefer either online or offline reading?
- T: Yes. It isn't down to a clear preference for one over the other – it's more that people use the different media for different things or similar things at different times. With phones and tablets we can carry a whole library of reading material with us wherever we go to access when we please. On the other hand, a printed book, hardback or paperback, or an actual printed newspaper or magazine is something like a symbol of the unhurried world! At a time when life is so fast and our interactions with others are immediate, many find pleasure in sitting quietly with printed reading matter, away from a screen, taking pleasure in the turning of pages, and satisfaction with seeing physically how far we have progressed and how much reading still waits for us, indicated by an actual bookmark; for many people a book, or newspaper, has a character all of its own. But the way we read remains basically the same whether it's printed or online. We can plough through dense script or skim information, scrutinise some things in depth or skip to the end. Both forms of reading allow us to follow stories, to pore over details that interest us, to flick through to find what we want or to review something we've read.
- P: I've heard that people tend to concentrate more, and remember more, when they're reading print. How true do you think that is?

- T: It's interesting and I have to say that the jury's still out on that. But it's thought that scrolling actually interrupts the flow of reading because the part of our brain that processes the written word is the same as that which deals with spatial awareness. This implies that it focuses best when the page is not moving. Studies have shown that comprehension is better when reading printed matter. But maybe it's just the case that reading is, relatively speaking, a new skill for humans and our brains have not had the chance to catch up with advances in technology.
- P: And I have to ask – how do you see the future of reading fiction?
- T: OK – the big question. I think that we're going to see a lot of fascinating technological developments, which will have long-term implications for all of us. Just as the form and structure of novels is continually changing – I cite Jeffery Deaver's amazing backwards novel here! – so will online reading. If you cast a quick eye over articles about future developments, you'll find that over the next decades it's expected that we'll undoubtedly peruse books and documents in virtual and augmented reality and illustrations will give way to animated scenes moving around us. I'm also sure that there will be more sophisticated combinations of traditional story telling with technology, with the reader moving across platforms from word to video to picture to game. And we are already able to interact with stories to shape and influence them, tailoring them to our individual preferences; this will become ever more an involvement between writer and reader. The possibilities are endless and exciting, and they're all in the hands of those visionaries of the present and the future. However, there's no getting away from the fact that a bookcase is, and will continue to be, a vital piece of furniture in a room for many people, and a bookcase needs printed books, not least to look good when you're making a video call!

Audio 7.03

- 1 I don't obsess about whether I read online or offline, I just like reading.
- 2 I was resistant to getting an e-reader for years, then I gave in and bought one. I love it.
- 3 If we don't set time aside to read for pleasure, we'll eventually lose the skill to do it.
- 4 I believe that reading regularly can protect people against certain illnesses.
- 5 If you skip to the end of a book, you're cheating.
- 6 I don't comment on other people's taste in fiction, and I expect them not to comment on mine.

Audio 7.04

- A: So, what's your take on this article about urban animals? I mean the wolf in that woman's back yard sounds terrifying.
- B: Well, I would say that that's a one-off. I mean, they're not like foxes – they haven't taken up residence in towns.
- A: Yes, but their numbers **are** increasing throughout Europe, roaming in packs. It's devastating for farmers and downright dangerous when some get into cities. That seems very worrying to me, that there's no control around this, that ...
- B: Well, I feel like wolves just have a bad name to be honest, you know, you look at any film or story depicting a wolf, it's never positive.

- A: Er, no, but there's a good reason for that, which is that they're dangerous wild animals and they've got no place, erm, next to populations of humans – that's just, that's just asking for trouble, isn't it?
- B: Well, maybe it's just me, but it feels like the danger is always exaggerated, you know, certainly, erm, in the media they'll blow up any story. Even if one person has a really minor injury, suddenly all wolves are bad. You know, I think it's time to get the balance back and give nature a chance to fight back. I don't think it's fair.
- A: I'm no expert, but I think the risk needs to be properly assessed, and I think if you look at where, erm, if you look at the statistics of, of human-wolf interaction, erm, obviously wolves often come off worse because they end up being shot by hunters and the like, but where you ...
- B: Well, I'm really against any form of hunting, in fact any form of culling them at all. Is that what you're saying? I just don't think that's an answer.
- A: And would you feel the same if, say, if those populations of wolves were not in remote wildernesses but were on the doorstep of large cities and potentially taking people's children or pets?
- B: It's not a cut and dried question. I don't think all of a sudden – they're in the city, you know, when they weren't before, I just don't think it's that simple. These are single reports – OK, maybe more than just a one-off, but not something to get too het up over.
- A: I take your point, but that's not what I'm saying. The evidence is they're **close** to the cities and therefore if you look at what's happened with foxes, for example, which were previously traditionally rural animals, they ... well, we now talk about urban foxes, don't we? They're a part of our lives but they, they can be dangerous, they do take people's pets. There are stories about them attacking children, too, and that's just a fox! If you've got a wolf in the same sort of situation, I'm guessing that could cause real problems.

- B: Erm, I'm, there are some things that I agree with, but I just think we need to think of other options. Like tourists, for example, erm, tourists bring money to places and it's actually a plus to have wolves because people are actually going to the areas to see them. Did you ever think of it that way?
- A: Yeah. Actually, in that respect I'm with you. The idea has a lot going for it, but they'd need to be controlled in some way or maybe penned into a particular reserve ...
- B: No one would disagree with that. Obviously, you've got to have some sort of control, but I just think some people are taking it out of all proportion, with talk of culling and so on ...
- A: Er well, no, I don't completely agree with that – people are right to be concerned. I think that we need to ensure that if we want to live, erm, alongside animals like that we need to take necessary precautions and potentially, erm, think about culling to keep the numbers, within reason. You must agree with that, surely?
- B: On the face of it, it seems like the only way to stop this problem is to kill animals, but actually I think there are lots of other things you can do. I just think that hunting and culling is really, really inhumane. It's not the right answer.

Audio 7.05

- 1 The idea has a lot going for it, but they'd need to be controlled.
- 2 Maybe it's just me, but the danger always feels exaggerated.
- 3 Well, I'm no expert, but I think the risk needs to be properly assessed.

UNIT 7 MEDIATION BANK

Audio MB7.01

Part 1

The Appalachian Trail is a huge undertaking that requires the right preparation and attitude. You really don't want to hit the trail without your mind, body and kit being ready! So, here's what you need to know before you set out on a hike of the Appalachian Trail. Probably, the most important thing is you've got to be physically fit. Hopefully, you've already got a lot of backpacking experience – I think I heard a couple of you have recently undertaken the Dientes Circuit Trek in Chile, which I'd love to hear more about if you have some time after. Even if you're very experienced, it's a great idea to head out on a few local, day hikes with your pack and gear as heavy as you plan to carry on the trail. And, of course, keeping fit and eating right in any other way you can is only going to benefit you on the hike, not to mention the general health benefits that I'm sure we're all aware of: improving circulation and strengthening the cardiovascular system, lowering blood sugar, weight loss, bone strength, etc. However, this is not purely a physical challenge, it's a mental one, too. There will be times when you're cold, hungry, tired. I remember on my first serious hike, I was probably around nineteen – a freshman at college – and I really hit the wall. I just sat down – and it wasn't because my body had given up, I just couldn't work out why I was putting myself through such an ordeal – till my friend Jan came and talked to me (we ended up getting married as it happens!). There are some other things you can do to prepare for this, which don't involve finding a life partner! First, and before you start out, think of your honest answer to the question 'Why am I doing this?'. And, in the few days leading up to your trip, picture yourself arriving at Mount Katahdin. It sounds kinda corny but visualisation is so crucial to achieving any goal you set yourself, and that picture's a real pick-me-up when you're finding it tough.

Secondly, have a 'support person'. I'm not just talking about a 'buddy' who's on the trail with you, which is great to have, but you also need someone back home that you can call for mental support. Who's going to tell you what you need to hear to get you motivated and back up on your feet? And make sure, whoever it is, they know that you'll probably be calling them sometime, and it may not be at the most convenient time – especially with the time difference for y'all – what is it now? Five hours? Six? Thankfully it's not that time of year when we're out of sync for a couple weeks with daylight saving. Boy did that get me in trouble a few years back ...

Audio MB7.02

Part 2

OK, so that's the physical, and mental or psychological challenges covered. But do you know the most frequent reasons for failed hiking trips? It's the little – which isn't to say trivial – practical things. Before you do anything, check your gear is in good, working condition and, even if this sounds obvious,



make sure it fits properly **and** you know how to use it. This is another reason to go out on a day hike before you head out on the trail. You won't believe the number of people I've had to stop and help with a tent or camping stove. I once stumbled across a guy practically in tears cos he couldn't work his flashlight. The sun was going down. Would've been a long, dark night for him if we hadn't happened upon him.

Related to the point of equipment, while you need to take certain things, try and pack as light as you can. It stands to reason, but lighter is better so carefully consider what you think is 'important'. I live by a golden rule of never carrying more than twenty-five percent of my body weight. Now, if you're not a big person, that seems a little unfair, right – 'Why can't I take as much just because I'm smaller?'. But see what you can work out between your team to spread the load proportionately – now I hear you bigger guys saying 'Hey, that's not fair either'. If it's any comfort, I know exactly how you feel. I actually lost a few pounds recently, believe it or not, largely thanks to the Appalachian Trail in fact! Anyhow, your team leader will share a checklist and weight calculator that'll ensure you're prepared but without carrying unnecessary weight.

Another great way to do that is with 'bump boxes' – and I hope you've started planning this already – it's a package with supplies you can pick up from the towns on your route. And that doesn't just have to be food – it could be new boots and clothes.

You'll also spend some money when you get to those towns but budget carefully and stick to it. Costs for things like food, a shower or even the occasional warm bed can all add up, especially with the increased cost of living in the region over recent years.

I mentioned food there – that's, without doubt, a critical factor for a successful hike. You can't overestimate how important it is to morale – I'm sure you'll know that already. You need as varied a diet as possible – carbs, protein and yep, some high-sugar. Instant noodles or pasta really won't cut it after the first few nights. One guy I know did just that, pretty much ate noodles and pepperoni for a week and he said it was the best time of his life! But I think that's more the exception than the rule. Generally, the more variety, the better you'll feel physically. And also, in those low moments we spoke about earlier, having something you're looking forward to eating later can give you that push you need. And one last thing: duct tape. No, this is not a joke ... people talk about how it can fix just about anything, you know. And it's true! In the past I've used it to mend broken hiking poles, water bottles, whatever it is – it can be a real lifesaver.

UNIT 8

Audio 8.01

- a Yes, I was good at music. I seemed to be able to play any instrument after just a couple of lessons. However, it didn't last into my teens, unfortunately.
- b Well, unfortunately, I failed my maths exam, which was a huge blow, and I had to retake it a few months later. But I studied hard and passed.
- c My friend, Alicia, has this uncanny way with animals. If a dog is barking, she's able to talk to it and can calm it down immediately.

- d Oh yes. I once had to give a presentation to a roomful of experts. I was so nervous, but I managed to get through it, and I think it was good for me.
- e My team was working on a difficult new project and Tim kept us going with encouragement and advice, never giving up when it was all going wrong. It was a success and completely down to him.
- f Not bad. I work out a fair amount, but I don't have enough stamina to do long runs or swims or things like that.
- g I don't, but my sister does. She's really patient and can put complex ideas into simple words so that others can understand.
- h There was this particular assignment I had to do for college. It was proving really tricky and I couldn't work out how to approach it at first, but I didn't give up and got there in the end.

Audio 8.02

- 1 He gave a ten-minute speech which was absolutely hilarious.
- 2 She always keeps her long-term plans in mind – she's very focused.
- 3 She's someone who will always take part enthusiastically in everything she gets involved in.
- 4 He has an amazing knack for understanding other people's points of view.

Audio 8.03

- 1 a ten-minute speech
- 2 long-term plans
- 3 who will always take part
- 4 an amazing knack

Audio 8.04

My shout-out goes to my highly respected colleague, Mikael. He has this rare gift of making other people in our group feel comfortable and is always trying to empathise even when people aren't being all that easy to get along with. He's also the one in the group who's the first to try and get to grips with new things that we're given to do, he just has this amazing drive to keep getting better that I'm pretty jealous of, to be honest!

Audio 8.05

I'll tell you something that I find intriguing and that's how different people react to different sensory input. I would guess it's because our brains are all wired a little differently, though others may disagree. I'm sure you'll have heard that images, sounds and smells have a nostalgic effect and bring back memories, but it's also well documented that many people find certain things unsettling, or even in some cases actually distressing. There are, of course, plenty of sceptics who will insist that this is all nonsense, but the evidence is clearly there. It's quite commonplace that some people will wince on hearing fingernails on a blackboard or at the shrill sound of a dentist's drill, others might find that the sounds of paper ripping or something scraping a bottle is almost painful. But with me it's textures. There are some that will just set my teeth on edge. As a child I had a small suitcase with a handle. The material on the handle wore off with use and my fingers would clutch the metal. For some reason this would trigger a nasty shivery sensation when I touched it. I can still remember the feeling today. I know people who always squirm at the sound or feel of tinfoil and just

won't use it, or who flinch when they touch velvet. And yet there are others who find sensations such as hearing sounds like paper rustling extremely soothing. You may have seen online videos related to something called ASMR? It was quite a trend a few years back. It's the idea that some people have an odd response to certain sounds and sensations. Not only is the particular sensation comforting, but it can actually cause a physical reaction in the form of an involuntary pleasant tingling sensation that starts in the head and runs down the spine – quite hypnotic, really. What is really strange about this is the range and type of sensations that can have this reaction. It can be something as weird as brushing hair, people whispering or even folding towels! There's a plethora of online videos of people doing these things or making these sounds for people to watch.

Audio 8.06

Ja = James G = Guy Ju = Julia

- Ja: My name's, eh, it's not nice actually. It tastes like chewing gum that's lost most of its flavour.
- G: What does your surname taste of?
- Ja: It's difficult to describe – it's a bit like sucking on wool trousers. My family have all got, er, their own specific flavours and textures so my mother, for example, who is called Doreen, she has the ... I call it a taste, but it's more of an experience. It's like the brain freeze you get when you drink very, very cold water or ice cream. And my father, whose name's Peter, he tastes like processed peas. My sister's blackcurrant yoghurt and my grandmother was very creamy thick condensed milk.
- G: In this programme, we explore synaesthesia – a mixing of two or more senses that aren't usually connected. One triggers the other due to differences, not defects, in the brain's wiring. Some synaesthetes for example can hear a colour or taste a sound. I'm Guy Leschziner, a neurologist working in the National Health Service in London.
- Ja: When I heard that I'd be speaking to you Guy, the word 'Guy' produces a word sound ...
- G: This might be worrying. What does 'Guy' taste like?
- Ja: It produces a word sound that gives me a taste and texture something similar to fudge, which is rather nice.
- G: That's very kind of you.
- Ja: Yeah, because some of these are bad. Somebody asked me what their name tasted like, was at a function ... Her name's Maureen, err, it's awful!
- G: This is James Wonnerton. He has a rare type of synaesthesia where he experiences tastes and textures for every sound he hears. It's most predominant with word sounds and it's involuntary.
- Ja: Whenever I hear a word, whenever I read a word, because when you read, you tend to hear the word, in your mind's eye, if you like. Inner speech I call it.
- G: What about if you think of a word, is that generating a taste as well?
- Ja: It is, yeah, it is. For example, if I see a television screen in the distance, I'll get the taste and texture of jelly.
- Ju: My name's Julia Simner, I am a professor of neuropsychology at University of Sussex. Synaesthesia is a rare psychological trait that causes

differences in thinking and in sensory perception. It's often described as a merging of the senses because it can cause one sense to become blurred or merged with another. It can either enrich your life or slightly trouble you or it can be something you take absolutely no notice of whatsoever.

G: Roughly four percent of the population has synaesthesia, but in many people, it may be so subtle as to go unrecognised. For James, however, it has always been much more obvious.

Ja: I first remember experiencing tastes and textures specifically when I was going to school aged about four and a half. My mother used to take me to school on the tube and I was learning to read and write at the time, so I used to read out the names of the stations as we passed through, and off the maps, and I used to get tastes and textures. My favourite tube station was Tottenham Court Road because there's so many lovely words in there. Tottenham produced the taste and texture of a sausage, Court was like a lovely crispy fried egg and Road was toast, so there you've got breakfast ...

G: A full English fry-up.

Ja: Yeah. Feels like I'm really eating, it's a mouth feel. Oh, I'm getting them now, constantly. One drip and then another drip and another drip – as each of these sounds come in, I get a drip of taste and if it's a particularly strong synaesthetic taste and flavour then it'll take ages to fade.

Audio 8.07

G = Guy Ju = Julia Ja = James

G: You'd be forgiven for thinking that James' descriptions are rather far-fetched. Indeed, as a child his doctor dismisses them as simply a boy's wild imagination when he explains how distracting he finds the constant flood of tastes in his mouth. Yet thanks to the advances of science, we now have evidence that synaesthesia is a very real condition.

Unsurprisingly, there are also variations in brain circuitry between synaesthetes and non-synaesthetes.

Ju: Since 1995 we've been able to see those differences using brain scanning. One important study in 2005 showed that synaesthetes' sensory cortices – that's the parts of their brain that do the seeing, and tasting, and hearing and so on – are more active than the average person's. So, colour regions of their brain will light up when they read letters or taste regions might light up when they hear words.

Ja: The actual synaesthetic tastes, this produces a lot of physical side effects. I get stomach acid pumped into my stomach for food that isn't there. It is like eating things all day long.

G: Think about it. James' synaesthesia is extraordinary. There's no food entering his mouth or smells through his nose

creating taste, texture and flavour. Instead, it's his auditory system triggering these sensations and causing him a physical reaction that feels very real.

How our brain is structured has a huge influence on how we perceive the world around us. Even those with the same type of synaesthesia almost always disagree on their perceptions. The name Guy will taste of fudge for one and cabbage soup for another. And remember the dress that went viral in 2015 when no one could agree what two colours it was made up of?

Audio 8.08

- 1 I would guess it's because our brains are all wired a little differently, though others may disagree.
- 2 I'm sure you'll have heard that images, sounds and smells have a nostalgic effect ...
- 3 There are, of course, plenty of sceptics who will insist that this is all nonsense, but the evidence is clearly there.
- 4 It's quite commonplace that some people will wince on hearing fingernails on a blackboard ...
- 5 For some reason this would trigger a nasty shivery sensation when I touched it.
- 6 I know people who always squirm at the sound or feel of tinfoil, and just won't use it.

Audio 8.09

A: They rustle tinfoil at me to make me wince.

B: They'll rustle tinfoil at me to make me wince.

Audio 8.10

- 1 They'll drum their fingers on the table when they're bored.
- 2 He'll allow you to ask anything you want.
- 3 You'll have seen what the teacher wrote on the whiteboard.

Audio 8.11

P = Presenter L = Lucas N = Natasha

P: Lucas, let's go with you first. What's your advice for staying healthy?

L: Well, I've recently started doing hot yoga. Don't know if you've ever tried that?

P: 'Hot yoga?' No, I don't know it.

L: So basically, umm, it's yoga but it's much more intense than ... it's set in a heated room, a carpeted room, that's thirty-nine degrees and it's just twenty-six positions, but every time you go to the class, it's the same twenty-six positions.

N: Wow – that's a bit excessive, isn't it? And repetitive?

L: But you burn a thousand calories a class, you sweat so much, and they say you can't drink water within the first twenty-five minutes ...

N: Hmm, doesn't sound like a good idea.

L: The point is that you come out of that room feeling amazing.

P: And you, Natasha?

N: Well, so I've joined a choir and I feel confident to say that it's really good for your health actually. I'm not that into exercise but it's the same as Lucas has just mentioned, when I come out of the room I just feel completely lifted.

L: That sounds nice. Another real positive about hot yoga is that it's just something that you don't have to think about, there's an instructor there, you meet people, but you don't talk throughout the class so it's something you can just do yourself and it's not ...

N: Hmm. So, it's not something where you need to make a big social effort, you can just do it.

L: That's it. And looking at all the benefits, of course you expend energy while doing it.

N: Right. Well, with the choir thing, I think a big plus for me is that it is a part of my day that isn't work or a commute or anything like that. I can just go and be in this room and meet people; it's a really joyful part of my day.

L: Funny you should mention that actually cos, that's what I get out of hot yoga – I enjoy it because I know I'll be at work all day and it's a really stressful environment, you know, living in the city and things like that. So, actually taking that hour and a half to go, do a form of meditation, do some breathing and relaxation just really, you know, **centres** me – without a doubt it's good for me mentally as well as physically. You've only got to look at the number of people who do it to know that it's a good thing.

N: I totally get it. For mental health, the choir is great, too, because if you can regulate your breathing, you can control panic and anxiety – it's just beneficial in so many ways. And I'm speaking from experience here!

L: I guess, though, that there aren't that many people who can sing well enough to join a choir.

N: Ah – it's not that we're all great singers, it's just that we love singing together.

L: Come on, Natasha. Let's be realistic here. You're not going to get someone who's completely tone deaf choosing to join a choir!

P: Hey guys – this isn't a competition! I'm sure both activities are healthy and will appeal to different people. Can we focus on the benefits of ...

Audio 8.12

- 1 It's not that yoga is bad for you, it's just that lots of people find it dull.
- 2 It's not about meeting people, it's just about being away from the office for a while.
- 3 The point isn't to make people work harder, the point is to help them feel more relaxed.
- 4 It's not about forcing people to change diets, it's about making them more aware of what they're eating.