

UNIT 1

Opener: BBC Vlogs

- 1 If there's one thing that I think people should learn to do, it is to learn a language at some point in their lives even if they don't really use it. Learning a language allows you to view things through the eyes of different cultures. It also can be quite practical, help you to travel, and I think it's a very interesting thing to do even if just as another hobby or a pastime.
- 2 I think one thing everyone should learn to do is cook because you need to cook for yourself, but also it's just a good skill to have socially.
- 3 I think we all need to learn to think more critically. There is so much information out there at the moment that it can be difficult to determine what's true and what's not. So, we all need to really think about and decide whether there's enough evidence for the claims or the statistics that we're being presented.
- 4 I think everyone should learn how to swim because it's a really important skill, it keeps you fit. It's a really good form of exercise. And it could save your life if you fall out of a boat.
- 5 One thing I think that everybody should learn how to do is play chess. It's such a universal strategic game that people from every corner of the globe love to play.
- 6 In the good and bad moments, you need to learn to say 'thank you' and be grateful.
- 7 I think everybody should learn basic first aid, so that they can deal with a medical emergency.
- 8 Everyone should learn to be more empathetic. When you're empathetic, you're able to see how other people see things and that leads to respect, and respect leads to peace.
- 9 I think everyone should learn how to sew because if you can sew, you can make things, but you can also repair things.

BBC Street Interviews Exs 2 and 3B

- Omri: I enjoy learning about stories and about people mostly. I like hearing the way that other people look at the world and the different like ways that you can look at one situation through different perspectives. So, if it has anything to do with history or with stories of people, then I'm interested in it.
- Ollie: I enjoy learning more about things that I know like already. So, if I've watched a TV show or a film like reading a book and finding out more about that. That sort of thing, yeah.
- David: I enjoy learning about abstruse bits of history from all over the world. I enjoy learning about cities and visiting them as well.
- Serkan: I enjoy learning about architecture, design, design of spaces, different kinds of things that involve the design subject basically.
- Farah: I like learning about politics and history and about other people's lives; especially if they're very different from mine. It's always nice to get a new experience.
- Samuel: So, I love learning new languages and I love reading about different cultures and the way different people do different things to how we would do them here in the UK.
- Rahma: I enjoy learning about history and things in the past and I also enjoy learning about other cultures.
- Omri: A good teacher is someone who can connect with you and inspire you on a personal level, who you don't feel like they're lecturing or just there because it's their job, but they're there to help you individually.
- Ollie: So, I think having a lot of patience, knowing what your children like, their interests and their hobbies, so you can sort of adjust your teaching to that and make lessons that involve those sort of things. Yeah, so those are the sort of main things, I think.
- David: The ability to enthuse the class, the ability to take it forward clearly and the ability to recognise that different pupils have different methods of learning and to take that into account.
- Serkan: If they communicate well with the students, if they answer their questions, if they lead them to the answers rather than feeding them with the answers, that will make a good professor.

- Farah: Not being dogmatic in their approach like 'I'm a good teacher and you're gonna accept the fact that I'm a good teacher.' Rather 'I'm gonna help you learn.' And not having too much of a power dynamic where 'Oh, I'm the teacher and I'm in the power.' More like 'We're equals here and we're learning together.'
- Samuel: Someone who takes their time and listens to your questions, and someone that talks you through the different issues that you're having and helps you with specific problems, rather than just assuming everyone's the same.
- Rahma: A good teacher is one that is passionate and really engages with the student and you know that they care in the way that they treat you, the way they take time with you, and a good teacher understands that every student isn't the same.

UNIT 2

Opener: BBC Vlogs

- 1 I would like to live in Paris because I think it is very elegant and romantic.
- 2 If I could live anywhere, I would live in India potentially. It seems like a vibrant and interesting place to live. And also I can spend most of my days kind of outside and visiting street food stalls. So yeah, somewhere in India. Not sure where, but yeah.
- 3 If I could live anywhere in the world, it would have to be Costa Rica in South America. I love nature and I love plants, so I think it would be perfect for me.
- 4 If I could live anywhere in the world, I would live in Spain because I love the Spanish culture. I do speak Spanish. Living in Spain as well will allow me to maintain a high level of Spanish. And due to Spain being so close to the UK I'm still very able to come back home and visit my friends and family as well.
- 5 There are many places around the world that simply fascinate me, but I would love to live in Italy because I had the chance to visit Rome and I fell in love with the food, with the culture and the people.
- 6 If I could live anywhere in the world, hmm, great question. I would love to spend some time living in Brazil. It's a country that I visited in the past. It's a country that I always found fascinating because of history, because of culture, of music, dancing, and it would be a great opportunity for me to learn Portuguese, which is a language that I really really really like.
- 7 If I could live anywhere in the world, I'd definitely choose an English-speaking country, one that's really beautiful, safe, open. So, this would have to be New Zealand or maybe Canada.

BBC Food Exs 3 and 4B

- Nadiya: LA was part of Mexico until 1847. And ever since, there's been an enduring legacy of immigration. A stone's throw from the glitz of downtown, there are neighbourhoods where up to 94 percent of the residents come from Latin America. OK, this is a whole other world. Mexicans are the largest ethnic group in the city, but there are also millions from Central America, and they have brought with them their unique cuisine. One of the most authentic places to try it is said to be a night market that's sprung up in a Latino neighbourhood in West Lake. I've asked chef Wes Avila to show me around. Hi, Wes!
- Wes: How are you doing?
- Nadiya: It's wonderful to meet you!
- Wes: It's nice to meet you.
- Nadiya: It's great, this place, isn't it?
- Wes: It's fantastic. It's one of my favourite places to come and eat. This whole street right here is covered with food vendors. It goes down about a block when it's really, really busy. What's cool about here is you have the Central American stuff, you've got El Salvador, Honduran, you got Guatemalan food, so you'll find things that are a little more unique.
- Nadiya: I want to taste LA, I want to know what it's all about. This is a bit of an assault on my senses.

Wes: Yeah.

Nadiya: Just, it's so bright and colourful and vibrant. I can just hear that slapping!

Wes: It's pretty overwhelming. You'll hear that all the way up. People either doing the pupusas or tortillas.

Nadiya: This place is full of intriguing smells and there are loads of amazing-looking dishes I've never seen before.

Wes: So, this is what I wanted to show you.

Nadiya: OK.

Wes: We've got some chile relleno. It's a stuffed poblano chilli.

Nadiya: Ah!

Wes: With, er, potato, green bean and carrot.
[He orders a portion in Spanish.]

Stall owner: Yes.

Nadiya: This is the Guatemalan take on the stuffed chilli. It's fried in batter and loaded with spicy salsa, stacks of seasoned onion and chopped parsley.
Where are you from?

Stall owner: Ah, Guatemala City.

Nadiya: Guatemala?

Stall owner: Yes.

Nadiya: That looks really good. Is this a home-cooked recipe?

Stall owner: En familia, yes.

Wes: De tu familia? Yeah, it's a family recipe.

Nadiya: This is my first taste of Latin food. Ooh! Oh, that's good!

Wes: That's really good.

Nadiya: Can I have the recipe? Is it a secret? Yeah!
Why is it important for you to make your dishes here?

Stall owner: [Subtitle – It's really important not to forget your dishes from home when you move to another country.]

Nadiya: That's pretty special.

Wes: Yeah.

Nadiya: You know, that it's a livelihood, but it's also a connection to home ...

Wes: Oh, absolutely!

Nadiya: That I suppose they don't have?

Wes: Yeah. It's really important for her to, like, be connected to her country and not to ever forget those roots.

Nadiya: Dreams are big here. You can feel that, you know, they're all out here happy, laughing, smiling and cooking up foods that their grandparents cooked, that their mothers have cooked and they are the start of the American Dream.
Inspired by the Central American flavours of the night market, I'm itching to get cooking, and Wes has invited me to use his restaurant kitchen in the trendy arts district of LA.
Wes is Mexican American. He's part of a new breed of chefs using their heritage to fuse flavours from home with contemporary techniques, redefining Californian cuisine.
Hi, Wes.

Wes: How's it going?

Nadiya: Look at this space! I'm feeling inspired, but I don't think it's going to be very traditional.

Wes: That's OK, cos what I do, too, is not really traditional.

Nadiya: Is that allowed?

Wes: Absolutely. Everything's allowed – it's California, it's LA, it's the Wild West.

Nadiya: I've taken inspiration from the stuffed chillies I ate in the market, but instead of filling them, I'm using them as a base for a delicious warm chicken salad, topped with a Latin-inspired salsa.
I'm making a simple salsa to go with my grilled chicken salad – green tomatoes, radishes and a Latin American classic – barbecued corn.

Wes: Corn is, uh ... It's basically in ... in the blood. It's great. Nice and bright. It looks very Angelino.

Nadiya: I've not heard that one before. What is Angelino?

Wes: It's somebody who's born and raised here in Los Angeles, able to take flavours and ingredients from different places and reinterpret it. You kind of get the vibe and you feel it.

Nadiya: It's a vibe.

Wes: Yeah.

Nadiya: Ah.
Like me, Wes is first generation. His dad immigrated to the US from Mexico in the '70s.

Wes' dad: Oh, hey.

Nadiya: Hi! And Wes has invited him to join us for lunch.

Wes: It's good.

Wes' dad: Really tasty.

Wes: Fantastic.

Wes' dad: He's not cooking just traditional food. Look at his customers, there are not that many Mexicans here.

Wes: It's like, I cater to Angelinos, which is a big melting pot.

Wes' dad: Yeah.

Nadiya: Do you feel like he's living your American Dream?

Wes' dad: Oh, yeah.

Nadiya: Why did you come to America?

Wes' dad: To have a better life. I mean, we don't have any money, so I told my mum, 'I've got to go.' I was eighteen.

Nadiya: From first leaving Mexico, it took Wes' dad six years to get a green card, allowing him to live permanently in the US.
Does America feel like home now?

Wes' dad: Oh, yeah. I feel like this is my country.

Nadiya: Yeah.
There was something quite powerful about sitting there with Wes and his dad because it made me appreciate the struggles that my dad went through. I've always thought about it from my perspective, but never really thought about it from the immigrant's point of view, the person that had to move, the person that had to make those changes, the sacrifices that they had to make. I hadn't really thought about how big that was.

UNIT 3

Opener: BBC Vlogs

- 1 The worst job I've ever had was as a dishwasher in a restaurant in a town near where I lived. It was quite intense work. I was given plates every two seconds, and I had to spray them and wash them super super quickly. The actual mental work wasn't that difficult but it was physically really exhausting, so by the end of the day I was so so tired, and it was for very little money, so that's the worst job ever.
- 2 One of the best jobs I've ever had was making a TV series about cooking. And we worked with brilliant chefs, and the best thing about it was that after they'd demonstrated a dish, we all got to eat it.
- 3 I think the worst job I ever had was selling advertising on the telephone. Basically, for two weeks people just said: 'no,' 'no,' 'no,' 'not interested,' or sometimes they didn't answer at all. Or they hung up on me! And after two weeks I got fired because I hadn't sold anything. Yep, yep, that wasn't good.
- 4 The worst job I ever had was being a lawyer. Sure, the money was really good, but the work was really boring and I didn't like the clients very much.
- 5 The worst job I ever had was when I was eighteen. Before going to university, I worked in a factory where they produced peanuts for supermarkets. The job was so boring that one day I actually fell asleep on top of the peanuts in front of me.
- 6 I think the worst job I've ever had was probably when I was a student. I was a pizza delivery boy and I would say most of the deliveries were fine, but there were a few that were very challenging. Very maybe difficult people or different places to find in Johannesburg, but it just got to a point where I just I couldn't do it anymore, and I got a job as a waiter, which was much better.



BBC Street Interviews Exs 2A and 3B

- Sagar: If I was changing career, I'd be looking for a company where I can learn, I can grow, learn new skills and things on a daily basis, get paid well of course and work with some fun people as well.
- Hazel: I do like to look for a corporate social responsibility policy when I'm applying for a company. I have worked for a company before that prioritised sustainability and a fair supply chain, and I really valued that when I worked for the business.
- Michael: Dynamism, I think complexity, you know, a company that had a good, sound financial footing and most importantly a drive, with a purpose, you know, going forward for something that they were looking to try and achieve. And making sure you had a role to fit in that particular space as well.
- Nick: For me, it'd definitely be work-life balance, because I do have a lot of hobbies and I kind of like to balance those with my work. I don't want my life to be just all work. So, I think work-life balance for me is a big one. And culture as well. Like a nice culture, where everyone's friendly to you and you can chat to everyone; it's not like a toxic culture, I guess, in the company.
- Adeleke: Well, I definitely would like to find something that's economically stable for me. Excluding that, definitely somewhere where there's a community. I've always been somewhere where ... I like being in places that are community based, somewhere where I feel like we have shared values in our team. It's looking for always working together and not individual goals.
- Sagar: Yes, I would love to travel the world, visit all the restaurants, eat my best favourite foods, watch all the football games I could possibly watch of my favourite teams and just do all the things I've always wanted to do.
- Hazel: I don't think I would. I enjoy the social aspect of working and I like using my brain, so I think I'd struggle every day to find a way to like stimulate my brain every day.
- Michael: No, I enjoy working. I don't think I would want to not work. It doesn't have to be work in terms of your current field; there's so many other roles and opportunities that you can be involved in doing, but I wouldn't want to just have my feet up.
- Nick: I would, yeah. I think with all the hobbies I have, so like playing piano, doing ju-jitsu, I could do those all day and never get bored.
- Kirsty: He does do them all day! I would do one week on, one week off, 'cause I do love relaxing, but I think what makes it special is the fact that you do work and you kind of grow and stretch yourself and then have a week off. That would be a perfect balance for me.
- Adeleke: Yes, I would take it, but it would be more to not work in standard jobs, and I'm someone who's constantly doing things, so I could sort of focus on I guess things you could say are more hobbies, but volunteering or creating more music or just going out in the world and trying new things. And that would be amazing, just have the freedom to do that as I see fit.

UNIT 4

Opener: BBC Vlogs

- 1 I think among the most important human qualities are kindness and compassion. I think they're infectious qualities. When people are kind to us, I think it makes it easier for us to be kind to other people, and so it multiplies itself.
- 2 I think one of the most important human characteristics is humility, the ability to be humble. And I think humility also means knowing what we don't know, acknowledging within ourselves where we need to improve, being more open to different ideas and opinions from others. And basically, the opposite of being prideful or arrogant.
- 3 I think the most important human quality is curiosity. Why do I say that? Well, without it we wouldn't have such significant developments in a wide range of fields, whether arts, music, science, culture or even sport.
- 4 I believe an important human characteristic is politeness. I think it's important to have good manners. 'Thank you' when someone holds a door open for you or 'please' when you're ordering a coffee.

- 5 I think the two most important human characteristics are imagination and creativity. Children have both of those in abundance. Adults less so, but when they do show them, they bring humour, art, colour to our lives. And I think it's impossible to talk about human progress without talking about imagination and creativity, and I think it's what makes us a unique species.
- 6 I think a good sense of humour is a very important human characteristic to have. Being able to laugh at the smaller most ordinary things in life.

BBC Documentary Exs 2A and 2C

Extinction: The Facts

- Sir David Attenborough: Our planet is home to a seemingly infinite variety of species. From ocean giants to the tiniest insects. We call this abundance of life 'biodiversity'. But today, it's vanishing at rates never seen before in human history.
- News presenter: The UN panel of experts has found that one million animal and plant species face extinction.
- Prof. Kathy Willis: It is worse than expected. This is happening much faster than we've ever seen before.
- Sir David Attenborough: The evidence is that unless immediate action is taken, this crisis has grave impacts for us all.
- Prof. Kathy Willis: We're not just losing nice things to look at. We're losing critical parts of Earth's system.
- Sir Robert Watson: And it's threatening our food, our water, our climate.
- Felicia Keesing: We have a moment when we can change our world and make it better. This is that moment.
- Sir David Attenborough: Over the course of my life, I've encountered some of the world's most remarkable species of animals. Only now do I realise just how lucky I've been. Many of these wonders seem set to disappear forever. We're facing a crisis, and one that has consequences for us all.
- In 2019, the United Nations asked over 500 scientists to investigate the current state of the natural world.
- Prof. Kathy Willis: This is the first time there's been a global assessment where all the evidence has been pooled together – thousands and thousands of papers.
- Sir Robert Watson: We're losing biodiversity at a rate that is truly unprecedented in human history.
- Dr Stuart Butchart: Since 1970, vertebrate animals – things like birds, mammals, amphibians and reptiles – have declined by 60 percent in total.
- Large mammals have, on average, disappeared from three quarters of the range where they were historically found.
- Prof. Elizabeth Hadley: What's different is that it's happening simultaneously in the Amazon, in Africa, in the Arctic. It's happening not at one place and not with one group of organisms, but with all biodiversity everywhere on the planet.
- Sir Robert Watson: It means that one million species out of eight million species on Earth are now threatened with extinction. 500,000 plants and animals and 500,000 insects.
- Sir David Attenborough: Since 1500, 570 plant species and 700 animal species have gone extinct. Studies suggest that extinction is now happening 100 times faster than the natural evolutionary rate, and it's accelerating.
- James Mwenda: Many people think of extinction being this imaginary tale told by conservationists, but I have lived it. I know what it is. I am caretaker of the northern white rhinos. We only have two left on the planet. They are mother and daughter.
- This is Najin, the mother, who is 30 years old. She is very quiet. And her daughter is Fatu. This is Fatu. Hey, come on. Hey, Fatu. Fatu, no, come on. She's nineteen years old. She's pretty much like a human teenager. She's a little bit unpredictable and can be feisty sometimes, especially when she wants something.
- Sir David Attenborough: Northern white rhinos were once found in their thousands in central Africa but were pushed to the brink of extinction by habitat loss and hunting. By 1990, just seven known individuals survived.
- James Mwenda: I've seen these beautiful rhinos count from seven down to two. They're here because we've betrayed them. And I think they feel it, this threatening tide of extinction that is pushing on them. They feel their world is collapsing. Unless science saves them, when Najin passes away, she'll leave the daughter Fatu alone forever. The last northern white rhino. And their plight awaits one million more species.

UNIT 5

Opener: BBC Vlogs

- 1 The most famous person I've ever met was Benedict Cumberbatch. I was eighteen years old and was lucky enough to be working on the set of *Sherlock* as a runner, and it was basically my job to make him tea and coffee and to make sure that he had everything that he wanted and that he needed. And, because we were filming in London and it rains quite a lot, it was also my responsibility to hold the umbrella next to him and to make sure that he didn't get wet while we were waiting for each scene to set up and for 'action' to be called.
- 2 I think the most famous person that I've ever met is Nelson Mandela. I was born in South Africa, and I lived there until I was twenty-three years old, so I had the privilege of meeting Nelson Mandela when I was a schoolboy. I received an award from him and I shook his hand, and it was a really incredible experience. You know, he did build the country I was lucky enough to grow up in, and if it wasn't for Nelson Mandela, I have a feeling that I would have had a very different life, and definitely a much worse life.
- 3 Jack Nicholson. I met him when I was in Colorado, and I was at school in Colorado there. At least I thought it was Jack Nicholson, so I posted a picture and everyone was like 'Wow, that's Jack Nicholson.' Other people thought it wasn't Jack Nicholson and, looking back on it, I think it wasn't actually Jack Nicholson.
- 4 The most famous person I've met is Barack Obama and I served him a coffee.
- 5 The most famous person I've met is the Queen of England when I went to Buckingham Palace and had tea in 2011.
- 6 The most famous person I've ever met was a guy called Jarvis Cocker from a band called Pulp and it went very badly because I was completely starstruck. And I tried to talk to him, but all I could say was 'aeuh ...' for several minutes. It was terribly embarrassing.

BBC Street Interviews Exs 2A and 2C

- Jane: The main influence in my life at the moment are my teenage children. They're teaching me how to be more current and to understand the world as it's changing.
- Magda: I think I'm always influenced by other people because I like to be surrounded by people and I like to talk to people, get inspired by them, so especially at work, at the gym, I don't know, even at home because of social media, so I think everywhere.
- Philo: Yeah, well, the work part is also the same, however, I'm not really on social media, so most of the things I do or the ideas I have come from people who are near and dear to me.
- Zoe: I think in every aspect of my life I'm influenced by others. I think in the world at the minute with social media and the internet I feel like it's hard to not be influenced by what other people do and say.
- Rory: I think definitely in sort of the clothing that I wear, so I'm very susceptible to what other people are saying and how that affects the way I want to present myself to others. So, sometimes maybe I feel like I'm not presenting myself the way that I want to because I'm worried about what other people are gonna say.
- Mohammed: Firstly, I'm influenced like professionally by my parents and my grandparents, like careerwise, like I want to like go down the same path and like learn from them, learn from their mistakes and you know, just like use their mistakes to try and help me be a better person like professionally.
- Jane: Probably my grandmother. She was very patient, a wonderful cook and always had an open house. So, yes, my grandmother.
- Magda: Actually, I'm thinking of my biology teacher. She was a teacher that gave me the opportunity to start in the medical field and to build up a career in that field, even though I went to a high school that is [for] musician[s]. So, definitely her.
- Philo: Yeah, with me it's my basketball trainer. He taught me a lot of principles I can use in my everyday life – discipline and all these things that, yeah, all this knowledge I have for university and all these other things.
- Zoe: I think an obvious answer would be politicians 'cause they choose obviously policy, sort of dominates what

the culture's like and I feel like that influences me a lot because I study politics as well. That is very influential in my life.

Rory: I think my dad definitely has had the biggest influence on my life. I think from the start, he was sort of the person I aspired to, and so I try to sort of replicate his work ethic, the way that he handles himself in situations that maybe aren't the best. I think he's definitely sort of provided me with a lot of the groundwork that I wanted to grow up and become the person that I want to be.

Mohammed: My friends honestly, like everyone, you know has their own different personalities and everything. So, I like to pick up from their strengths and my friends' weaknesses and try and build it in my character and try and become a better person.

UNIT 6

Opener: BBC Vlogs

- 1 I really like old things and antiques. I find that things from long ago are designed better, took longer to craft and build. I also like how there is a story behind things that have been around for generations.
- 2 I think new things aren't necessarily better than old things, especially when it comes to buildings. I live in a building which was constructed in the 20s, and of course some things don't function properly, but there is such a sense of history here, and I feel that architects used to put a lot more care and effort into how they design public spaces. For instance, the staircase, the courtyard, the corridors are simply amazing here.
- 3 In terms of how we store music these days, it's a lot easier to listen to anything you want wherever you are. It's easy. It's on your phone or whatever. Compared to the old ways which was to have it on a CD or cassette if you're that old. However, there was something nice about having the physical copy as part of a collection of your music.
- 4 I think from a functional perspective, new things are almost always better than old things, but I think we love the aesthetic of some old things like vinyl records and classic cars and vintage clothes, things like that. So, I think we like both things. I certainly wouldn't swap my smartphone for a 1970s telephone for example.
- 5 No, I don't think new things are necessarily always better than old things. I think they're just new, and so you're not as bored of them yet.

BBC Documentary Exs 2A and 2C

- Mark: I still love riding my bike today, especially because it's packed full of material science innovation which all came about relatively recently, which is odd because the bicycle seems to me like something that should've been around forever.
- It was this man, Baron Karl von Drais, who set the ball rolling in 1820, and he invented something called the *Laufmaschine* and this is it. Now, it has two wheels, a frame, handles, and it was designed to help you get around, but you had to run. Hence the word *Laufmaschine*, because *lauf* is the German for *run*.
- Designed to support a fully grown Baron, the *Laufmaschine* was little more than a wooden bench on wheels. Its sturdy frame took the bulk of your weight, but you could still only travel at running speed. It was nearly half a century before that was bettered by this, the 'Boneshaker'. In 1870, this was the cutting edge of bicycle design. It's made of wrought iron and wood, but critically has pedals. The bonus is more speed, but now stopping's the issue, so I'm pleased they added at least some rudimentary brakes. But it was still far removed from the modern bicycle.
- Although the Boneshaker is so much better than what came before it, essentially, it's still pretty hopeless. I mean, it's really heavy! And I'm not putting that on, it weighs a tonne! It's slow, it's cumbersome, it's difficult to manoeuvre. It's just ... it looks beautiful, but it's not really the thing you want. What you want, is **this**. It's essentially a modern bike, but its basic design dates back to the 1880s. And the reason it is light, stiff and strong is because of the steel tubing and the pneumatic tyres, and what made those possible is not so much an innovation in engineering or design, it's the emergence of new materials.

In the mid-1800s, Henry Bessemer discovered how to turn iron into high-strength steel on a massive scale. That transformed industry and launched a new era of tools and machinery. Unlike iron, steel could easily be made into tubes, though at first, they had welded seams and weren't very strong.

Then, in 1886, a way to make tubes without the seam was invented, and so the bicycle had its frame.

It also had its chain. In 1880, industrial steel was used to make a revolutionary roller-chain, which also made gears possible. But the best was yet to come, the bicycle tyre.

John Dunlop invented his pneumatic tyre in 1888 to give his son's tricycle a comfier ride than its traditional solid wheels did. It was an ingenious idea that's been used on pretty much every bike made since, and almost anything else with wheels.

To show just what a revolution in design the 1880s bicycle was compared to its predecessor, the Boneshaker, I've brought them both here to Herne Hill Velodrome for a rather unusual race.

These racing cyclists are going to help me out by comparing the Boneshaker to its successor.

Club-racer Nigel is going to ride the Boneshaker in a head-to-head pursuit against me. I'll be on the post-1880s bicycle.

So, we've got a super-fit athlete on a Boneshaker, and me on a bike designed just a few years later but featuring pneumatic tyres and tubular steel, not to mention the roller-chain.

Tony: Ready. Go, Nige! Come on! Come on, Nige! He's getting up big speed now, getting stability.

Nigel: Yeah, it might be a touch more than a minute, guys.

Mark: Here he comes.

Nigel: It's the most difficult machine I've ever cycled on, without a shadow of a doubt. I wouldn't be swapping it for my road bike any time soon.

Mark: Sadly, I can't claim any credit for my victory. I owe it all to the revolution in materials that transformed the bicycle from a cumbersome novelty to a genuine speed machine.

UNIT 7

Opener: BBC Vlogs

- 1 I have to make pretty much all my big life decisions in the next ten years, for example where I live, who I live with, what job I do, if I want to have children. Yeah, all the big ones.
- 2 I honestly don't expect to be forced to make any important decisions in the next decade. I'm at a point in my life where I worry more about decisions concerning my children than my own. My sons are fourteen and seven so I expect to assist them with their important decisions regarding, for instance, education over the next decade.
- 3 The biggest decision I have to make over the next ten years is when to retire. I don't want to leave it too late because I've got so many great adventures I'd like to do with my husband, such as trekking across New Zealand.
- 4 So, over the next ten years I imagine that I'm going to be making a lot of decisions about how I can live sustainably and the impact I have on the environment. So I think I'll be really having to consider the types of businesses that I support and where I buy things from my clothes to my kitchen appliances, pretty much everything where I'm going to buy it and from. And another way that's going to impact my life in terms of living sustainably is how I choose to travel and the places that I visit. I think I'm gonna be making a lot more decisions about those sorts of things than I have done previously.
- 5 The biggest decision I will have to make in the next decade is whether I want to continue living in Poland or if I want to move abroad. It's actually been my dream forever to live in Iceland, however, I'm not sure whether I would enjoy that cold climate.
- 6 Do I want to retire? I should perhaps be thinking about retiring around the age of sixty-five, sixty-six, sixty-seven. Do I want to retire, and, secondly, can I afford to retire, because obviously retirement is a much more complex issue than perhaps it was for my parents. I think those are gonna be the biggest decisions that I'll have to make in the next ten years, and at the moment I'm avoiding thinking about them.

BBC Street Interviews

Exs 2A and 2C

- Michael: No, I like choice. I think you must always have lots of choice. It's up to you to investigate what are the right choices and that's an interesting process to go through. So, choice is absolutely key.
- Dylan: I'd say yes because I myself am quite indecisive, so I would find myself chopping and changing what I want most of the time. But if there is fewer options, then I can narrow it down easier.
- Tori: As much as there's like too much choice and as much as I'm like indecisive, I think I love having too much choice. I think it's good to have as many options as possible.
- Duncan: Well, you can, I mean some people say, you know, 'I have too much choice in doing things,' but I don't think that's necessarily the case, cos you make your own limitations, and you restrict yourself to whatever choices you think are appropriate. So, in a sense, no, you can't have enough choice. And if other people start to limit your choice, that's worse.
- Catherine: I think that's a question for people that are indecisive. So, I like a lot of choice. I like to know that I have choice. I feel restricted if I have no choice. So, I think the answer is no.
- Sky: Yes, I think you can have too much choice because I tend to become overwhelmed when there are too many options, and it's hard to really decide, and there are too many variables. So, yes, you can.
- Sagar: Yes, cos if you've got too much choice, you'll end up not doing anything, because you got too many things to choose from.
- Jane: Definitely too much choice, all the time. I find it very confusing. The older I get, the more confusing it becomes.

Exs 2B and 2C

- Michael: I think I make wrong choices all the time. I mean sometimes you're walking down the street and you see people who don't have as much as you, and you sometimes wish you could do more, but you walk past them. That's a wrong choice. So, I make wrong choices all the time.
- Dylan: I made the right choice to go to Newcastle University because I love the city and feel like really at home there.
- Tori: I made the right choice to study engineering because I get to work with my hands and being able to learn different things about mechanics.
- Duncan: My recent job. It's been about eighteen months and I made the right choice in taking up that job. It's really been a massive change, and it's absolutely worked out superbly for me.
- Catherine: I was young, I was immature, and I had an opportunity to do a career I really wanted to do. And I started it, and then I decided that partying was so much more fun. And I went off on the partying route and I missed that opportunity for a career choice.
- Sagar: The right choice was probably joining the company that I work for right now – I work with some really really fun people. I learn new things every day and new skills. The wrong choice? I don't think there's a wrong choice because as long as you're learning from your decisions that's always a good decision to make, right?
- Jane: I've made several wrong choices in my life, but I try and find the positive in that choice. So, I don't really think I've made many wrong choices. It's just finding a solution from the wrong choice.

UNIT 8

Opener: BBC Vlogs

- 1 A quality I really like about myself is that I think I'm quite positive. I always manage to see the best in any situation or person.
- 2 I like the fact that I'm able to multitask, which, well, I mean with practical things. It just means I'm able to be quite efficient, especially at the weekend, getting different chores done. It means I get them done a lot more quickly and then I have a lot more time to relax and enjoy myself. Cos I know some people who can't multitask and, yeah, I feel sorry for them.

- 3 I think the quality that I like most about myself is that I'm really good at keeping in touch with friends. I've got friends from all different times of my life and I think, I like to think that I'm a kind and thoughtful friend and I devote a lot of time to meeting up with people, even, you know, we might have moved many miles apart from one another over the years, and I still make a lot of effort to travel and meet up with friends or if we can't do that then speaking on the phone and just spending a lot of time prioritising my friendships.
- 4 I like that I have a calm personality. It helps me to get through hard situations, and sometimes I can help others to feel calm, too. And that's really good. But, to be honest, I'm not always calm – sometimes I freak out just like everyone else.
- 5 Well, I like to think that I'm quite honest. When my children ask me questions, I try to answer them as honestly as possible, and I think I do the same with other people, so yeah.
- 6 I think I'm quite open-minded. I think I'm quite liberal, which I think is a good quality. I'm also not really intimidated by people, so I don't feel like people are better than me.

BBC Entertainment Exs 2A and 2B

Stephen Fry: Good evening, good evening, good evening, good evening, good evening, good evening and welcome to *QI*, where this week I shall be messing with your minds.
Tell me this, which do you find most convincing, the IKEA Effect, the Rhyme-as-reason Effect or the Frequency Illusion?

Sarah Millican: Is the IKEA Effect just arrows on the floor? Is that what that is? Just not being able to get out of anywhere ever.

Stephen Fry: That, if you can ...

Sarah Millican: Is that prison? Is that prison? Prison with tea lights.

Stephen Fry: It may be better understood by saying things like if you make crab apple jelly, say, or ... or ... or jam, in my case apricot jam, I made last year, and it's just the best apricot jam there ever was. I know this, it's a fact. It's the best apricot jam anyone's ever tasted. But I'm told that it's part of the IKEA Effect. In other words, if you've made it yourself from your own ingredients, you just think it's better than anything else that you can buy in a shop or anything else.

Sarah Millican: Is that why people are really smug about their babies?

Stephen Fry: Yes! Basically, they are an IKEA Effect. Well, let's move on to the second in our list then, which is the Rhyme-as-reason Effect. What do you think that can be about?

Josh Widdicombe: Is that like, um, 'no pain, no gain'?

Stephen Fry: Yes. Yeah.

Sarah Millican: Never the twain with ... no.

Stephen Fry: They do seem to work, inasmuch as, if you suggest a kind of rhyming piece of advice to someone, and to another group of people you put the same sentiment that doesn't rhyme, they'll believe the rhyming one. So, for example, they gave 'wealth makes health', to a group of people, and almost all of them agreed with it. They then said, 'financial success improves medical outcomes.'

Sarah Millican: Catchy. It's catchy.

Stephen Fry: And they didn't agree at all, despite it meaning the same thing. So, it shows there is a strange quality that a rhyming phrase has.

Sarah Millican: And it's also easier to remember as well, so you're more likely to pass it on to somebody else, aren't you?

Stephen Fry: Well, that's right.

Sarah Millican: If it rhymes.

Stephen Fry: And it seems just to have some sort of authority or imprimatur that an ordinary phrase doesn't. It's also 'the Keats heuristic': because it's beautiful, it must be true. Beauty is truth and truth beauty, is the idea. You've got to be in it ...

Josh Widdicombe: ... to win it.

Stephen Fry: To win it, yes.

Sarah Millican: Points mean prizes!

Stephen Fry: Points ... no, hang on!

Sarah Millican: Oh, I'm not very good at this, am I?

Stephen Fry: An apple a day, of course, yeah ...

Josh Widdicombe: ... keeps the doctor away.

Stephen Fry: Red light in the sky, shepherd's pie. Oh, no. That's not one, is it? Red sky at night, shepherd's delight. That's the one, yes. The Frequency Illusion, does that mean anything to you?

Sarah Millican: No.

Stephen Fry: No reason why it should. When I used the word heuristic, it may be that you didn't know the word. But it's quite likely that in a couple of days you might see it in a magazine or hear someone else using it on the radio or television and you'll go, 'That's weird, I only just heard that word for the first time two days ago, and now it keeps cropping up everywhere.' Have you ever had that experience?

Josh Widdicombe: Yeah. I was talking to someone about this. It was Richard Osman, cos he was complaining about people saying there's always tennis questions on *Pointless*.

Stephen Fry: Oh, yes.

Josh Widdicombe: And the moment you think that there's tennis questions on *Pointless*, if you see one, you think, 'Well, that completely reinforces everything.'

Stephen Fry: Yes, that's right. All these things are called a sort of a cognitive bias, they push you into a way of thinking, some different ways of ... So, you can tell the most appalling lie if it rhymes, or it's featured on *QI*.