

UNIT 1

Lesson 1.1, Listening, Exercise C

1.1 J = Jackson O = Olivia

J: Hello. Welcome to the Tec-cast. I'm Jackson, and this is my big sister, Olivia.

O: Hello. In this week's podcast, we're looking at phones. Or rather, we're not looking at our phones for a whole week!

J: Yes, that's right. Our experiment runs for seven days. We started on Monday and today's Thursday, so we're halfway through it.

O: Exactly. And instead of our phones, we're both carrying around one of these voice recorders all week, so we can record our experiences. And it's been an interesting week! I arranged to meet Jackson outside the university on Monday afternoon, but it didn't really work, did it, Jackson?

J: Uh, no. Sorry. Let's listen to our recordings from earlier in the week.

Lesson 1.1, Listening, Exercise D

1.2 J = Jackson O = Olivia S = Sebastian

O: Hi. Olivia here. It's 4:20 on Monday afternoon and I'm waiting for Jackson. We arranged to meet here, outside the university, at four o'clock, but I can't see him and it's starting to rain. So it looks like he isn't coming and I'm not sure what to do. Hmm, I can't call him because I don't have my phone. OK, I know. I'll go and wait in that bakery over there – at least I'll stay dry, and I'll be able to see Jackson through the window when he arrives.

J: Hi. This is Jackson. It's Monday afternoon and I'm late meeting Olivia. I think. I don't actually know the time because I never wear a watch; I always use the clock on my phone. Anyway, I missed my bus and I couldn't check the time of the next one – the timetables are all online now. So I decided to walk. But then I got lost because I didn't have a map – I usually use the map on my phone! And I couldn't call Olivia to tell her I'd be late. And now it's raining! OK, so

I'm just arriving at the university now and I'm looking for Olivia, but I can't see her. Hmm, now I don't know what to do.

S: Excuse me. Are you looking for Olivia?

J: Uh, yes. Why?

S: Hi. I'm Sebastian. I'm a student here at the university. I listen to your podcast every week, and I watch all your videos. I love them!

J: Really? Wow! Thanks. Uh ... but how do you know I'm looking for Olivia?

S: I spotted her here a few minutes ago. I recognized her from your videos. She went into that bakery over there.

J: Oh, excellent. Thank you so much. Look, do you want to come and join us? I'll buy you a cupcake to say thank you, and you can tell us what you think of our podcasts.

S: Yeah, that sounds like a great idea. Thanks a lot.

Lesson 1.1, Listening, Exercise E

1.3 J = Jackson O = Olivia

O: Hi. Me again. It's eleven fifteen on Tuesday morning, and yes, I'm waiting for Jackson, again. He's 15 minutes late, again, but it's OK because we arranged a plan B: what to do if something goes wrong. So I'm enjoying a nice outdoor concert in the park right now, by a really cool band. Maybe you can hear the music in the background. Our new friend Sebastian told us about the concert yesterday – he plays the guitar in the band, and he sounds really good. It's strange because all the other people in the audience are filming the concert on their cell phones, but I think they're missing half the fun! I'm just listening and enjoying it – and it's much better. In fact, I think I'll stop recording now so I can listen!

J: Hi. It's Tuesday morning, and I'm late for a meeting with Olivia, again, but it's OK because we discussed where she'll be at 11, 11:30, 12:00 and 12:30. And yes, I'm wearing a watch today – an old one from when I was a teenager. It doesn't look great, but it's good

for telling the time! Anyway, today I decided to walk the same way I came yesterday – so I checked a map before I left home! I wanted to come back to this part of town because I noticed that the buildings are really beautiful and interesting. I don't normally look at the buildings around me – I usually just stare at my phone. But it's really nice to look around and think about where I am and ... how to get to the park from here. So I'm not exactly lost again; I'm just exploring the city a little more than usual.

Lesson 1.1, Listening, Exercise F

1.4 J = Jackson O = Olivia

O: Hello again. So, as I said, it's now Thursday, and we're halfway through our experiment. How's it going for you, Jackson?

J: Surprisingly well! I mean, I think I'm seeing a lot more than usual – now I'm looking at the real world, not my phone all the time.

O: Yeah, me too. I really enjoyed observing all the people outside the university on Monday! So what about those amazing buildings? Did you take any pictures?

J: Uh, no. Because I didn't have my phone! But I can tell you about them, if you want.

O: Wow! You usually just show me your pictures. You see! We're talking more than before, too! Our experiment is working! So tell me about those buildings!

Lesson 1.2, Listening, Exercise B

1.8 M = Mona J = Juan

M: Hey, Juan. I'm writing a blog post for our website. I thought it might be good to interview you. Can I ask you a few questions?

J: Yes, of course. Go ahead. But why do you want to talk to me? What do you want to talk about?

M: Well, I hear you've just returned from a trip across Europe. It'd be nice to hear about your experiences of using English during your trip.

J: Oh, right. Yes, no problem.

M: Great. I'll just turn on my microphone ... OK, so thanks, Juan, for agreeing to talk to me

today about your recent trip to Europe. Which countries did you visit?

J: Well, I started in Russia, and then I traveled through Belarus, Poland, Germany, the Netherlands and England. It was a long journey, but I met a lot of great people and I had some amazing conversations. It was a good way to practice my English.

M: Yes, I'm sure it was! It sounds like a great way of practicing. Was it hard to communicate in English?

J: No, actually I found it really easy to communicate all the way from Russia to the Netherlands. But when I got to England ... well, it was terrible!

M: Really? What happened in England?

J: Everybody spoke so fast! And they used really strange words and phrases – lots of idioms that I'd never heard before. Plus, the people had very strong accents, so I couldn't understand very much at all!

M: Oh, no! So what did you do?

J: I just asked people to slow down. 'Can you say that again, please?'; 'Could you speak slowly, please?'; and so on!

M: And did that help?

J: Yes. I mean, the people were very nice, and they were happy to talk to me. But they speak very strange English! I guess it's because English is changing all the time.

M: Really? How is English changing? Can you give me an example?

J: Yes, of course. When I was in London, I heard many people speaking a new variety of English called MLE – Multicultural London English. It's becoming extremely popular.

M: Really? I've never heard of it. Who uses MLE?

J: Mostly young people in London.

M: So how is MLE different from normal English?

J: Well, it's mostly a question of pronunciation. But there are also grammar differences. For example, in MLE, they don't say 'you were'; they say 'you was'. 'I was'; 'you

was'; 'he was'; 'she was'; 'we was'; 'they was'. And then in negative sentences, it's 'I weren't'; 'you weren't'; 'he weren't'; 'she weren't'; and so on.

M: What? That's terrible! But isn't that a mistake?

J: Well, it isn't Standard English, of course. But millions of people speak like that, so how can it be wrong?

M: Hmm ... what do you mean by 'Standard English'?

J: Well, Standard English is the form they use in books and newspapers. It's a kind of cleaned-up version of English. But it isn't the only form of English, and most native speakers don't speak Standard English – at least, not all the time. There are hundreds of other forms of English all over the world – like Jamaican English, Nigerian English, Indian English and so on. They're all different, but I think that's really cool!

M: OK, but isn't it just a question of good English and bad English? Surely Standard English is better, isn't it?

J: No. I don't think so. 'Standard' doesn't always mean 'the best'. When I traveled by train across Europe, I went by 'standard class', not 'first class'. And I think Standard English is like 'standard class' in a train: simple and basic, but a little boring. I think non-standard English is much more interesting.

M: So are you saying we need to learn non-standard English?

J: No, not at all. Standard English is perfect for international communication. As I say, Standard English worked well for me all the way from Russia to the Netherlands. I only had a problem when I got to England. So it depends what you need English for. I think for most learners of English around the world, it's better to learn Standard English. We don't need to speak like native speakers. In fact, as I learned on my trip, it's usually better when we don't speak like native speakers.

M: Wow! Yes, I see what you mean, and I certainly agree with you on

that last point. OK, so thanks a lot for that interview, Juan. You've given me a lot to think about ... and to write about on the blog.

UNIT 2



Lesson 2.1, Listening, Exercise C I = Interviewer E = Emma

I: Welcome to *Dreams Come True*, the podcast that finds out about people's life-long dreams and how they've turned them into reality. My guest in the studio today is Emma Sykes from New York.

E: Hello, thanks for having me!

I: Glad you could be here. Now, Emma, you are 35 and you are the owner of a successful advertising agency, is that right?

E: Yes, that's right.

I: So you've already had a lot of success in your life.

E: Yes, you could say that. I've worked very hard and the agency is doing well, but I still have dreams – well, one dream anyway.

I: And I believe that dream involves big plans on water! Tell us a little more about it.

E: That's right, John. Ever since I was young, I've been fascinated by the water. I love swimming and diving, and for the last few years I've been learning how to sail. My ultimate dream, the thing I've wanted to achieve my whole life, is to live on a yacht and sail around the world.

I: Wow, that's a big dream! And it doesn't sound easy. Tell us, just how have you made this dream a reality?

E: Well, that's the thing ... I haven't. Not yet. Not completely.

I: So, you haven't sailed around the world?

E: No, I haven't. It's just not practical at this time in my life. Yachts are very expensive. I've saved a fair amount of money, but not enough yet. Plus, I don't have enough skills or knowledge yet to go sailing on my own across the oceans.

I: Well, that does sound very complicated! So how do you keep going with your plan when it seems so far away?

- E:** For me, the most important thing is to make a decision to put a plan into action. Once you've made the decision, you can set short-term and long-term goals that will help you achieve your dream.
- I:** I see. Yes, that's a good point. So what are some of your short-term goals? How are you going to work toward that ultimate goal?
- E:** Well, there's the sailing lessons, obviously. But actually, I've turned one part of the dream into reality already.
- I:** Really? What's that?
- E:** A year ago, I sold my house and used some of the money to buy a houseboat. It isn't a yacht, and it won't take me around the world, but it's a home and it's on the water. OK, I'm on freshwater, not saltwater, but I now live on a boat.
- I:** Wow, that's already a pretty big change! But does living on a houseboat really prepare you for sailing around the world?
- E:** Yes, I think so. The important thing here is to stay motivated and not lose heart, and this step helps me to do that.
- I:** And of course, you're getting some experience of what it's like to live on the water.
- E:** Exactly! I'm learning to live in a small space, and I'm also finding out what it's like to live in a home that can move from place to place. OK, I'm cruising along canals, not crossing oceans, but doing something similar to my dream – it's a start.
- I:** And now that you've made that start, do you think your plan to sail around the world is more achievable?
- E:** Absolutely. On the whole, I think the hardest part of any journey is the first step. Now that I've made the break from the land to the water, I'll be able to take the next step of my journey with more confidence.
- I:** Well, thank you for coming to talk to us, Emma. I hope you can join us again once you've achieved your ultimate dream. Will you do that?
- E:** Yes, of course. I look forward to it.

- I:** Thank you, Emma. Now, next up, I'll be speaking to ...



Lesson 2.2, Listening, Exercise B

M = Matt S = Suzanna
N = Nancy R = Roberto

- M:** You know, when you move away from home, arrive in a new place, there are lots of different challenges, and for me the biggest one was eating. Well, not eating, but cooking. I mean, I could make a salad or a sandwich, but not cook anything, like, I couldn't boil an egg. I know that sounds silly, but I simply had no idea. Anyway, I looked at some books and also found some excellent 'how to cook' videos online. To be honest, the books didn't help, but I started to teach myself with the videos. I wasn't very good at first – the first time, I didn't manage to make anything at all; I just watched the video and then ordered a takeout! But, I never gave up. I kept practicing. And when my parents came to see me six months later, I managed to cook them a really tasty meal. They were so surprised.
- S:** I really hate standing up in front of people to give a talk or a presentation. So, when my brother asked me to make a speech at his wedding, I didn't know what to do. I couldn't say no to him. Luckily a friend of mine, an actor, helped me. Basically, we created a character for me to play when giving the speech, so that I didn't think it was actually me standing up to speak. Also, I learned my speech by heart so that I didn't need to use any notes. Just like an actor. On the big day, I wasn't able to stop my hands from shaking, but I remembered everything and I played that character. And, incredibly, I was able to complete the speech. That was a big day for me, as well as for my brother.
- N:** I worked as a volunteer in a village school in China for about six months, and the language was my biggest problem. I was able to speak very basic Chinese, but I couldn't remember many new words. I studied each day, but didn't achieve much – the words went in one ear and then straight

out the other! Then, I had a great idea. I had my guitar with me, so I started to write simple songs with all the new words. They were kind of like children's songs. I asked a Chinese friend to check my grammar was correct, and then tried to learn the songs. And, you know what, it worked. Each day, I was able to remember those new words, and I even started singing the songs to the kids. I was actually pretty nervous the first time I sang to them, but I managed to do it without mistakes, although I think my pronunciation was pretty poor, from the way the kids were laughing at me.

- R:** When I was a child, I never learned to swim, and, when I started going on beach vacations, I really regretted that. My friends spent all day swimming in the ocean, but I wasn't able to swim. All I could do was sunbathe! So, I asked my sister to teach me. She was very patient, but, after a few months, I gave up because I still couldn't swim. Then, after another vacation just sitting on the beach, I decided to try again. This time, I paid for lessons at the local pool. And yes, after a few more months, I finally managed to swim 50 meters. That felt so good. And then, that next vacation, I was finally able to swim in the ocean with my friends – that felt incredible. A real achievement!

UNIT 3



Lesson 3.1, Listening, Exercise B

B = Presenter (Bobby) J = Junko
A = Alan

- B:** OK, our first caller is Junko. Hello, Junko.
- J:** Hello, Bobby. Well, my story happened some time ago, when I first came to the US to study English. I was only 18 then.
- B:** OK. Can I ask, where are you from, Junko?
- J:** Japan.
- B:** Japan? OK, but you aren't calling from there, are you?
- J:** No, no. I've lived here for ten years now.

B: OK. Well, Junko, thank you for calling. Tell us your story. What problem did you have?

J: Well, the problem was a public holiday. New Year's Day to be exact!

B: New Year's Day was a problem? That is pretty unusual. What happened?

J: Well, I'd arranged to go to a classmate's house for dinner. Of course, I knew it was a holiday. But what I didn't know was there was no public transportation. So in the afternoon, I went to the subway station. It was snowing, not very heavily, but it was really cold. Anyway, the station was closed when I got there, so I couldn't get a train. I thought it was because of the snow, but the roads were OK, so I decided to try to get a bus.

B: But there were no buses either?

J: Mmm, exactly. But I didn't know. Anyway, I found a bus stop and sat down to wait.

B: Oh, no! Did you wait for long?

J: Actually, not so long. I was very lucky.

B: You got a taxi?

J: Not exactly. A police car was driving by when it suddenly stopped and one of the officers got out. She asked me if I was OK and explained there were no buses today. I felt so embarrassed and stupid. But then, guess what?

B: What?

J: She told me to get in the car. I was worried. Had I done something wrong? But they were both smiling, so I just asked why.

B: So then what?

J: They took me to my friend's place.

B: What? Like a taxi?

J: Exactly. I couldn't believe it. So kind. You know, we went right across the city. When I arrived, my friends hadn't started dinner. So, I wasn't late at all. Perfect!

B: How nice, Junko. I guess it was a quiet day for everyone, even the police. A great example of the New Year's spirit in action. Thank you. OK, now let's hear from Alan. Hello, Alan. Tell us your story.

A: Sure. Hi, Bobby. Yeah, so, I'd been out of work for a few months when I got this interview for a job in another city. I really needed the job, so I decided to leave really early – you know, I didn't want to be late and all that.

B: Not for an interview, no!

A: Right! Well, it was raining when I left, so I took a taxi to the station. That didn't take long, but when I got there, I found out that they'd canceled my train. I wasn't too worried though – the next one was in half an hour, and I had plenty of time. So I took the next train, but after about 30 minutes, that train broke down and we were just stuck there. Not moving or anything. And, stupidly, I'd left my phone at home. Yes, I'd changed my jacket just before I left, and my phone was in that first jacket, so I couldn't even call the company.

B: How unlucky, Alan. So how long were you stuck there?

A: About an hour! And all that time I was getting more and more stressed. The train started moving again, but really slowly, and we arrived about two hours late, and that meant I had already missed the interview by over an hour. So, I jumped in a taxi, but that only made things worse.

B: In what way?

A: The traffic was awful – you know, it was still raining. We ended up stuck in a traffic jam. After about 20 minutes we were still not moving, so I got out and walked. So, when I finally got to the office, I was really late, stressed and wet from the rain. I looked like a mess.

B: I can imagine. Nightmare! Did they still interview you?

A: Well, that's the funny thing. I was standing at the reception desk, waiting to make my excuses to the receptionist when this guy stepped in front of me. I was about to complain when the receptionist said 'Mr. Hammond, you've arrived. At last! And, can you guess who he was?

B: Another candidate?

A: Oh, no, not another candidate. He was the manager, the interviewer! It turned out he'd been on the same train as me! I introduced myself immediately, and we had a laugh about the whole trip.

B: Amazing! What a coincidence. And so I have to ask: did you get the job?

A: Well, after all that bad luck, things had to change, and yes, I got the job.



Lesson 3.2, Listening, Exercise B C = Chairperson A = Alfred C1 = Councilor 1 C2 = Councilor 2

C: OK, everyone, before we make our final decisions on this year's Car-Free Day, I'd like to invite some members of the public to give their views. First, let me introduce Alfred Shaw, a lecturer in business studies.

A: Thank you. OK, well, it's clear what most of you think about a car-free day. An absolutely wonderful idea, right? However, I'm here to disagree. Actually, it's a really terrible idea.

C1: What? You can't be serious!

C2: Nonsense, it's an excellent idea.

A: OK, you say that, but it really isn't. Let's look at the facts. First of all, they don't solve the traffic problem. And, anyway, cars are, very simply, great.

C2: Great? Come off it! We know they cause some awful problems.

A: OK, some things about cars are fairly bad, but they're clearly the best way to get around, and so they're never going to disappear. We've held this Car-Free Day 15 times before, but the rush-hour traffic jams have not gone away. Car-free days have a really tiny effect on driving habits, if any at all.

C1: But it's still better than doing nothing.

A: Is it? Here's another reason why we should think again. Car-free days don't even help the environment. Think about it. Although there may be no cars in the city center for that one day, those cars are still out there on

the roads, just on different roads. So, all you're doing is moving the pollution.

And another thing, the car-free day causes massive traffic problems in the city, as drivers have to find other ways to go. Remember what happened last year, when that truck got stuck under the railroad bridge because we'd closed the main road? Because of that, there was an absolutely enormous traffic jam, trains were canceled and thousands of dollars of damage was caused. People were furious about that, and rightly so.

In short, car-free days are absolutely useless because they change nothing, and they create huge problems, not solutions. I'll now move onto what we should do instead.

C1: About time!

C2: Like what? A pedestrian-free day?!

C1: Ha ha. That's very funny.

A: Hmm, hilarious. You're clearly missing my point. We shouldn't ban anything, we should just improve everything.

First, we should start a campaign to encourage people to buy greener cars. Let's get more people using electric and hybrid cars. This may be extremely difficult, but it isn't impossible. We could hold an e-car festival and give people a chance to try the cars out in order to see their benefits. That would be a superb way to change things.

Also, we need to improve public transportation and get people using it. We need more buses, and cleaner buses – some of our old buses are really filthy, so it's no wonder people choose cars first. Let's invest some money, and then, why don't we run a 'Use Public Transportation Week', instead of banning cars for a day?

C1: Actually, that's a really good idea.

A: Thanks – an extremely good idea, I'd say. Finally, we should encourage a healthier and greener lifestyle all year round, rather than just for one day a

year. Let's get people back on bikes. Let's teach people of all ages how to bike safely. Other cities have city bike rental systems – why don't we? We haven't even had a meeting to discuss it because you're too busy planning for car-free day.

OK, to sum up, there are alternatives to car-free days that are actually better for the environment and that actually reduce car use. Let's try them out, instead of holding another useless car-free day. OK, any questions?

C2: Um, isn't it true that your brother runs an electric car dealership? Maybe that's ...

A: Hey, what's that got to do with anything? Really! I just want our city to be a great place to live, that's all.

UNIT 4



Lesson 4.1, Listening, Exercises B and C

J = Julia S = Shireen

J: Hi, Shireen.

S: Hi, Julia. I can't see you; I don't think you've clicked the video button.

J: Oh! Oops! I'll do it now. Hold on. There we go.

S: That's better. Good to see you. Happy New Year!

J: And happy New Year to you!

S: How's everything going in Spain?

J: Great. We had a good time on New Year's Eve; there's a real party atmosphere in Madrid. We were at a house party, and then out on the streets at midnight, eating grapes, dancing and drinking hot chocolate – just wonderful!

S: Well, lucky you! Sounds better than mine. We went to see the ball drop at Times Square in New York City.

J: But that sounds amazing!

S: Oh, I'm sure it was – it's just we never actually saw it.

J: Oh no! What happened? You didn't get lost again, did you?

S: Not exactly – we just weren't early enough. There was a massive crowd and we got stuck on a

side road. We could hear the countdown, but couldn't see a thing.

J: Oh! I bet it was freezing, too. I'm glad I was at that party and had that hot chocolate at midnight.

S: Yeah, I can imagine. We were outside for hours, and I lost my hat. To be honest, I did get pretty cold. I'm going to look for a new hat tomorrow; Sophie's coming here to have lunch, and then we're going shopping.

J: That's nice. Is that one of your New Year's resolutions? Are you going to finally buy some new clothes? No more going out in your sister's old ones?

S: Haha, very funny. Actually, I haven't made any resolutions yet.

J: You haven't? I've made several.

S: Really? What've you decided?

J: Try and guess.

S: OK, OK! Let me see. So, are you going to get married this year? Time to copy me?

J: Ooh, that's a big question to ask! No, no plans yet, but Alberto's said he's going to buy me flowers every month. He's going to try to be more romantic, for a change.

S: That's great. He sounds sweet. Let's hope he keeps that one. So, what are yours?

J: Well, I've decided to get in better shape this year, so I'm going to join a gym. Also, I'm going to study Spanish more seriously. I find it pretty hard to follow Alberto's friends.

S: That's a surprise! I always thought your Spanish was really good.

J: Well, not good enough. In fact, I'm meeting a new teacher on Thursday, for private lessons.

S: Really? That's quick!

J: Well, there's no point in putting things off. Just get started and then stick to the plan. I was reading a self-help book about this the other day: *How to Reach Your Goals and Change Your Life*.

S: Another self-help book? I think you should make a resolution to stop reading them.

J: Well, I think you should read some. It'd be good for you.

- S: Really? I'll leave that to you, I think.
- J: Oh, come on – now's the time to make some resolutions. What do you want to achieve this year? Or change? What about your chocolate habit? Resolutions are a great way to quit bad habits.
- S: My chocolate habit? What do you mean?
- J: You eat some every day, don't you?
- S: Well, just a little. At work, you know.
- J: Shireen, I really think you should cut it out of your diet. I was reading about how we've all become sugar addicts and ...
- S: That's a surprise! Another book! But, yeah, I know what you mean. It's just that I get really bored at work. I don't think I can totally quit, but I'll cut down on the amount I eat. Happy now?
- J: Cut down by how much? There's no escape – make your mind up now!
- S: OK, OK, I'll stop eating it every day. I'll have chocolate on Fridays only, as a treat.
- J: Great, and I'll make sure you don't break that resolution.
- S: Great, and how are you going to do that? Going to come to work with me each day?
- J: Hmm, I'll put a webcam on your office desk.
- S: Well, at least you can see how boring my job is then.



4.4

Lesson 4.1, Listening, Exercise A

A = Announcer M = Maya L = Lukas J = Jody H = Hassan

- A: Maya
- M: I never usually bother with self-help books. I usually prefer fiction, especially things like sci-fi and fantasy. But last year, I read a book that totally changed the way I feel about myself. It's called *Life Cycle* and it's by a famous cyclist and lifestyle expert named Helena Schneiderlin. The book explains how you can find the real you and be a happier person when you find your true passion. It gives you advice on how to find the thing that you love and how to use it to

improve the quality of your life. I followed the advice in the book, and since then I've become much happier. It's definitely changed how I feel about myself. It's changed my life really. I'm much more confident now.

A: Lukas

L: I think the one thing that changed my life most of all was a book called *The Road*. It's by Cormac McCarthy and it's about a father and son on a journey through a strange and unwelcoming place. It might be the future after a terrible event – the book doesn't say exactly. Really, I think it's about the relationship between the two characters. Even though their situation is very bad, the love they have keeps them strong. I'll never forget the first time I read this book. It made me think about my own relationship with my father. We don't always get along, but I think *The Road* has helped me to understand him better.

A: Jody

J: There's a book called *Sapiens*. I only read it last year, but honestly, I can't think of another book that has had such a strong effect on me. It's a history book, and it tells the story of the human race – everything, from how we started as hunters, and then became farmers, on to how we developed cities and industry. It's written by Yuval Noah Harari. He talks about religion, money, countries, law – everything. It's a very impressive piece of work, and it really helped me to see things in context. I feel I have a better understanding about who we are now that I've read that book.

A: Hassan

H: Seeing *Hoop Dreams* was a life-changing moment for me. It's a documentary about two teenagers in Chicago who want to be professional basketball players. It follows six years of their lives, as they try and make it to the top. Both boys come from poor backgrounds, and the film is about a lot more than just basketball. It's about society, and it's about how a

life can change in an instant. I was really into basketball when I was young, and I went into the movie theater that day wanting to be a basketball player, but by the time I walked out of the movie theater I wanted to be a film-maker instead. And that's what I am now. *Hoop Dreams* inspired me to make documentaries.



4.7

Lesson 4.2, Listening, Exercise B

R = Rita Costa J = John Malone T = Toshi Asaka

- R: Hi, I'm Rita Costa, and this is *Rethinking the Future*, when we look at how we can stop pessimistic predictions from coming true.
- OK, so, today's prediction is that rural life has no future. Many villages and small towns are going to disappear, or only have older residents because young people are relocating to urban areas – that is, they're going to the cities to find work and a new, modern life. We've talked before about overpopulation in urban areas, but what about the problem of underpopulation in rural areas? Like many countries, Japan faces that problem, but it is trying to deal with it. Our reporter John has been there to find out more. Hi, John.
- J: Hi, Rita. Yes, I visited several places and saw some great ideas for repopulating small villages, for getting people to exchange their life in the city for one in the country.
- R: I guess that means offering financial incentives, you know, offering things like free or cheap housing, low business taxes and relocation expenses.
- J: Yes, and some local governments are certainly doing that, but I'm talking about examples of blue-sky thinking, and by that I mean ideas that are different, fresh and unexpected.
- R: Oh yes, such as?
- J: Well, the fresh thinking involves foreigners, the internet, cows and love.
- R: That sounds fascinating. Tell us more.

J: Sure. My tour started in the small mountain town of Kamiyama, where the city feels far away. At first, it all seems very traditional and underdeveloped – you know, there are very few signs of modern life. However, to encourage companies to relocate from urban areas the town council provides a super-fast internet service, faster than Tokyo's. And now, if you look inside some of those traditional buildings, you'll see signs of a growing digital start-up economy, teams of young designers and programmers working away on their computers.

R: Do you mean like small digital design and app companies? Like in those urban creative business centers?

J: Exactly. Here's Toshi Asaka, the owner of one.

T: I decided to move here from Tokyo because of the internet service. I can do my work anywhere, and here the quality of life is wonderful. There are no drawbacks, no disadvantages, about living here – my employees don't feel underpaid now!

J: Kamiyama Council has managed to reinvent the local economy, moving from traditional to modern digital business.

R: Right, using modern technology to create opportunities for young people. That makes sense. What's the next idea?

J: Well, other places are using tradition rather than technology to change their future. The small fishing village of Nakanoshima has its eye on young people, too, but not young Japanese. They offer special six-month Working Holiday Visas to foreign visitors who want to experience a truly traditional Japanese lifestyle. You stay in cheap, shared accommodations, in a traditional building and do part-time agricultural work, that is, you have a job in the farming or fishing industries.

R: That sounds like a fun thing to do. But is it such a good idea? I'm not sure it really helps the village to

grow. I mean, the visitors only stay six months.

J: But then, new businesses like restaurants, cafés and language schools open up, and that encourages local young people to stay and not go to the city, so the visitors are an opportunity for the locals.

R: OK, so the experience of the foreign visitors is only half the story. What else did you discover?

J: My final stop was Mishima Island. Like the other places, they provide financial help like cheap accommodations and relocation expenses, but if you are single and looking for romance, they will also pay for your dates.

R: Pay for your dates? Cute, but, that isn't a lot of money, is it?

J: Well, perhaps you've misunderstood the goal of this plan... its intention. It isn't about attracting new people; it's about keeping them. What I mean is, they want people to move to their village, and to then stay forever. What better way to do that than to help them to find love and perhaps start a family. Isn't that both sweet and smart?

R: OK, I get it now, but what about married couples? It doesn't help them, does it?

J: Not really, no, but they also give every new resident a young cow.

R: A cow? I'm not sure that will get me moo-ving there.

J: Oh, not just any cow. Mishima cows are extremely rare, and their beef is incredibly expensive, with a kilogram worth \$500.

R: That's a lot of money! I can't believe it.

J: Yeah, but it really is that expensive. And the thing is, just like the village life, these cows are in danger of extinction, of disappearing completely forever, so they're another thing the new residents are helping to save.

R: The thing I love about the Mishima Island approach is that it creates emotional bonds to a place. What I mean by that is people soon make a strong connection to their new home, either through finding love

or raising a cow. Definitely blue-sky thinking.

UNIT 5



Lesson 5.1, Listening, Exercise A F = Fiona M = Michael

F: Hello, sorry I'm late. You must be Michael. I'm Fiona.

M: Hi, Fiona. Nice to meet you.

F: Nice to meet you, and thank you for coming, and for waiting. I hope we can help you. So, I've had a quick look at your personality test and, in today's session, I'd like you to tell me why you're thinking about changing careers, and to find out more about the kind of work that you like doing.

M: Sure.

F: OK, so you're currently working in a bank. I see you've been there for five years, since leaving college, so why do you want to leave that behind?

M: Well, it's been a good job, but um, I just feel there's something missing. I studied business and finance in college, and getting a banking job seemed like the right thing to do at that time, but I'm not so sure now.

F: I see, and what is it that's missing exactly? Your personality test showed you have good people skills. Does your work involve using those much? And your organizational skills are strong. I'm sure that's important at the bank.

M: Yeah, absolutely. You definitely need to be well organized, to both meet deadlines and manage the money carefully. Um, I work in a local branch of the bank, so I have to deal with customers face to face, and I've recently been made assistant manager, so those people skills are important, and I do more general planning now, like team planning, you know, to make sure the work gets done – that sort of thing. I think the thing is that basically every day is pretty much the same. I rarely have to think on my feet, or deal with surprises.

F: OK, you want a little more variety in your work. So, this has been your only job since college. Did

you have any part-time jobs before?

M: Well, this may surprise you, but I used to be a fashion model.

F: A fashion model? Well, now that you've told me, it isn't so surprising, I mean you look very neat and well-dressed.

M: Thank you. I didn't do it for long, um, but it was really fun. I really enjoyed the photo shoots. It's good doing something creative together; the teamwork was good and important. And, well, they'd usually give us some of the clothes after the shoot, which was great for me as a student!

F: I can imagine, and also very different from working in a bank. Um, anything else?

M: The other thing was working as a waiter. I joined an agency for part-time catering work, so I used to serve food at conferences and events, or I'd work in a café or restaurant for a few days, you know, if their employees were sick or something.

F: Well, that's great experience to have. Did you like doing that?

M: Oh, yeah, for sure. You have to work hard. At busy times, you would always be under a lot of pressure, but in a good way. I liked helping the customers enjoy the event. I used to be tired but happy at the end of a day. But, you know, that was only student work for me. It did get me into food and cooking though; that's one of my hobbies now – home baking and stuff like that.

F: Well, it's certainly interesting to hear that you liked working under pressure. Um, you just mentioned hobbies. Do you have any other interests? Anything that might involve skills that you could use in a job?

M: Well, you obviously don't mean going to the movie theater. I love skiing. Um, before college, I was a member of a ski club at a local ski center. One thing then, I used to help new members, you know, I'd coach them a little, and just help them as they were learning. That was pretty rewarding. There was

a nice sense of achievement, you know.

F: Is that feeling missing from your work in the bank?

M: In a way, yes. But I don't want to be a ski instructor, you know, that's just like having your own business. I want a steady job, to have a career in a good company, but, well, just not in a bank.

F: Sure, sure. Well, from what you've said, I do have an early suggestion for you to consider.

M: Already? OK, well, what are you thinking?



Lesson 5.1, Listening, Exercise D F = Fiona M = Michael

5.2

F: Sure, sure. Well, from what you've said, I do have an early suggestion for you to consider.

M: Already? OK, well, what are you thinking?

F: Well, it's clear you like using your people and communication skills, and your personality test shows you're good at organization and time management.

M: That's all true, I think.

F: Yes, and you're looking for a job that has a lot of variety. And you enjoy working on a team.

M: Uh huh.

F: So, have you thought about a career in catering? Not as a waiter or chef, but as the person who organizes the catering at events. You used to work as a waiter at them, how about running them? A catering manager is a good career, and it requires all those skills.

M: Well, I don't know, um, sounds interesting, but, I mean, I don't have any training in that area.

F: But you do have experience of those events, and actually catering companies do look for people with a business studies degree.

M: Do they?

F: Uh huh. And I think that the work of planning and running an event should suit you and your skills.

M: And food and cooking is a hobby of mine.

F: Exactly.

M: OK, well, I'm interested. Let's find out more.



Lesson 5.2, Listening, Exercise B C = Clive E = Ella

C: Welcome to the *Business Business* podcast. Today, we're discussing environmental business ideas, and we're starting with the retail sector. I'm talking to our retail expert Ella Stevens.

E: Hello, Clive.

C: Ella, I understand you're going to tell us about a clothing company with some very unusual marketing ideas.

E: Yes. I'm talking today about Patagonia. It's an outdoor activities clothing company based in the US. It was started by Yvon Chouinard in 1973. He used to be a rock climber, and at first, Patagonia made climbing equipment. Since then, it has changed its focus to outdoor clothing.

C: So they make and sell clothing for activities like hiking and skiing, as well as climbing?

E: That's right. Patagonia is one of the largest brands in the outdoor clothing sector, but there are lots of others, such as North Face, Berghaus and Columbia. These brands are now so popular that you see people wearing their clothes all the time, not just when they are out in the country.

C: So what's different about Patagonia?

E: Well, a few years ago, the company launched a new marketing campaign called 'Worn Wear', which encourages customers to buy second-hand Patagonia clothes like old jackets and T-shirts.

C: That is an unusual way to run a business. It's difficult for a clothing company to make a profit selling new clothes if everyone chooses to buy second-hand instead.

E: That's a good point, Clive, but Patagonia goes even further. They also actively encourage their customers to give them their old Patagonia clothes so that they can then sell them as second-hand items.

- C: Really? Why are they doing this?
There must be a good reason.
- E: Well, Patagonia strongly believes in taking care of the environment. They've built a brand based on respecting nature, and they are trying hard to reduce the negative impact that the company has on the world we live in. They believe that by encouraging people to repair their clothes and return them so they can be bought second-hand, they are helping the environment.
- C: And is this strategy working for them?
- E: Yes, it is, Clive. Patagonia is doing a good job of attracting new customers. As the results show, their sales have increased because of campaigns like 'Worn Wear'. For example, they made record profits on Black Friday a few years ago, and they donated the whole amount to environmental organizations.
- C: That's incredible! And I imagine this helped them to make even more money in the long term.
- E: It's certainly made their brand more attractive to customers who are concerned about the environment.
- C: Is 'Worn Wear' the first time Patagonia has used such an unusual marketing campaign?
- E: No, it isn't. Another instance of this is when Patagonia took out a full-page ad in The New York Times that encouraged people NOT to buy one of their jackets because of the damage it would do to the environment. Consequently, they got a lot of media attention.
- C: I can imagine – that seems like a fairly risky strategy. Did they sell more jackets?
- E: Probably, but there's no doubt that the company has helped to increase people's knowledge about the effect the clothing industry can have on the environment.
- C: And it's a very interesting approach to building a brand. Thank you for coming in to talk to us today, Ella. Next on the podcast we're looking at ...

UNIT 6



Lesson 6.1, Listening, Exercise B

6.1

Soccer, // basketball, // golf, // tennis
// – four of the world's most popular sports. / They are played by millions / and watched by millions more, / and all four / are in the greatest festival of sports, // the Olympic Games.

However, // there is one sport / that is just as popular as those, / but it still hasn't been accepted in the Olympics, / and indeed, // many people say / that it is not even a sport. / What sport am I talking about? // eSports. / Yes, // electronic sports, / or competitive video gaming.

Now, I guess many of you think video games are just something people play at home or on their phones. In fact, they are played in the same way as any other sport, with teams competing against each other in large venues and stadiums, in front of thousands of paying spectators, and with millions more watching online.

Even if you already know how massive eSports are, maybe many of you think gaming is not actually a sport. But I hope to persuade you that video gaming has all the features that we see in other sports.

First of all, it is clearly competitive. Players and teams compete in national and international tournaments, with a goal to win the final, lift the trophy and become the champions. The will to win is a key part of video gaming.

Also, playing video games requires incredible mental strength and skill. You need to focus for long periods of time and the games are very fast. eSports demand smart thinking, quick decision-making and great communication between team members, just like traditional team sports.

Of course, some people argue that video gaming is not a real sport because it doesn't require physical strength. Now, I accept it isn't the same as soccer or football, for example, but, because the games are long and demanding, professional gamers have to be very fit. If your fitness levels are poor, so is your ability to concentrate. This is why the managers and coaches of

professional teams make sure their players spend time training in the gym and have a healthy diet. That all sounds like a sport to me.

So, have I changed your mind yet? Do you now feel that eSports should be in the Olympics? If not, remember that when they choose new sports for the games, they are looking for ones that are popular and have strong youth appeal. That sounds like eSports to me. Online eSports platforms have hundreds of millions of users every week. While the numbers of people playing and watching traditional sports are declining, they are rapidly increasing for eSports, and most of those people are young people.

So, eSports are physically and mentally demanding. They attract young people like no other sport. They are popular all over the world, and, of course, anyone can take part. They have already become a professional success story, with famous top players, great teams, and enthusiastic fans.

Video gaming is not a sport of the future; it is a sport of today, and so, eSports should, undoubtedly, be in the Olympic Games. Now, please excuse me, but I have a game to go and play. Thank you.



Lesson 6.1, Listening, Exercise D

6.2

In fact, they are played in the same way as any other sport, with teams competing against each other in large venues and stadiums, in front of thousands of spectators, and with millions more watching online.



Lesson 6.2, Listening, Exercise B

RP = Radio Presenter S1 =

Speaker 1 S2 = Speaker 2 S3 =
Speaker 3 S4 = Speaker 4 S5 =
Speaker 5

RP: Hobbies. Interests. Pastimes.

They're something more than watching TV, and something different from playing a sport. I'm Gavin Ross, and in this week's *Human Behavior*, we're asking you, the public, about what you like doing in your free time. What hobbies do you have? How long have you been doing them? Why do you have them? Let's hear from

some of our listeners out on the streets in Boston today.

S1: I'm really into classic or vintage cars. I've been buying them since I was 18, when I first learned to drive and got my first one, a small 1960s sports car. Obviously, it isn't exactly a cheap hobby, what with buying and then repairing them. It means I don't go on expensive vacations like my friends, but I'm not going to give it up. I've just bought an old Mini, so I'll start working on that tomorrow.

S2: Arts and crafts are my thing – jewelry making, painting, woodwork. I've had this interest since I was a child. For the last six months, I've been going to pottery classes. In fact, I've been working in the studio this afternoon – that's why my hands are so dirty. As a hobby, it's relaxing and a great escape from daily stress, and, you know, it makes time fly – a sure sign I'm enjoying myself.

S3: I don't really have a hobby, but my husband is an enthusiastic cyclist. Actually, I think that cycling is an obsession for him, rather than a hobby. If he isn't out on a ride, he's cleaning the thing, or checking out the latest accessories online. He's been doing it since his teens, so I knew what I was getting when I married him. It isn't really my thing, so I leave him to it; it seems to keep him in shape and happy.

S4: I don't know if you can call this a hobby, but I spend most of my time following Danny CJ, the singer – I'm a massive fan. I've been a member of his fan club for a long time, I've been to a lot of his concerts and I collect everything I can about him: all the music, pictures, posters, calendars. It's great following him on social media, too. He even replied to one of my tweets once. Whenever he comes to Boston, my friends and I all hang out outside his hotel. He's in there now – we've been waiting here all day, but we haven't seen him yet. Hold on, is that him? Danny! Danny! Over here!

S5: Do I have a hobby? Well, you might say my hobby is having

hobbies. I tend to get really into something, like, at first, I get really obsessed with it, but then I soon lose interest. I don't know why. I've always been like this. Recently, I've been getting into bird watching – I've bought all the kits and a bunch of books, and I've joined two local societies. No idea how long this will last though. I might start cooking classes soon, or take up sailing. Anything that gets me out of the house.

RP: Those are just some of the people I've met while making this show, and I'd like to hear from even more of you. Visit our show's website to see how you can take part in this series of *Human Behavior*. The address is www.radiotalk.nett/humanbehavior ...

UNIT 7



Lesson 7.1, Listening, Exercise C

V = Vicky C = Charlie T = Tina M = Markus

V: Charlie! You're here at last!

C: Hi, Vicky. Sorry I'm a little late.

V: No problem. You're only ... 20 minutes late. Welcome to pot luck night.

C: Thanks. Am I the last person here?

V: No, actually, there's only one other person so far. He arrived half an hour early!

C: Oh, that must be Felipe, right? He's always early.

V: True. But it was good because he helped me make my dish: a cheese and chilli salad.

C: Ach ... I'm allergic to dairy products. Oh, well. Never mind.

V: Hmm. Wow ... those looks delicious, Charlie. What are they?

C: Spicy buffalo wings. They're a traditional dish from New York made with a hot sticky sauce.

V: Wow. That's ... different.

C: Yes, that's what I thought. Uh ... can I heat them up in the oven? They just need 15 minutes.

V: Sure, but you'll have to wait ten minutes. I'm heating up Felipe's dish right now.

C: OK, no problem.

V: Great. Let me take your dish. Go and join Felipe – he's waiting in the backyard.

C: OK, thanks.

V: Aha ... Tina. Welcome to pot luck night!

T: Thanks. Is everyone else here already?

V: No, not yet. But Felipe's here, and Charlie.

T: Those look nice. What are they?

V: Buffalo wings. Charlie brought them. Hmm ... I've never eaten buffalo meat before. I wonder what it tastes like.

T: Hang on ... that can't be right. They can't be buffalo wings. Buffaloes don't have wings!

V: No, you're right. But they're definitely wings. They could be chicken or something like that.

T: Aha ... yes. Isn't there a city called Buffalo in New York? The name must come from the city, not the animal.

V: Good thinking. Anyway, what have you brought?

T: It's my own recipe. It's called cheesy chicken pasta surprise.

V: Oh, right. What's the surprise?

T: Ah ... you'll have to wait and see. Can I just heat it up in the oven?

V: Well, uh ... you'll have to wait for Charlie's dish ... and Felipe's dish. It's chicken curry in a creamy sauce.

T: Oh, yes, so that's what smells so good. I love hot, spicy food.

V: Great. So let me take your dish to the kitchen. Go and join the others out in the backyard.

V: Markus! Great to see you. Come on in.

M: Thanks. I'm so sorry I'm late ... again! You must think I'm so disorganized!

V: No, don't worry. Most of the others have just arrived, too. So ... what have you brought?

M: Cream of chicken soup. I hope that's OK.

V: Uh ... yeah, I hope so, too. But I don't have any soup bowls, so it might be a little difficult. I suppose we could drink it from cups. Uh ... do I need to heat it up?

M: No, don't worry. I heated it up before I left. That looks great. What is it?

V: It's Tina's cheesy chicken pasta surprise.

M: Ah. It smells great, but ... what are those red things?

V: They look like they might be chilies.

M: Oh, I hope not! I hate spicy food.

V: Well, they might not be chilies. They may be red peppers or something.

M: No, they're definitely chilies. Oh, well – hopefully there are some other dishes that I can eat.

V: Uh ... you may have a problem there. We also have Felipe's spicy chicken curry and Charlie's spicy chicken wings.

M: Oh, no! Well, at least I have my chicken soup. And it means there will be more food for you.

V: Uh ... not really. I don't like chicken.

MT: Let me give you an example. Ugly carrots taste just as good as beautiful carrots, but in our local grocery store, they cost less than half as much. As far as I'm concerned, the uglier, the better! Also, my grocery store always lowers the price of meat or dairy products that are getting close to their best if used by date. So it's usually possible to buy food a lot more cheaply by checking those dates carefully. As long as you eat the food soon after buying it, it's completely safe.

H: Right. So it's all about money, then, Mr. Taylor?

Mr.T: No, not really. Food production has a massive impact on the environment: first to produce the food and distribute it, and then to get rid of any waste. I always thought the best way to save the planet was to reduce the amount of garbage we throw away and to reuse and recycle as much as possible. But in fact, the food itself has a much greater impact than the packaging it comes in. For example, throwing away a head of lettuce harms our planet 100 times more than throwing away the plastic bag.

H: Really? That's amazing. Why?

Mr.T: Well, just think of all the water needed to grow it, the electricity to keep the greenhouse at just the right temperature, and then the environmental cost of keeping it fresh all the way from the farm to your fridge. It all adds up!

H: Wow! I'd never thought of that!

Mr.T: Here's another example. It takes 100 buckets of water to bake one loaf of bread. A hundred! Think about that the next time you throw away some one-day-old bread. If we could end all food waste around the world, it would be like taking one quarter of the world's cars off the roads. As far as I'm concerned, the less food we throw away, the better.

H: OK, so what have you done to cut down on food waste? Alison?

A: Yes, well, before our experiment, Mom or Dad always served up a large plate of food for each of us, but it was usually too much for me. So half of it always went in the garbage can. These days, we all help ourselves to food from a serving dish in the middle of the table. It's great because now we only take what we want – and we eat everything on our plates. It's much better because the less we cook, the less we waste.

H: OK, great. And what about leftovers?

A: When we started off, we had a rule that we had to eat yesterday's leftovers before any fresh food. But it was awful, so we stopped it. I mean, yesterday's leftovers are disgusting! Who wants to eat those? But now we use those leftovers to make soup or a stew. It's still a little strange, but the longer we do it, the more normal it feels.

H: Yes, I'm sure. OK, and what about Philip? Can I ask you a question or are you too busy playing on your phone?

P: Don't worry – I'm not playing. I wanted to show you a cool cell phone app. It helps us keep track of exactly what food we have in the house – and when that food will go bad.

H: Oh, OK. Sorry. So ... how does it work?

P: Well, you need to type in all the numbers whenever you buy – or eat – anything. Some people might find that to be a waste of time, but I like that sort of thing. Of course, you don't need to count every single potato, for example, but the more carefully you count things, the more accurate your results will be. It's really fascinating when you study the numbers. Now, whenever we're in the grocery store, we can check what we need and what we don't. The app also sends us a notification when something is getting close to its best if used by date. That's really useful.



Lesson 7.2, Listening, Exercise B

H = Host MT = Mrs. Taylor Mr.T = Mr. Taylor P = Philip A = Alison

H: Hello and welcome to *The Food Fad Show*. Today, we're talking about food waste. Did you know that globally, we waste a huge amount of the food we produce. The average person, just one person, wastes \$200 of food every year. Can you believe that? \$200!

H: In the studio today we have the Taylor family. A year ago, they decided to reduce the amount of food they waste every year by 50 percent. Tell us more, Mrs. Taylor.

MT: Well, I've been interested in food waste for a long time. But the more I researched the topic, the more I realized that we aren't just throwing away food; we're also throwing away hundreds of dollars per year – enough to pay for a nice family vacation. That's when I decided we needed to cut our own waste dramatically.

H: OK, so what have you done to save money?

- H: Yes, I'm sure.
- P: And it even suggests delicious meal ideas to use up the ingredients we have, instead of buying new ones all the time. I never enjoyed cooking before, but thanks to the app, it's a lot more fun. And best of all, the app tells us exactly how much money we're saving every day.
- H: Oh, yes. Tell us about the money, Mrs. Taylor.
- MT: Well, so far, it's been a great success. According to Philip's app, we've managed to save \$730 in food bills alone over the past year. And guess what? We're going on vacation next week to celebrate our excellent achievement.
- H: Wow! Congratulations!

UNIT 8

8.3 Lesson 8.1, Listening, Exercise B C = Caroline T = Toby

- C: Hey, Toby. Do you want some coffee?
- T: No, thanks. I'm in a hurry. I need to go to the library to work on my project for college.
- C: Really? What's the project?
- T: We have to invent 'something that will make a difference to people's lives'. But I'm terrible at coming up with ideas. They didn't teach us how to be creative in school when I was younger! But you, you're so creative. I mean, you write amazing stories; you design beautiful clothes. How do you do it?
- C: Well, you can actually learn to use your imagination better. I've read a lot of books about creativity, and I've learned some great techniques from them.
- T: Really? Can you give me an example?
- C: Well, whenever I feel like I have too much work, I always stop working for an hour or so.
- T: But I don't have time to stop. I'm really busy!
- C: I always thought the same. But when I tried it, I found that a break actually boosted my creativity. When I'm relaxed, I have lots more

creative ideas, and I'm much more productive after a break – I get more work done in less time. Tell me, how do you fill your time in the evenings?

- T: Uh, I usually just watch TV or play games on my phone. I'm too tired to do anything else.
- C: Aha. So that's what's blocking your creativity: you're filling your brain with information all the time. You need to unplug completely. Instead of watching TV, go for a run. You need to let your mind wander freely.
- T: OK, I guess I can watch less TV. But I hate running!
- C: Well, it doesn't have to be running. You could go dancing or swimming, or get some other type of physical exercise. They're all good for generating new ideas.
- T: OK. I love swimming, so I guess I could go to the swimming pool once a week.
- C: Great. Swimming's actually perfect because the water is blue.
- T: Uh, sorry? What does that have to do with creativity?
- C: Well, I read recently that the color blue makes us more creative. Whenever I need to think outside the box, I go to the beach and look at the sky and the ocean. It always helps.
- T: OK, but it doesn't really help me with my project. I need to start work on it right now. I'm actually getting stressed about it.
- C: Well, maybe that's the problem: you're letting your emotions block your creativity. You should look at a problem from the outside, to take away the emotions. Then it's much easier to find a solution. That's why it's easier to solve other people's problems than your own – because you can focus on the problems, not the emotions.
- T: OK, but ...
- C: So another good technique is to discuss your ideas with other people – and listen to what they say. The best solutions usually come from group discussions and brainstorming sessions. And if there's nobody you can talk to, you can imagine having a conversation

with a friend. Look at the problem through someone else's eyes.

- T: OK, yes, I know what you mean. But what about my project? I need to come up with an invention right now. But I don't have any ideas at all. My mind's gone blank!
- C: Well, there's one last trick I usually use when I really have no ideas. I call it the alphabet technique. OK, so tell me three letters of the alphabet.
- T: Uh, W, G and P.
- C: Perfect. So your invention needs to solve a problem, and that problem needs to start with your first letter, W.
- T: Water? It isn't really a problem, is it?
- C: Well, let's use your second letter to help us. What was it?
- T: G for – grass. Hmm, water, grass. Aha, maybe the invention could be a better way of watering the grass in people's yards when they're away on vacation. I mean, just pouring water onto the grass all day and all night is really wasteful. But what's the solution?
- C: I don't know. But it needs to start with your third letter, which was ...?
- T: P – for plastic bottles. Aha, I could use old plastic bottles, filled with water. Then I could make tiny holes in the bottles, so the water comes out really slowly, over a week or two.
- C: Sounds good!
- T: Hmm. I need to think about this carefully. OK, I'm going for a long walk along the beach to figure out the details. See you later.
- C: OK. Call me if you need any help! Good luck!

8.4 Lesson 8.2, Listening, Exercises B and C L = Leo T = Teresa

- L: Hello, and welcome to this week's *Must-have Gadgets* podcast. I'm Leo Kovalski.
- T: And I'm Teresa Martinez. Now, earlier this week I went to the International Gadget Show, where I saw some really amazing gadgets. And I've brought two along today to show you, Leo.

L: Sounds great. So what do you have for us?

T: Well, let's start with a very sensible invention: the Oombrella. What do you think, Leo?

L: Uh ... it just looks like a normal umbrella. I mean, the design is gorgeous, really nice, but ... it isn't exactly innovative, is it?

T: Oh! But this Oombrella is unique. It's the world's first umbrella that's connected to the internet.

L: What? Why on earth do I need an umbrella that connects to the internet?

T: Well, did you bring an umbrella to work today?

L: No, unfortunately. I forgot to check the weather forecast, so I didn't know it was going to rain.

T: Aha. Well, you can borrow my Oombrella today. It'll check the weather forecast for you. If the forecast says it's going to rain later, Oombrella will send a message to your cell phone.

L: OK, but why do I need a special umbrella just to send weather forecasts to my phone?

T: Well, the Oombrella is especially suitable for forgetful people, like you, who forget to check the weather forecast on their phones.

L: Yes, well, I am a fairly forgetful person. But what do forgetful people do all the time? They leave their umbrellas behind in cafés, or on the bus! What if I lose your Oombrella tonight?

T: Well, if you leave it behind, you'll get a message on your phone. They call it the unforgettable umbrella because you can't forget it.

L: OK, yes, that is pretty practical, I suppose.

T: Yes. And the Oombrella also has lots of sophisticated electronics: if you go for a long walk in the rain tonight, the app will send you a weather report when you get home. So you can read all about the weather during your walk.

L: Hmm ... I'm not sure I need an Oombrella. I never go for a walk unless the sun's shining. The big question for me is: will it keep me

dry if there's a storm tomorrow morning when I'm coming to work?

T: Absolutely! It's made of super-strong materials, so it won't break. You'll be able to use it for years.

L: Really? Well that is impressive. My umbrellas always break after five minutes in a storm. So if this Oombrella lasts for years, I'll be very happy.

T: Well, I only said you could borrow mine. I'd like to have it back tomorrow.

L: Oh, yes, of course. So ... what else do you have?

T: Well, the second gadget is called CleverPet. It's a food bowl for dogs and cats.

L: Great. And don't tell me ... it's connected to the internet, right?

T: Yes! How did you guess? Do you have any pets, Leo?

L: Yes, I have a dog named Henry.

T: And what does Henry do all day, while you're at work?

L: Uh ... not much. He sleeps most of the day, but sometimes he chews the furniture in my apartment.

T: Well, that's because he's bored. Of course he chews your furniture if he has nothing else to do all day.

L: OK. And what does this have to do with your incredible internet-connected dog food bowl?

T: Well, it isn't just a bowl. It's a puzzle.

L: A puzzle? For dogs?

T: Yes. There are three buttons with lights. When a light flashes, the dog has to press a button. If he presses the right button, the light goes on again and he wins something to eat.

L: OK.

T: Then, over the next few days, weeks, even years, the puzzles get more and more difficult. The dog has to remember lots of information and press the buttons in the right order.

L: Oh, right. And, uh, do dogs enjoy puzzles?

T: Absolutely! They love them. It keeps them busy for hours, which

means they never get bored. And if they don't get bored, they don't chew the furniture.

L: Well, I must admit, it sounds fascinating.

T: It is. And it really helps pets stay active. Scientists have shown that pets stay healthier and they live longer if they keep busy. You should definitely get one for Henry.

L: Yes, I think I might!

T: Great.

L: OK, so that's all from today's podcast. We'll be back next time with more must-have gadgets. Thanks for listening.

UNIT 9



Lesson 9.1, Listening, Exercise B C = Chair L = Leon V = Violet F = Florian

C: Welcome to the final of the Warehouse Project competition. Now, we received hundreds of excellent ideas, but there can only be one winner. Today, the three finalists are here to present their proposals before the public vote later this evening. But for now, let's hear from the first finalist, Leon MacGregor.

L: Thank you. I'd like to present my proposal to turn the warehouse into a community music center, with modern recording studios, rehearsal rooms and a performance area for live concerts. If the proposal is successful, people will be able to use the center free of charge. I believe music can make a big difference to our community, especially for older people who have retired from work. If we open a community music center, it will change thousands of people's lives, by giving them opportunities to go out, meet new people and learn new skills. Won't that be wonderful for our city?

My dream is for the people of this city to join music classes with professional musicians, to learn how to sing or to play a musical instrument. They'll work together to form bands, orchestras and choirs. They'll have the space and equipment they need to rehearse

and create new music. And they'll be able to perform live in front of an audience. If you share my dream, vote for my proposal to help it come true. Music ... for the community.

C: Thank you, Leon. Our next finalist is Violet Spring.

V: Thank you. As an actor, I love the theater. And I'm not alone – tens of thousands of people all over the country visit the theater every day. But not in this city. Since the Grand Theater closed down ten years ago, theater-lovers have had nowhere to go. They have to travel to theaters in other cities – and spend their money there instead of here. But I'm convinced that if we had a good, modern theater in this city, it would be extremely popular. What do I mean by a modern theater? Well, I firmly believe that the future is immersive theater.

Immersive theater is where the audience becomes part of the performance. There's no stage – just one shared space for actors and spectators alike. You don't just watch a play – you experience it. Immersive theater works best in a large open area, where groups of audience members can move around to watch different scenes of the play in different parts of the theater. And I think the city's warehouse would make a wonderful immersive theater. But it isn't just about art. Immersive theater is also a great business. The best shows attract rich international tourists who are prepared to pay premium prices. If we turned the warehouse into a theater, it would make a lot of money. This money could be spent on schools, roads and other important things for the city. If you like the sound of that, please support my proposal.

C: Thank you, Violet. Very interesting. Our final finalist is Florian Quirk.

F: Thank you. Let me ask you a question. What ... is the purpose ... of art? To keep bored people busy? To make money from rich tourists? No, I don't think so. Art is about opening your mind to new experiences, new emotions. It's about losing yourself ... and finding

yourself. Great art makes you laugh; it makes you cry; it makes you think. It helps you see things you've never seen, feel things you've never felt, understand things you've never understood. In short, the purpose of art ... is to give a purpose ... to life. That's why I'd like to turn the warehouse into a gallery of modern art. A place where audiences can view the works of today's best artists, including exhibits by some of the talented artists from this city. And if we make it free of charge, all the people of this city can enjoy the exhibits, displays and live performances. So if you really want to use this space for the arts, then forget about business plans and community projects. Let's create a gallery that will change the way the people of this city think ... forever. Thank you.

C: OK, thank you. Well, I must say, all three proposals sound excellent! If the city council had three warehouses, maybe we could do all of those wonderful things. But we only have one warehouse, unfortunately, so we need to make a choice. I'd like to call a 15-minute break now so we can ...



Lesson 9.2, Listening, Exercise B

Z = Zoe J = Jacob

Z: So, Jacob, how's your creative writing class going?

J: Really well, thanks, Zoe. This week, we've been writing flash fiction. That's where you have to write stories within a word limit, usually 1,000 words. It's really difficult.

Z: Really? Why?

J: Because you have to make every word count. It makes you think hard, and that makes you more creative.

Z: Yes, I see what you mean, but 1,000 sounds very extreme.

J: Well, it isn't as extreme as micro-stories. They're stories on social media sites like Twitter. A whole story told in a 140-character message.

Z: You're joking, right?

J: No, I'm not. Do you want to hear one of my favorites? It was him! She sat in embarrassed

silence. She wondered if he even knew she existed. He sat beside her, wondering the same. Nobody spoke.'

Z: OK. It isn't much of a story, is it? I mean, nothing happened.

J: No. But it's about creating a powerful scene, and characters with real emotions.

Z: Characters? You just said 'he' and 'she'.

J: Well, it's usually better if the writer provides less information, so that you, the reader, can create the missing information from your own imagination.

Z: Uh, OK.

J: OK, so here's another one. 'Alone, he ran nervously into the dark forest. A shadow. "Who's there?" he shouted. "Don't worry," whispered a cold voice. "You aren't alone."

Z: Oh, that's better. I see what you mean about using your imagination. I like the twist at the end.

J: What do you mean by 'twist'?

Z: It's when something happens in the story that you didn't expect. I mean, you think he's alone, but then he isn't. It's really powerful, isn't it?!

J: Yeah, I think so. There are also some groups on social media that write collaborative stories: stories that are created by a large group of people working together. So for example, I'll write the beginning of a story, in one 140-character message, and then you'll write the next part of the story, and so on. Eventually, we'll end up with an amazing story.

Z: Ah. It reminds me of a game we played when I was a child. We called it 'Pass the paper'. You write one line of a story on a sheet of paper, fold it down and pass it to the next player, who writes the next line, and so on. We could play it now, if you like. You'll enjoy it!

J: No, thanks. It isn't my kind of thing. But there are actually websites now that do similar things. You write a sentence online, and then someone else writes the next sentence, and so on. I know some people in my class use websites

like those to give them ideas. Of course, most of the stories are trash, but it's all about opening your mind to new ideas.

- Z:** Yes, I'm sure.
- J:** And there's another one where each person can just write three words. Some of the stories are really funny.
- Z:** Oh, yes. That reminds me of another game we frequently played when I was a student in California, 'Add a word'. Do you know it? It's when a group of you sit in a circle. The first person says the first word from a sentence, like 'My'. And then the next person says the next word. For example ...
- J:** Favorite?
- Z:** OK, yes. So, my – favorite, uh, frog.
- J:** Lives?
- Z:** Uh, under.
- J:** My.
- Z:** Uh, bed?
- J:** OK. Uh, because.
- Z:** He.
- J:** Can't.
- Z:** Afford.
- J:** A.
- Z:** Hotel?
- J:** Yeah, why not. Hey, that's a great game for collaborative stories, Zoe. You see! When you work together, you come up with ideas that you'd never have if you were on your own.
- Z:** Sure. So is that how you always come up with new ideas?
- J:** Not always, no. I sometimes use story dice.
- Z:** Story dice?
- J:** Yes. I have a set of 12 dice, and each one has six pictures, one on each side.
- Z:** OK.
- J:** So if I'm figuring out an idea for my story, I throw six dice. Then I have to use all six pictures in my story. Let's say the pictures on my dice show a castle, the color blue, an angry face, a bag of money, a motorcycle and a fish. So I have to write my story so that it includes all those things.

Z: Wow! So how about 'My fish was angry because he crashed his expensive motorcycle into a blue castle'?

J: Well, that's very creative, but it has to sound natural and believable. The story can have up to 1,000 words, remember.

Z: Cool. OK, I'm going to try to write it.

J: Great. It won't be easy ... but it should be fun!

UNIT 10



Lesson 10.1, Listening, Exercise B R = Robert V = Vicky

- R:** Would you mind if I borrowed your laptop for a few minutes?
- V:** No, of course not. Go ahead. Just bear in mind that it's really slow and it keeps crashing all the time.
- R:** Sounds like you need a new one.
- V:** Yeah, I know. I'm trying to buy one, but ... it's difficult.
- R:** What do you mean?
- V:** Well, I went to the electronics store last week. They had over 100 laptops to choose from. After about three hours in the store, looking at every single laptop, I found two that I liked, but I was of two minds and I couldn't decide which one to buy. It was horrible. In the end, I gave up! But never mind. I still have my old computer, so it isn't so bad.
- R:** Ah. Sounds like the Paradox of Choice.
- V:** What's that?
- R:** Well, the name comes from an American psychologist, Professor Barry Schwartz. According to Professor Schwartz, most people assume that having lots of choices is always a good thing. But he's shown that in fact too many choices is bad for us. It makes us stressed, so we can't make decisions.
- V:** Uh ... OK. So why do stores give us so many choices? Surely they'd sell more if they reduced the number of choices?
- R:** Exactly. The problem is, most companies still think more is better. But a few smart companies have realized that they'll sell more
- if they offer fewer choices. I read recently that a shampoo company cut the number of shampoo choices from 26 to 15. Everyone thought they'd lose sales, but in fact, their sales went up by ten percent.
- V:** Really? Wow! So fewer choices is better.
- R:** Yes, in general. But of course it's better to have some choice than no choice at all – that's just common sense.
- V:** Right.
- R:** So with your laptop, you should have gone to a smaller store. If you'd done that, you'd have had fewer choices, but your decision would have been much easier. The store where I bought mine had just three laptops to choose from. One was too expensive; one was too basic; the third one was absolutely fine, so I bought it. It took me five minutes. And I'm very happy with it.
- V:** Wow! I could never do that. I'd be worried that I'd missed the chance to buy a better computer somewhere else.
- R:** That's because you're a perfectionist.
- V:** A perfectionist? What's that?
- R:** It's a person who always looks for the perfect thing to buy. You can't relax unless you're sure you've studied every option and chosen the best one. And even after you've made a decision, you still worry that you've made the wrong choice.
- V:** Yeah, that definitely sounds like me! For example, I went shopping for some new shoes last week. After about six hours, I finally bought a pair. But when I got them home, I regretted my decision immediately. I realized that they weren't perfect and I shouldn't have bought them. So I took them back to the store to get my money back. Then I bought a different pair of shoes, but I took them back to the store a few days later. In the end, I bought the first pair again.

R: Yes, you're definitely a perfectionist. I, on the other hand, am what I call a 'quick decider'.

V: What's that?

R: It's a person who makes quick decisions without worrying about perfection. When I'm shopping for new jeans, for instance, and I find some jeans that are good enough, I buy them and stop worrying about them. And I never take them back to the store – unless they're damaged, of course. Once I've made up my mind, I stick with my decision.

V: Wow! You're so lucky. I could never do that!

R: Well, you think it's impossible, but maybe it's all in the mind. I think you can become a quick decider – you just need to put your mind to it! It'll make life much easier.

V: Yes, you're right. I'll definitely do that! From now on, I'm going to be a quick decider. But, uh, what if I change my mind later?



10.3

Lesson 10.2, Listening, Exercise B D = David B = Barbara A = Alice L = Leo

D: Hello, and welcome back to *All in the Mind*. On today's show, we're talking about habits. I'm joined by Professor Barbara Janovich, an expert in habits. Welcome to the show, Professor.

B: Thanks, David.

D: So, Barbara, why do we develop bad habits? And why are they so hard to break?

B: Well, the best way to understand habits is to break them into four parts. First, there's a cue, which might be something that you see or hear or feel. So in your example with fast food, the cue might be that you're driving in your car and you see a sign for a fast-food restaurant. Or maybe you're walking through a shopping mall and suddenly you smell the fast food.

D: Oh, yes. That smell always makes me want to eat fast food, even when I'm not hungry! I wish it didn't, but it does!

B: Exactly. So the next stage is the routine – the actions you always

take. So this is where you go into the fast food restaurant, order your food and eat it. In a true habit, you can do all of this without really thinking – it kind of happens to you, and your brain almost shuts off.

D: OK.

B: And then the third part is the reward: something nice happens. In this case, the sugar and salt in the food cause your brain to produce feel-good chemicals.

D: OK, so the cycle is cue, routine, reward. But you said there are four parts. What's the fourth part?

B: Well, this is the dangerous part: the craving. Let me explain. If you repeat the cycle a few times, your brain produces those feel-good chemicals earlier and earlier in the process. So instead of being part of the reward, you get that nice feeling at the cue stage – when you see the restaurant sign, for example, or you smell the food and you know the reward is coming soon. And now you have a problem: you've had the good feeling, but you haven't had the reward yet. This creates the craving – a powerful need to get your reward. Now you can't relax until you have your reward.

D: Ah. I wish I'd known about all this a few years ago! But I guess it's too late for me now. Is there anything I can do to break the cycle?

B: Yes, but isn't easy. You can't stop the cues, and you still need the reward. So the trick is to change the routine. So for example, I always keep a package of low-fat salty snacks in my bag. That means that when I drive past a sign for a fast-food restaurant, I treat myself to a snack from the package.

D: Uh, can I try one of those?

B: Sure! Help yourself.

B: So the cue is the same, and the reward is similar – salty food – but I've changed the routine. Of course, salty snacks aren't perfect, but they're a lot cheaper and healthier than a burger and fries.

D: Sounds good. OK, so earlier we asked our listeners to call in to tell us about their bad habits.

Our first caller is Leo. Leo, what's your habit?

L: Hello. Well, it's coffee. I drink about eight cups a day, but I don't even like it very much! I wish I could stop, but I can't control myself.

B: OK. Well, let's start with the first cup of coffee each day, Leo. What's your cue for drinking it?

L: It's when I arrive at work. I always make myself a cup of coffee before I check my emails.

B: How long does it take to get to work?

L: About an hour. Why?

B: Well, it sounds like the reward isn't really the coffee, but a five-minute break after your long, tiring trip.

L: Uh, yes, maybe.

B: So now we know the cue and the reward, the question is: is there a different routine that would give you the same reward after your trip to work?

L: I suppose I could get myself a glass of water and go for a quick walk around the office.

B: Sounds good.

D: OK, great. I hope your new routine works for you, Leo. I wish we had time to talk about your other seven cups of coffee, but we need to go to our next caller, Alice. What's your bad habit, Alice?

A: Well, actually, I'd like some help creating a new habit. You see, I wish I could run a marathon next year. I go running from time to time, but I want to get into the habit of running every day. I always set myself goals, but nothing seems to work. I really wish I were better organized.

D: Thanks for that, Alice. Professor?

B: Well, first of all, Alice, don't blame yourself. This is a very common problem. If you want to create a new habit, again you need to think about cues and rewards: what will make you remember to go running at the same time every day? How will you reward yourself for being good? So let's start by creating your cue, Alice. When would be a good time of day to go running?