Workbook audio scripts

Unit 1

Unit 1, Lesson 1.7, Track 1.05, page 14, exercises 4 & 5

Dan Hi, everyone. It's Dan here with another travel podcast. I hope you enjoyed last week's podcast about the best attractions to visit in Europe. In today's podcast, I want to give you some advice about travelling in Europe and how to avoid making some common travel mistakes.

Now, most people want to go on holiday in summer, but destinations like the Mediterranean are full of tourists at this time of year. Towns and cities are crowded and there are long queues for attractions. If you're the kind of person who isn't comfortable with crowds, go on holiday when things are quieter *and* cheaper. Most attractions are open all year, but check the times online. Some places might have shorter opening hours at different times of the year.

These days, you can buy cheap plane tickets to many European destinations. The cheapest tickets sell fast so always buy your tickets months in advance.

Think carefully about what you want to take with you because it can be expensive to check in luggage. The best thing to do is to travel light and only take a small bag with you on the plane. It's cheaper, and it's quicker and easier when you arrive at your destination, too.

The train is also a great way to travel in Europe and, for some destinations, it's quicker and more convenient than going by plane. It can be a great way to relax and see the countryside, too.

Now, when you're on holiday, one of the best ways to explore a new place is on foot. You can walk for miles looking round a city, so it's important to wear some really comfortable shoes.

The last thing I want to say is when you're in a holiday destination, don't just do all the typical tourist things. Talk to some of the local people and find out the places they go to and the food they eat. It means you can experience some real local culture and you could have some experiences you'll never forget.

That's all from me today. Join me next week for another travel podcast when I …

Unit 1, Lesson 1.8, Track 1.07, page 15, exercise 4

A Did you have a good weekend?
B It was great. We went for a walk in the countryside.
A Did you? Where did you go?
B We walked to a beautiful castle and looked round the ruins.
A Wow! That sounds fun!
B It was, but then it began to rain. We were so wet when we got home.
A Were you? How awful!
B And you? What about your weekend?
A It was my mum's birthday, so we went to her favourite restaurant.
B How lovely! Did she have a cake?
A Yes! I made her one.

Unit 1, Lesson 1.11, Track 1.08, page 18, exercise 2

Anna Hi Jack. How was your trip to Peru?
Jack It was amazing.
A Did your friend, Tom, enjoy it?
J Oh … he didn't come. He went on holiday with his cousin, but I met a lot of new people there.
A Where did you go?
J Well, I flew to Lima and stayed there for two days. The hotel was noisy, but the food was great. I ate there every day because the restaurants were very busy.
A What did you do after that?
J I flew to Cusco, and then I travelled by train to Machu Picchu. I had a cheap ticket, so the train was crowded and it wasn't very comfortable, but the views of the mountains were spectacular.
A How long did it take?
J We had to change trains and the second train was late, so about four hours. But I spent about six hours walking around the old city. That was enough.
A I know. I was there two years ago with my parents. It was very hot. I was OK, but my mum hated it. And I left my phone in the hotel, so I don't have any photos.
J Oh no! That's a pity.

Unit 2

Unit 2, Lesson 2.3, Track 2.02, page 22, exercises 3, 4 & 5

Carl Hi guys, it's me – Carl. Last night I was listening to an interesting podcast. It was about how people try to improve their neighbourhoods. I was thinking about how we can all improve the places we live. So today, I'm going to tell you how my family improved our home.

I think it's important that people try to live in harmony. In my family we share the housework. This means that one person doesn't do all the jobs by themselves. But my sister doesn't help very much! She's younger than me and she's so lazy! She never does the chores – it isn't fair! For example, during the school holidays she didn't make the bed, she didn't dust the shelves and she didn't wash the dishes. She never tidied her room, even though Mum was asking her to do it all the time.

Then one day, I made a housework timetable and showed it to Mum. At first, my plan worked really well. For the first time in ages, she was doing all her chores. My sister took out the rubbish, swept the floor, put away clothes. I was amazed. But when she got a new video game for her 13th birthday, she stopped. So to fix the problem, Mum and Dad had a clever idea. They stopped her pocket money every time she didn't do the housework.

Now, my sister is happy to clean the cooker, empty the washing machine or fold the clothes! She's interested in housework again. I think it's only because she wants to get her pocket money!

Unit 2, Lesson 2.4, Track 2.03, page 23, exercises 4 & 5

Zara Hi Mark. How are you?
Mark Oh hi Zara. I'm very well. How are you? Last time I saw you was before you moved into your new house. How is it? What's the neighbourhood like?
Z Well, I really love the neighbourhood my parents decided to move to. It's on the other side of town, but I like it.
M What do you like about your new area?
Z It has a really strong community and there are lots of great things to do like visit a museum or a park.
M Does the park look attractive?
Z Oh yes – it's very clean and tidy! That's because the neighbours volunteer to clean it up once every month. I did it last month and I cleaned up the playground – now it looks amazing. The volunteers also plant trees and flowers so I really love it.

M And what are the neighbours like?
Z Good! I've met lots of my neighbours and they are very friendly. They always support each other and try to improve the community by working together.
M So your new neighbours are friendly, fun and they look after the local area– it sounds brilliant. What else makes them good neighbours?
Z Well, they organise neighbourhood parties and celebrations every few months. If you want to go you make some food and take it with you to share with the others. They also fundraise together for charity – last week we were collecting money for an animal charity and we raised £125.
M Do you miss your old neighbourhood then?
Z Actually, yes. There are some things I miss about it. I miss seeing all the people I know but I'm sure I will get to know my new neighbours very soon. I smile and say hello to them. I think this will help.

Unit 3

Unit 3, Lesson 3.3, Track 3.02, page 34, exercises 3, 4 & 6

Emily Today I'd like to tell you about my healthy recipe. I call it my sustainable super smoothie! I think it's good for you *and* our planet! There's one ingredient I don't use in this recipe – avocados. I used to love eating avocados when I was younger. But I changed my opinion when I read an article about avocado farms. It said that growing avocados was really bad for the environment.
I made a new recipe – without the avocados.
Why is my smoothie so sustainable? Well, the ingredients have very few food miles. Bringing too many avocados to the UK produces a big carbon footprint. My recipe replaces the green avocados with two green veggies – spinach and kale.
It only takes a little water to produce spinach and it grows in the countryside around my town. That's not a lot of food miles so it's a great sustainable ingredient. Kale is another amazing ingredient because it's full of minerals. The problem is kale tastes like grass. So I add a few portions of fruit to make my smoothie taste sweet. There is one banana, an apple and half a glass of pineapple juice.
At the end, I put in some plant-based milk. I know my recipe could be much more sustainable. For example, the bananas I use come from another continent. But I still think my new smoothie is much better than the old one. And the best part is that it tastes delicious.
Thank you for listening. Are there any questions?

Unit 3, Lesson 3.06, Track 3.03, page 39, exercise 4

Alfie What is cheese-rolling? Today, I'm going to find out. Our teacher said we need to do a project about traditional local events, so my dad is taking me to see my friend Sylvester. He lives a long way from me, in the countryside, so Dad has to drive me there. Sylvester knows all about cheese-rolling and I'm going to talk to him about it. . That's because our teacher said we must do a project about a local event.
Sylvester lives in Brockworth with his parents and his sisters. It's a quiet village, but every spring a very unusual event happens. People have to run down a big hill. They run after a big round cheese which rolls down the hill in front of them. I saw some photos of the event and it looks crazy! I mustn't forget to take my phone. I can take his photo and put it in the project and make him a celebrity!

Unit 3, Lesson 3.6, Track 3.04, page 37, exercise 5

Alfie What is cheese-rolling? Today, I'm going to find out. Our teacher said we need to do a project about traditional local events, so my dad is taking me to see my friend Sylvester. He lives a long way from me, in the countryside, so Dad has to drive me there. Sylvester knows all about cheese-rolling and I'm going to talk to him about it. . That's because our teacher said we must do a project about a local event.
Sylvester lives in Brockworth with his parents and his sisters. It's a quiet village, but every spring a very unusual event happens. People have to run down a big hill. They run after a big round cheese which rolls down the hill in front of them. I saw some photos of the event and it looks crazy! I mustn't forget to take my phone. I can take his photo and put it in the project and make him a celebrity!
So, Sylvester, what are the rules of cheese-rolling?
Sylvester There aren't many rules. The people who run after the cheese don't have to do a warm-up. They only have to run after a four-kilogram cheese! Someone stands at the top of the hill, drops the cheese and it rolls down the hill.
A Does somebody need to catch the cheese to win the race?
S No, they needn't catch the cheese to win, but the first person to get to the bottom wins and can keep it. The cheese rolls so fast that nobody ever catches it!
A It sounds like a dangerous way to get cheese. Do they have to use any special equipment?
S No, they don't have to wear a helmet. Normally, they wear trainers and perhaps a tracksuit.
A One last question. Would you like to try cheese-rolling when you're older?
S Erm, no thanks! I hurt my foot playing volleyball last year. The doctor said I mustn't do any sport including jogging now. Besides, there are much safer activities that I could do!

Unit 3, Lesson 3.08, Track 3.06, page 39, exercise 5

Iain Hey Lauren. Broccoli soup – that looks healthy!
Lauren Hi Iain, I know. I don't want to eat too much sugar.
I Really? Why not?
L During the summer holidays I was reading your blog about healthy habits and I decided to have my own healthy lifestyle. But now we're back at school it's going badly.
I Oh dear, what's the problem?
L Well, I need to do more exercise so I made a timetable. But I have a few housework jobs and a lot of homework to do. There isn't enough time to do the activities I want to do! What do you think I should do?
I How about trying to focus on the sports and after-school activities you enjoy the most? It's good that you planned a timetable in advance. But maybe you shouldn't be trying to do so many things at the same time.
L Sure, but how do I choose what to focus on? There are so many activities – look! I have drama club on Mondays, football practice on Wednesdays and on Fridays I go jogging. What should I do?
I You should try to decide which club you like the most. Then stop going to another one for a while and see if you miss it. You can always go back in the future and you'll have enough time for your homework.
L Thanks Iain, that's a good solution. I also want to do more exercise. I can already do ten push-ups but I want to do more! What do you suggest?

I Why don't you get an app to help you keep track of your habits? Remember it's a good idea to be patient. You'll see results in the end.

Unit 3, Lesson 3.11, Track 3.07, page 42, exercise 2

Speaker 1 I think it's important to eat well, but you shouldn't worry about it all the time. I'm a student and I often go to the library in the evenings. On those days, I eat ready meals or pizza. On the other days, I cook pasta or rice with vegetables, and I try to eat fruit every day.
Speaker 2 I do eat a lot of pizza because I really love it. I usually buy it, but then I put extra things on top and have it with salad to make it a healthier meal. I usually add more tomatoes and perhaps some olives. I also add vegetables such as spinach and broccoli.
Speaker 3 Our family is very busy. My parents are both teachers, and I'm in the middle of my exams at school. But we all think that the most important thing is to have a big breakfast. We get up early and sit down together. We usually have a smoothie and toast, and we often have eggs and fruit.
Speaker 4 My dad's a chef, so he cooks delicious meals when he's at home. When he is at the restaurant, my mum cooks, but I also like trying out different things. My dad tries to teach me one new recipe every week. I don't want to be a chef like Dad, but I'd like to make interesting meals for my friends.
Speaker 5 I try to eat at least five portions of fruit and vegetables every day. I think it's easy to do this if you plan. You can have two or three portions in a smoothie in the morning, and then you can have one or two for lunch and the same for dinner. I often have an apple on the way to school and a banana on the way home.

Unit 4

Unit 4, Lesson 4.4, Track 4.03, page 47, exercise 4

Presenter Hello, I'm Rhian and welcome to our third podcast in the series on recycling, and with me are Sam and Maya, to answer today's question … "Can we live without plastic?" … Maya … would you like to go first?
Maya Hmm … I don't think we can live without it. Plastic can be really useful sometimes, but we can definitely use less and we all need to get better at reusing plastic.
Like, the other day I found a pair of my old boots in the garden – my mum was reusing them to grow flowers in. I think they actually look quite cool!
And I think we can buy things that we can reuse instead of using once, like reusable pens and pencils.
And, yeah, … I decided never to buy bottled water again. So, I've got a really cool drinks bottle and I take it everywhere and I just reuse it. We can all make changes like that. So try to reuse plastic, maybe for something different. And if you can't do that, then recycle it.
Sam I'm sorry, I really don't agree. We have to stop using plastic, full stop. And I think there are two reasons. One: only about 9% of plastic is ever recycled, and two: getting oil to make plastic really damages the planet, so, if we stop making new plastic, we stop damaging the planet.
There are lots of materials, like wood for toothbrushes; paper or metal for cups, which are easier to recycle and we don't have to damage the planet to use them.
You know lots of our clothes originally come from plastic too? Most supermarkets don't give plastic bags any more, so why are we still buying "plastic" clothing? I believe we have to make big changes. My whole family now only buys clothes made from natural materials. (Look, this jumper is really soft, …) And, here's another really easy one. How about changing from plastic chewing gum to natural gum? Better for your stomach and for the planet!

Unit 4, Lesson 4.7, Track 4.04, page 50, exercise 6

Sarah Next on *Healthy Living Today*, Taylor and I are talking about Denmark. I think Copenhagen is the healthiest city in the world.
Taylor Really? Why do you say that, Sarah?
S Well, it's not as unhealthy as Birmingham where we live! Things are different in Copenhagen. People cycle everywhere and there are a lot of green spaces. In fact, many studies say Copenhagen is the world's happiest city.
T That does sound good! When did Copenhagen decide to become so healthy?
S Copenhagen was one of the first cities to become a member of the Healthy Cities programme. It was started by the World Health Organization in 1986 to help cities to become healthier. Copenhagen joined in 1987. Today, there are more than 1,400 towns and cities in the organization.
T So, how did Copenhagen become so successful?
S The city wanted people to have a healthy life. Today it's really helping local people. For example, the city built more cycle lanes. Now, people cycle more and there are a lot of green spaces. There was too much air pollution so all new buildings must have plants on the roof if they're flat enough.
T That's the cleverest idea ever! Does the programme help local people in more ways?
S Yes. I think the most important part is helping people with their stress in Copenhagen. People can get help from doctors and do cheap exercise classes so they can relax.
T Well, I'm officially impressed. Ideas like these are terrific.
S I'm glad you agree.

Unit 4, Lesson 4.8, Track 4.05, page 51, exercises 2 & 3

Mike Wow Dan! You're eating salad Are you OK?
Dan Yeah! Look, the first tomatoes from our school eco food club!
M How fantastic!
D No…What a disaster!
M What do you mean?
D Well, we decided to start with the easy things, you know, potatoes, carrots, tomatoes, … but it was a very wet winter and nothing grew.
M Oh, I'm sorry to hear that.
D Yeah, and when the carrots finally started growing, the rabbits ate half of them!
M Oh no! That's terrible.
D Yeah. And now in the summer, I have to carry water from school every day, … but at least I'm fitter, I suppose!
M Great news!
D Yeah, but last month I failed two of my exams because I was so busy in the garden.
M Oh no, I'm sure your parents aren't very happy about that! Poor you!
D No, but they are happy to see me eating more healthy food. They also like the idea of local food so they're going to give us some gardening tools and containers to collect rainwater next year.
M That sounds amazing!

Unit 4, Lesson 4.8, Track 4.06, page 51, exercise 6

Mike What a disaster!
You're eating salad!
Dan We decided to start with the easy things.
M I'm sorry to hear that.
D It was a very wet winter and nothing grew.
M How fantastic!
D Last month I failed two of my exams. They are happy to see me eating more healthy food.

Unit 5

Unit 5, Lesson 5.3, Track 5.02, page 58, exercises 3, 4 & 5

Gina Hi, I'm Gina. In today's student podcast, I'm going to give you some tips on revising for your end of term exams. Ugh! They're horrible. I know! But you have to pass them so you can leave school with some qualifications. And developing good revision habits will help you. Oh, no! Wait a minute! That reminds me … mobile phones are a BIG distraction when you're revising! You'll get calls and text messages all the time when you need to concentrate hard. You can put your phone on silent, but you'll still hear it so the best thing to do is leave your phone in a completely different room. You won't want to look at it while you're revising.
On the subject of rooms, you'll probably have a favourite place to study … maybe it's your bedroom, the living room or even the local library … everyone's different and it doesn't really matter where you choose. What's important is that you take a break regularly, maybe every 30 minutes, so you don't get bored. Use this time to get up and move around. Get a drink or … go outdoors or … do some push-ups if you have the energy! When you go back to your revision, you'll feel more motivated and you'll make more progress.
Now, what else? … Ah, revision timetables. Now, I'm sure you'll have different subjects to revise during your revision period, so it's a good idea to make a revision timetable before you start. Having a timetable means that you know exactly what you're going to revise and when. And by the way, don't compare revision timetables with your friends! Everyone works differently and you know what's best for you.
Finally, think about what you're doing at the weekend and make plans to spend time with friends. It's really important to take time off from studying so you can relax and have fun.
Anyway, try using my revision tips and I'm sure you'll pass your exams. They definitely helped me to pass all mine and now I'm doing a degree!

Unit 5, Lesson 5.4, Track 5.03, page 59, exercises 2 & 3

Teacher OK, everyone. Today we're going to talk about problems you're having with schoolwork. Please don't be embarrassed. It's normal to have difficulty doing things at times. We're here to listen, make useful suggestions and help. Right, let's start with you, Amal. Go ahead.
Amal Well, my problem is grammar. I find it a challenge and I often make mistakes when I write an essay. I'm embarrassed about telling people my grades. They're bad because I'm terrible at grammar.
T Thank you for being so honest, Amal. Has anyone got any suggestions?
Katy How about using an online grammar quiz? I started using one last month and I feel much more confident now. It's a fun way to revise grammar and there are lots of practice exercises, too. The thing I like best is it keeps track of your score. You can see the progress you're making and the areas you still need to revise.
T That's a great idea, Katy. Thanks.. OK, who's next? Rory?
Rory I find revising for exams a challenge. I write pages and pages of notes, but I get bored reading them again. I can never remember things.
Hana Why don't you try making mind maps instead? You only include the important points in a mind map, so it's quick and easy to revise with one. There are lots of online programs you can use to make mind maps or you can create them on paper like me. I like using coloured pens for the all the different parts.
T That's useful advice, thanks. OK, Hana, what's your problem.
H Well, I'm a bit embarrassed about telling you this, but I think my memory is really bad. When I read information in a book, I have difficulty remembering all of it. That's why I find revising for exams a challenge. It's funny because I don't have a problem remembering things I hear on the radio.
Akira Well, we all process information in different ways. It sounds like you learn by listening rather than reading. You could try making your own podcasts when you want to revise for exams. You can listen to the information in them when you want and it'll be easier to remember.
H I think I'll do that! Thanks.
T Thank you, Akira. OK, we've got time for one more problem …

Unit 5, Lesson 5.5, Track 5.04, page 60, exercise 3

1

[students doing folk dancing with a caller shouting out instructions]
Caller Stand opposite your partner and hold hands.
2

[students doing fitness training with music playing in the background]
Trainer Come on! Don't stop! You're nearly there. Ten … nine … eight …
3

[a school orchestra tuning up or playing a piece of music]
4

[teacher talking in hushed voice so as not to disturb a bird]
Teacher Ssh! Look! Can you see that bird over there? … Use your camera to zoom in and …
5

[students at a theatre group rehearsing on stage]
Student A Does this costume look silly?
Student B No, it looks good.
Teacher OK, let's try that scene again. Mark … stand at the front of the stage.
6

[a school choir]

Unit 5, Lesson 5.7, Track 5.07, page 63, exercise 3

Amy I'm finding it hard to focus on my work.
Freya I can't concentrate either. I need to do something active.
A I know! Why don't we do some exercise? It'll be good for our brains!
F I like that idea. Shall we do some fitness training at the leisure centre?
A I'm not sure about that. I'd rather do something outdoors. Do you fancy going running in the park?
F That sounds like a great idea! Let's try to run for 15 minutes without stopping.
A Yes, why not? That'll be about a mile.
F How about doing it early on Saturday?
A I'd rather not. My cousin's coming round in the morning.
F We could always do it in the afternoon, then.
A Great. Let's do that.

Unit 5, Lesson 5.11, Track 5.09, page 66, exercise 2

Speaker E-learning courses provide free courses for students who are studying at home . At the moment we offer more than fifty different courses, but there will be new courses on the website in a month. It takes around twenty minutes to complete each course, but you can start and finish when you want to. You don't need any books and there are no teachers, but it's possible to communicate with online help while you are studying. At the end of the course we send you a certificate to show you finished the course

Unit 6

Unit 6, Lesson 6.7, Track 6.05, page 74, exercise 6

Anna I've lived on the same street as Edith for over five years, but I only started visiting her regularly six months ago. Edith lives on her own and doesn't see her relatives very often because they live in Australia. So, when we did a project at school about improving the lives of elderly people in the local area, I immediately thought of Edith. I offered to visit her regularly to chat or help her with things. I think it's really important for young people to spend time with the elderly and show some respect. These people know so much more than us – they've lived for a long time and have had so many different life experiences. It's amazing that Edith was born more than 70 years before me!

Edith When Anna knocked on my door and suggested visiting me regularly, I felt so happy. I've got a granddaughter who's 17 like Anna, but I rarely see her because she lives on the other side of the world. And all my other friends are old like me – I'm going to be *90* in July. I've known them for years and I also know their opinion on everything. So it's been wonderful spending time with someone young like Anna. I really enjoy talking to her and I'm interested in hearing her opinions. They're often very different from mine!

A I usually come and see Edith in her house every week. To be honest, I was a bit worried when I visited for the first time. I didn't know what to expect, but I didn't need to worry. Edith's friendly and easy to talk to and we became friends very quickly. When I'm here, I sometimes wash some dishes or take out the rubbish, but most of the time we have a cup of tea together and chat. She tells me stories about her childhood and growing up in the 1940s. It's so interesting learning what things were like many years ago.

E I've been friends with Anna for about six months and I always look forward to her visits. It's amazing because we were born years apart, but we never have difficulty talking. We talk about all kinds of things. I love hearing about the latest films Anna's seen and the books she's just read. She's even taught me how to send a text message on her mobile phone and I've given her the recipe for my special chocolate cake!

Unit 6, Lesson 6.8, Track 6.06, page 75, exercises 2 & 4

Amy I have a lot of favourite memories from my childhood. We always did things together as a family and we had some amazing holidays. Look … I really like this photo. My uncle took it during a summer holiday a few years ago. We were in the Lake District in north-west England, I think it was in 2015 or 2016. In the picture, my mum and dad, my brother and I are coming down from a hill that we've just climbed. It was really hard! My older brother Will is standing in the middle between my mum and dad. You can see me in the front, on the left ,trying to smile! We are all looking straight at the camera. We all have different colour rain coats. The picture shows us standing in the rain, which was falling really hard, but a few minutes later it stopped. Going down, my brother fell over and hurt his knee and my dad had to help him. My uncle made up this silly game that we were all explorers on an adventure and we had to watch out for people who were trying to catch us. He made us all laugh so although we were really wet and cold, we had a good time. And the sun almost dried us! Afterwards, we had hot chocolate and cake in front of the fire. So, this picture reminds me that we always had fun, even when things went wrong.

Unit 6, Lesson 6.8, Track 6.06, page 75, exercise 5

Meg Did you get this picture from Amy?

Ella Yes, she's wearing a terrible rain coat.

M Maybe that's because it's so wet.

E Yes, probably. It looks like a fun day out.

M And they all look really happy to be there.

E Except her brother. He doesn't seem to be interested in walking.

M No, he looks really bored.

E He probably wants to be at home, playing computer games with his friends.

M Yes. But I like this picture. It makes me think of family holidays we had when we were younger.

Unit 7

Unit 7, Lesson 7.3, Track 7.02, page 82, exercises 3 & 4

Raziya Hello, I'm Raziya and with me today to talk about milestones of the space age are two experts, Ellis and Jenny. Ellis, you're a space scientist, so what do you think is the biggest milestone of the space age?

Ellis Well Raziya, that's a challenging question. But if I had to choose one event it would be the moment when Neil Armstrong stepped onto the moon. I think it was an amazing achievement. You have to remember that it happened in 1969. That's a few years before even I was born!

R Yes and we mustn't forget that the Soviets put the first man in space in 1961. Technology has changed so much since astronauts went on those missions. But surely landing on the moon has to be the most impressive achievement of the space age. Jenny, you're an astronomer. Do you agree with Ellis?

Jenny Hmm. Yes and no. Of course, landing on the moon's surface was an important event. But I actually think the launch of the Hubble Space Telescope in 1990 was the most important thing to happen so far. In 2017 the telescope identified several planets near a star called TRAPPIST-1. They may have large amounts of liquid water on their surfaces just like Earth does. Imagine if those planets also had atmospheres like the Earth. Perhaps humans could breathe if the atmosphere was similar to Earth's.

E Yes, Jenny. Unfortunately we couldn't go to the planets around that star unless we travelled on board a spaceship for many years. We'd die before we got there if it took too long!

R I know. It's such a terrible shame! Well thank you again for joining us today. We'll be back with more science discussion next week.

Unit 7, Lesson 7.8, Track 7.04, page 87, exercises 2 & 3

Presenter Conversation 1

Girl 1 … You can have my old one.

Man 1 Thanks, dear, but how does it work?

G 1 Hang on, I'll show you. It's old, but still works.

M 1 The screen is completely grey. Why isn't anything happening?
G 1 Mm, I haven't used it for a while. Turn on the power button on the side.
M 1 Oh right!
G 1 These are my books, don't worry. I can add more books for you and Grandma. Choose one, and swipe left or right to turn the pages.
M 1 Got it. That's great! My bag will be much lighter now!
Presenter Conversation 2
Boy 1 So how do I sync it with my phone?
Boy 2 There should be an app on your phone already.
B 1 What am I looking for?
B 2 It's blue, with a picture of someone running. Scroll down a bit, there look.
B 1 Ah yes, Found it, right. So …
B 2 If you tap on the watch, and go to the main menu, above where it tells you the time.
B 1 Mmmm …. oh yes, here it is, what do I do next?
B 2 And just choose 'find new phone', … there.
B 1 Wow, that was quick!
B 2 Yeah, come on mate, get your trainers on!
Presenter Conversation 3
Girl 2 Right so, first open the case.
Woman 1 Oh wow, they're so small!
G 2 Yeah, don't drop them. Look for the red light.
W 1 Where's that?
G 2 It's on the back.
W 1 Right, finally seen it . Wow, I need my glasses!
G 2 Mum! Now, Put on some music so we know your phone is working.
W 1 Done it. What do I do next?
G 2 Start the app on your phone.
W 1 How do I do that?
G 2 Look, just tap on it, OK, it's connecting, so put them in your ears, … can you hear anything?
W 1 Sorry?

Unit 7, Lesson 7.11, Track 7.05, page 90, exercise 2

1 What's the weather like at the moment?
Boy 1 What are you going to do today, Kara?
Girl 1 I'm not sure… If it was sunny I'd go to the park. I might just stay in and read – I got a really good book for my birthday. If it stops raining I'll go and see Alex later.
2 Which button should the man select?
Man 1 I don't understand how this works.
Girl 2 I'll show you. You need to go back – swipe left. Then select the little button.
M 1 This one?
G 2 No – that's the volume button. You need the one with the key. It's next to the down arrow.
M 1 Found it.
G 2 Now select it. A screen appears.
M 1 I see – so I can enter the new password here.
3 What form of transport does the hotel recommend?
Adult Come to stay in our amazing 5-star hotel on a beautiful island. We are connected to the mainland by a bridge, so we can be accessed by car or by rail. Most of our visitors drive here, but we think the best way is to come by boat – the views are wonderful. We can also be reached by plane as there is an airport on the island.
4 What would the girl spend the money on?
Boy 2 What would you do if you won a thousand pounds?
Girl 3 Hmm… I wouldn't spend it all at once. … I don't really know… I'd go to New York if I wasn't scared of flying. What about you?
B 2 I would probably buy the latest new video game or something.
G 3 Of course – I know you're really into all that tech stuff! I suppose I could get a new phone. But my sister would be really happy if I bought her a present! So that's what I'd do!

Unit 8

Unit 8, Lesson 8.3, Track 8.02, page 94, exercises 3, 4 & 5

Jessica Today on *Down Memory Lane* we've got a story about a man with an unusual job.
Mahmood I can't wait to hear more, Jessica. Who was this man?
J Well, Mahmood, the man's name was Fred Davies and I reckon this job was unique. He did it for more than 40 years and he became famous.
M Really? Where did Fred work?
J He worked in the town of Shrewsbury in England and he needed a special boat to do the job.
M What kind of boat was it?
J It was a small round boat called a coracle. Coracles are made of wood and other materials. They usually carry one person who must use a paddle to move the boat through the water. Fred was an expert at building and using coracles so the local football club wanted to employ him.
M Wait a minute! Why would a football club want to give a part-time job to an expert in small boats?
J It was because the club's stadium was next to the River Severn. Fred's job was to collect lost footballs from the river in his boat. He did this every time a player kicked a football out of the stadium during a match.
M I see, that must be the strangest job I've ever heard of. Surely it was expensive for the club to pay somebody to collect lost footballs. Did Fred earn a lot of money?
J No, he didn't, but he didn't pay to go to the football matches. The club paid him a small amount of money for every ball he collected. Sometimes there were five or six balls during a single match so it could be very tiring. Also, Fred was good at his job. He had lost only a few footballs before he retired in the 1970s.
M He sounds like a true professional.
J Well almost – he did fall into the river a few times during his career!
M Oh no, that sounds stressful. And does anybody do Fred's old job today?
J No, they don't because Shrewsbury Town Football Club moved to a new stadium in 2007 and it isn't next to a big river.

Unit 8, Lesson 8.8, Track 8.04, page 99, exercise 2

Felix Hi, Katya. Have you been to the new university library yet?
Katya Yes, I have. The new library's great. I mean, it's … how shall I put it? It's just a completely different experience compared to the old library.
F What's so different about it?
K Well, everything's different, really. What I mean is, it feels like a place where you want to spend time studying.
F Yes, but what exactly makes it so good?
K OK, how can I explain this? … The old library, it wasn't very well-organised. The shelves were really close together so there wasn't much space so it was often difficult to find the books you needed. And it was so dark in there – there wasn't much natural light! It was quite … what's the word … It's when something makes you feel a bit sad or miserable.
F Depressing?
K Yes, it was depressing – I didn't really like being there. Also, there weren't enough places to sit and study so you often had to share tables with other

people. And there was like a gate at the entrance … for security … It's a thing that companies use to stop you going into places. It's on the tip of my tongue …

F You mean like a barrier?

K That's right – so sometimes you had to wait for ages to get in. But the new library … well, you can walk straight in, it's completely open. It's on several floors and there's much more space between the book shelves, so it's really easy to find what you need. Also, the roof is made of glass, so there's lots of natural daylight. It just feels more relaxing to be there. Do you know what I mean?

F Yes, I do.

K And it's really quiet, too – whereas in the old library, people were always talking and that was difficult if you needed space to think. There are lots of places to sit, so you always have a place to work. There are comfortable seats where you can relax …. The Wi-Fi signal is great. There's a café downstairs, and there's even a … you know … It's a kind of room, but on a roof.

F Like a terrace?

K Yes, a terrace, with plants and tables so you can sit outside and study. There are great views of the city. Anyway, the point I want to make is, the new library feels like a very positive place to be. It's completely changed the way I feel about studying.

Unit 8, Lesson 8.8, Track 8.05, page 99, exercise 4

a

Katya It was quite … what's the word … It's when something makes you feel a bit sad or miserable.

Felix Depressing?

K Yes, it was depressing – I didn't really like being there.

b

K … And there was like a gate at the entrance … for security … It's a thing that companies use to stop you going into places. It's on the tip of my tongue …

F You mean like a barrier?

K That's right – so sometimes you had to wait for ages to get in.

c

K … There's a café downstairs, and there's even a … you know … It's a kind of room, but on a roof.

F Like a terrace?

K Yes, a terrace, with plants and tables so you can sit outside and study.

Unit 8, Lesson 8.8, Track 8.06, page 99, exercise 5

1

Katya The new library's great. I mean, it's … how shall I put it? It's just a completely different experience compared to the old library.

2

K Well, everything's different, really. What I mean is, it feels like a place where you want to spend time studying.

3

K OK, how can I explain this? … The old library, it wasn't very well-organised.

4

K It's a thing that companies use to stop you going into places. It's on the tip of my tongue.

5

K It just feels more relaxing to be there. Do you know what I mean?

6

K Anyway, the point I want to make is, the new library feels like a very positive place to be.