Unit 1

Are you good at time management?

Jeremiah I think I'm quite good at time management. Um, I have to do a lot of stuff to deadlines. I have to motivate myself to get to work and do stuff on my own a lot of the time. So, yeah, I have to be.

Heidi Yes, I'm very good at time management. I'm a list maker, so when I go to a shop or whatever I can just get items off the list. And I'm a good packer as well: I can pack for a big trip in a really short amount of time, which always astonishes people, and they think, 'It's three days ahead of your trip; haven't you packed yet?' As if it would take that long. It's just organizational ability and having it organized in your head.

Rupert I'm awful at time management and, as you can tell, I'm here when I should be at work, so. Uh, yeah, not very good at time management at all.

Angela Yes, I think I'm very good at time management. I think, um, I lead a very full life. I've already been to the Impressionist exhibition this morning. Um, but I, uh, I think I was a well-organized child. And I had four children and a career. Um, and in order to do the things I wanted to do, uh, I think I had to pretty well organize the day.

Do you have any tips for managing time better?

Jeremiah I think to manage time better the most handy tip I could give is to do things once. If you pick something up, do it; if you open something do the work on it, close it – just once. Don't say, 'I'll put that over there and later I'll get to that'. Don't do it like that. Yeah, once.

Heidi Managing time better: well, I always allow extra time for things that come up that you don't expect. Having an extra five or ten minutes ensures that you never have that unexpected bit and then arrive late and nervous and rude.

Rupert I used to write lots and lots of lists, um, and try and tick them off. But I found that rather than shortening the list the list just got longer and longer and longer. Um, try and prioritize which, again, I'm awful at.

Angela I think it's important to start things early in the morning. And I think it's important to keep a very detailed diary of what you're going to do, um, and perhaps also of what you've done, and assess it a bit.

Unit 2

What sounds do you love?

Peter Uh, I love the sound of this, uh, music coming out of the corner of my ear on the side. I love the sound of people walking around on the street. And the, uh, the distant hum of the traffic. 'Hum' perhaps is a bit of a cliché, but yes, I do like that.

Deborah I really enjoy spending my time in the countryside. So, I enjoy the sounds of birds tweeting in the morning, the dawn chorus. I enjoy the sounds of newborn lambs when they're bleating and gambolling in the fields. And I enjoy the sound of dogs barking when they're playing.

Devon Um, I like the sounds of the beach. Recently I went to Barbados and, um, my apartment was right by the beach and I could hear, like, the sea and, like, the wind outside was a really nice sound.

Stephen I really love the sound of, of my grandchildren playing, and that sort of giggling is really fu … is really great.

Dan I like the sound of running water because it relaxes me.

Are there any sounds that you can't stand?

Peter Sometimes I don't like to be … hear the sound of a nagging voice, regardless of content; it's the tone of the voice.

Devon I know we have to have them, but ambulances when it's really busy when they, like, stop in traffic and then they put their sound on, and then when it's, like, quiet they take it off. So, the on-and-off of an ambulance is a little bit annoying.

Sami I think it's the classics: things like crying kids on aeroplanes where you have no means of escape. I love, you know, getting away from those kinds of sounds. Yeah, those … things that are outside of your control. I also hate the sound of the screeching rails when you're on the Underground, really, really loud. I don't like that.

Stephen I can't stand any music which has, um, the beat on a, on a cycle, on a repetitive beat. That really does my head in.

Kamina I can't stand the sound of people chewing food.

Unit 3

How much of your job involves working in a team?

Alex Uh, I'd say quite a lot, really because I work in musical theatre, so, yeah, it's never a one-man show; you've got to sort of cooperate with everybody else to give them a good show, really.

Helen Almost all of it. Um, I am Managing Director of *The Lady* magazine and uh, so we're a very, um, tight, um, team who have to deliver, um, without fail a product that can go on sale every week.

Jeremiah I'm a film-maker and a lot of it is teamwork. Uh, some of the time we work alone on editing and even on shooting; but mostly it involves a, uh, a modest team of a few people.

Andre Uh, quite a lot. I work in TV production and, uh, there's quite a few different people involved in that, from production through to, uh, editing. And then also to, um, satisfying the clients as well, so the sales side of it.

Tell us about an interesting experience you've had working in a team.

Duncan I can tell you about a time when things went wrong working in a team. I was working in a, in a restaurant when I was a student. I, um, was working in the kitchen and of course part of the team are the waitresses and waiters in the rest … in the restaurant as well. And we had a big table of about thirty people and we managed to get the order out, um, to the table all at the same time; they enjoyed their food, I think. But unfortunately, um, the waiters and waitresses didn't give them the bill and they walked out without paying.

Jeremiah I had the great luck to start my film-making career just around the corner here with a, an editor called John Silverside. And he, uh, explained everything that he was doing to me, which isn't typical. Normally you just get bossed about. And he, he took time to explain every single thing that he was doing. And I learned my craft that way and, you know, I'm forever grateful for that teamwork.

Helen Um, there's been many. Um, one of the things that I can, um, reveal to you is a good thing, is that we have been shortlisted for Consumer Magazine of the Year, which is just tremendous. We've been going 130 years and it's great to be recognized. Uh, we're England's longest-running women's weekly, uh, so it's great to be recognized for the efforts that the whole team have, um, pulled together to deliver.

Unit 4

Are there any things you wish you had done when you were younger?

Deborah I wish I had persevered with learning to play a musical instrument. I was encouraged by my parents to play the flute and I wasn't very good at it, so I gave up at a, a sort of fairly junior grade.

Devon I wish I'd continued playing basketball because that was a thing I really wanted to do and I was quite into it when I was younger. And I wish I'd kind of continued that through life now maybe, and see where that could've taken me.

Sami I think I wish I, I'd learnt to speak Arabic, because my father's Arabic. But I never learnt and that was something I really regret.

Stephen I'm not really a man that's got many regrets. Possibly I could have settled down a bit later, travelled a bit more, before I started work. But on the whole, you know, I'm reasonably happy.

What's the most adventurous or risky thing you've ever done?

Deborah I've done the highest bungee jump in the world, which is in, um, Tsitsikamma in South Africa. So, you jump off a huge bridge, and it's so tall that they have to winch you back up. So, I was all brave jumping off and then I was absolutely petrified coming back the other way. So, not quite as brave as I thought!

Devon Um, I would probably say when I went to Vegas recently I did a skydive of like 15,000 ft, which was pretty amazing. So, that was cool. I did that with a few of my friends. That was pretty scary.

Sami I think climbing on the roof when I was a kid. It was a fearless thing that it wasn't, it wasn't safe at all and we got suspended. So, I got double punished for it really: one by risking myself; but also two, almost, uh, well, getting kicked out of school.

Stephen Starting a business. When you start a business you have no money, and the bank won't give you any unless you mortgage your house to them. You sign a piece of paper that says the bank can take your house if it all goes pear-shaped. That's the riskiest thing I've done.

Unit 5

Do you think you have a healthy lifestyle? Why?

Sarah I like to think so. We eat a lot of fresh vegetables; we don't, don't do ready meals or anything like that; low alcohol consumption a lot of the time. Uh, yeah, I'd like to think so.

Alex Yeah, I'd say I do just because of my job, um, and, and … you know, it's quite a physical job anyway so I have to sort of keep my stamina up; keep eating well, you know; keep a good diet and stuff like that. So, I suppose, yeah because I – it's what I do, really. I love it, so.

Andre Uh, yeah, well I'm hoping to have a long life and, uh, I want to be productive throughout it so, um, I'm kind of preserving myself as much for now as for the future.

Rupert I do have a healthy lifestyle. I, uh, I eat only fresh food, uh, that I cook normally myself. Uh, I exercise several times a week. And I'm a martial artist.

Angela Well, I walk a lot, um, and I swim a lot, and I don't eat a great deal.

What kinds of things do you do to stay fit?

Sarah Uh, cycling, horse riding, dog walking – doesn't leave a lot more time, really.

Alex I go to the gym as much as I can when I'm not exhausted from dancing and stuff. Um, eat well. Surround myself with good people as well, also. I think that's more than, more than just a physical thing.

Andre I cycle, swim, um, I kayak and, uh, I watch my diet quite closely.

Rupert I do martial arts so I swing swords and wrestle and fight with daggers. Um, I swing kettle bells. I go cycling. I run around after horses – lots of things.

Angela Well, I swim. Um, most of my holidays are walking or skiing in the Alps, so I have to keep fit for that.

Unit 6

How do you unwind?

Deborah Walking my dog in the woods. Um, and I'm a fell runner, so I live in the north of England and we have moors and I go fell running so that's how I unwind.

Sami I like to hang out with friends; go and discover new things. So, earlier this week I took the day off to go to the Tower of London. Um, just go and do cultural experiences where I even sometimes do it by myself just to get away from everything and everyone.

Stephen I sometimes take exercise: I walk; I cycle; occasionally swim. If the weather's bad or I don't want to go outside I'll put some music on.

Debbie Um, I think being, um, alone and reading. I'm really interested in the Japanese culture of Zen philosophy. Um, and, um, I listen to some Japanese music. And I love to read about the gardens of Kyoto.

Peter Oh, I unwind by going to art galleries; by having a, a nice meal; by, uh, uh, reading a vaguely intellectual book – all sorts of things like that.

What advice would you give on getting a good work-life balance?

Deborah Don't take work too seriously. No one ever sat on their deathbed and said they wished they'd worked harder, right? Um, but also, um, make sure you make your contribution in the workplace at all times.

Sami Well, I work in banking so I don't really have a good work-life balance. It's, um, a lot of work and not so much play during the week. But it, it's, you know, live for the weekend, plan for the weekend and don't go out too late on a Friday so it doesn't affect the rest of your weekend too much.

Stephen First of all when you are working, work hard and don't waste time. Secondly, don't worry about the work-life balance.

Peter Well, I think probably you, uh, need to earn a reasonable amount of money that you're comfortable with, um, in your, uh, in your work. Um, I think you should try and avoid working more than a thirty-five-hour week. Um, uh, try and avoid doing too much work outside, uh, work hours; or if you do that, um, take time off in lieu.

Unit 7

Tell us about an embarrassing situation you've been in. What happened and how did you react?

Caroline Oh, I, I was travelling from London to Glasgow for a conference with three colleagues, two of them were male, and, uh, we were at Heathrow airport and we were going through the security controls and we … I put my suitcase onto the scanner, and before I put it on I took out some of the little bottles that you have to take out, my laptop and all those kind of things. And then when it went through the scanner I picked my suitcase up, and what I didn't realize was that I hadn't zipped it up properly. So, the suitcase flew open and everything fell out. It was so embarrassing.

Duncan When I was at school, uh, we had one day every year called 'non-uniform day', so we could wear our normal clothes and we paid £1 and gave it to, to charity, um, for this day. Unfortunately, there was one year when I got the day wrong, so I went to school in my normal clothes; everybody else was in school uniform. And I felt very silly all day long.

Devon My embarrassing situation would be my last show I was on, which was *West Side Story*. I was in my dressing room, and I ran on a little bit too late, so when I ran on to make my entrance I kind of fell flat on the stage in front of everyone and everyone just looked at me on the floor and no one helped me up. And it was just really embarrassing. So, I kind of just, like, stumbled my way up and tried to carry on. It was a little bit embarrassing.

Andre I arrived at a meeting, um, and actually the person I was meeting was not the people … person I was supposed to be meeting. However, they happened to have the same name as the person I thought I was meeting, so I revealed quite a few secrets and thoughts before, before I realized.

Rupert I was, uh, having a dinner party for my girlfriend's mother and father. And, uh, my girlfriend has several cats, and one of the cats jumped on the table. So, I picked the cat up, and with the cat obviously came the tablecloth and the glasses went all over the table, all over my girlfriend and all over my girlfriend's mum and dad.

Unit 8

Tell us about something that you've given up completely.

Devon I've given up completely McDonald's since, like, January. So, it's been a few months and I've not had any. I think it was a decision because when I was younger I used to have a lot of McDonald's, so I've kind of cut it out fully now just to better my body.

Sami See, this is a tough one – something that I've given up. I'm quite bad at giving things up if I, if I need to, but … so, I can't really think of anything in particular. I, I, if there was anything to give up I'd, I'd only take it back up.

Shuang I gave up ballet dancing. Um, I did that when I was, uh, six to ten years old. But then, um, because I don't think I'm that flexible, my body isn't that flexible, so it became very hard for me, um, and I just don't enjoy it anymore. So, I gave it up.

Stephen I've given up playing squash. I really, I really miss it. I, I had a lot of pain in my shoulder and eventually I had to give it up. But it was a shame because I really … it's a great game; a wonderful way of getting exercise. And I miss it.

Is there something that you would like to give up but can't? Why?

Devon I would maybe like to give up using my smartphone as much as I do because I'm on it constantly. The other day I didn't have a phone for three days so I ended up buying a new phone just for three days; then I got another one back and now I've got a spare phone for no reason, a new smartphone. So, maybe cut down on the phone.

Sami You see, yeah, this is a difficult one. I think I'd like to give up being so lazy maybe, perhaps, if that makes any sense. Like, do more exercise or, you know, go and ride a bike. Do, do more physical activity I think as I'm in my late … you know, getting into my thirties a little bit. I want to, you know, keep active.

Stephen No, no. I, you know, I don't gamble; I don't take drugs; I don't drink to excess, you know. I'm, I'll stay as I am.

Kamina I would like to give up meat, um, but I can't because my parents make me eat meat whenever I'm home visiting.

Unit 9

What did you study at school or at university?

Helen Um, I studied, um, public administration, which, um, essentially was comprised politics, economics, stats, um, you know, things like that that help you, um, towards running, uh, large businesses/public companies.

Jeremiah I haven't been to university. I studied the usual range of subjects at school. Um, and I, you know … it's over. That's all I can say about it.

Alex I wasn't an academic child. I studied singing, dancing and acting really. I went to a, a full-time musical theatre dance boarding school from the age of eleven up until sixteen. Then I moved to London and did college.

Andre I studied as a pilot. I was, um, yeah, a commercial pilot. So, I didn't particularly follow, uh, my, uh, my education through.

Maher Well, I originally got a degree in broadcast journalism. But I'm currently also studying to be an occupational therapist.

If you could go back in time, would you study the same subjects? What would you do differently?

Helen Probably not. I'm not entirely certain, sure what I'd actually, um, study. Um, but I think possibly something a little less theoretical, um, and a little bit more practical.

Jeremiah I'm sort of self-taught in the things that I've been fascinated by, and I'd, I'd do the same thing again. I'd, I'd do that again: I'd leave education, uh, at eighteen and, uh, study in the same way that I did in the life that I've lived.

Alex I think I'd study the same things but I'd concentrate more in the lessons that I didn't really enjoy as much. It should, it should pay off. It would pay off I would feel in, in the long run, yeah.

Andre No, I'd do something totally different. I think I'd study architecture. Um, reason being I just love the aesthetics of buildings now. And I suppose the older you get the more you und … know about yourself and can determine the things you'd really like to do.

Maher I wouldn't do the same subject because I am doing occupational therapy now. So, definitely yes; I'm pursuing what I want to do now as opposed to what I did then.

Unit 10

In what ways have spending habits changed over the past few years?

Deborah Um, I think perhaps people have a bit less money to spend, so they have to spend what they have more carefully. So, maybe bigger decisions take longer to make and they have to save up more than they used to do.

Emily Um, people in general, I think people are probably watching, um, their pennies much more and getting more bargains online and, um, and in stores; trying to get as many discounts as possible.

Sami I think technology is the main driver of spending in, in everyone's lives nowadays. It's, it's affected the young, all the way through to the elderly, where people are buy … buying online; people are spending a lot more on technology. Um, and it's all driven through technology I would say nowadays.

Stephen I think generally people have got less money. Uh, but I don't see … so, they're spending less. I'm not aware of, of from what I see of people spending money a different way. I know the newspapers say they do; but as far as I'm concerned, living in the south-east of England, it looks pretty much the same.

How have your own spending habits changed?

Deborah Gosh, that's a difficult question. Um, I think probably as I've got older I spend more money on my house and maybe on having nice holidays, and less on going out.

Emily Well, since I started singing full-time they've changed a lot. So, I don't spend nearly as much. But I'm just about to go and buy some shoes!

Sami I think as, as I've got older I've, I've stopped spending so much on throwaway-style fashion and tried to spend more on quality stuff that will last me a few years. Um, and yeah, had to think about, you know, what I wear at work a lot more, you know: moving up from a, an average tie to, like, an Hermès tie. It's all like fashion politics at work.

Debbie I would say that I'm probably overall more cautious and more respectful of, of the money I earn and really think about, uh, the quality over quantity of something I'm buying. And I'm not so, um, keen to make a rash purchase; I maybe think about whether I really needed it. And as I get older I, I like the idea of saving; I like the idea of having more money, over spending it.

Unit 11

Tell us about a festival you've been to. What was special about it?

Jeremiah I've been to the Milan International Film Festival twice and I won an award there: a beautiful trophy that I'm very proud of. And, uh, Claudia Cardinale was there at the same time, who was the star of *The Leopard*, *The Pink Panther* and *Once Upon a Time in the West*. And I admired her very much. And it just so happened when we were leaving we were leaving together, our cars pulled up together and we had a little chat. So, uh, it was … yeah, I loved that festival. I had a great time.

Sarah Um, I think the best festival I've been to is, um, a folk festival, Cambridge Folk Festival, which is lots of bands on different stages, camping over a three-day period, lots of eating, drinking. Just socialize with friends. Very relaxed.

Heidi Well, in America one of the things that a lot of people like to do in different states is we have what's called Renaissance festivals where everyone dresses up, sometimes in historically accurate costumes and sometimes as *Star Wars* figures or whatever, or pirates. And we pretend that it's the Renaissance period and they have jousting and interesting, funny acts, and acrobats and things like that.

Liliane Well, a festival I've been to was in France, in Amboise, which is happening every year, it's the Festival of Jazz. And I love jazz music because I just feel at home for some reason I can't really explain, but I feel a connection to it.

Rupert I was recently at the inaugural meeting of a, a new martial arts guild that's been set up across Europe. Uh, it was special because, uh, I was a founding member of this guild. And I got to swear in, uh, the first two Grandmasters, which meant asking them the oath and getting them to swear that they would abide by the rules and the principles and the guidelines of the guild.

Unit 12

What's your earliest childhood memory?

Peter Uh, as a young boy playing outside with friends, uh, on the front lawn of the house under the trees; the kind of light dappling through, sunlight. And, uh, you know, the bark of the tree I remember very clearly, a kind of silvery bark. It was a lovely time.

Deborah I can remember the summer of 1976 really clearly. It was a really hot summer and I can remember playing in the back garden with my friends from the street, and having things like hosepipe parties and stuff like that. It was a really hot summer.

Devon My earliest childhood memory would be my mother taking me to my first dance class because I really didn't want to go, and she dragged me down there, um, when I was five years old. And I ended up really liking it and that's what I do now as my profession, so it worked out pretty well.

Emily It was when I was eighteen months old – you may not believe me – but I, um, fell into a swimming pool whilst abroad. And I was just sitting there apparently on the bottom of the pool, and I saw my father's legs come towards me to come and scoop me up. Bec … and I, and I had corroboration on that particular memory because I remember the colour of his swimming trunks, and I was right. So, that's what I remember. Eighteen months! I'm sure that's a record.

Do you associate any particular sounds or smells with memories? What are they?

Peter Uh, uh, the smell of the earth. I worked in reforestation for a while and, uh, that brings back that memory. Now, this could possibly also be following on from your last question because that's in my mind now. Um, but yes, so smell definitely does bring back memory.

Deborah When I was a child my mum wore a perfume called Lulu, which still exists, and if I smell someone wearing Lulu it reminds me of my mum still to this day. Um, and sounds, um; probably, um, when I was a teenager my next-door neighbour had a 2CV car and it never worked, and every morning he used to rev it up, brrrm, brrrm, and then get out and kick it because it wouldn't start. So, that's a pretty early memory of a sound.

Devon The petrol station smell because my grandad, when he used to drive me around, we used to stop for petrol he used to go in and if there was any form of queue he'd always start kicking off. Always about … I don't know what it was about the petrol station that used to really annoy him. So, when I smell petrol now I kind of think of, like, my grandad at the petrol station screaming at people.

Emily Um, Chanel N^{o}5, my late grandmother. That's it.